

MEETING MINUTES

WINTHROP COUNCIL ON AGING

Date: Thursday, March 13, 2025
Time: 10:30 AM
Location: Robert A. DeLeo Senior Center
35 Harvard Street, Winthrop, MA 02152

Present: Matt Rodes, Director, Council on Aging
Nicole Rizzotto, Assistant Director and Outreach Coordinator, Council on Aging
Linda Cronin
Kathy Driscoll
Cynthia Huff
Heather Martin
Mary Vitale

Absent: Alice Haskell, Chair, Council on Aging

I. Call to Order

The Meeting was called to order by Matt Rodes, Director, Council on Aging, at 10:35 AM.

Matt introduced Nicole Rizzotto, the new Assistant Director and Outreach Coordinator, to the Council.

II. Approval of Minutes

A Motion to approve the Minutes of both the January 9, 2025, Meeting and the February 13, 2025, Meeting was made by Linda Cronin and Cynthia Huff and seconded by Mary Vitale. The Minutes of both meetings were approved.

III. Programs Report

- A. Matt Rodes provided the Council members with an updated printout, compiled by Rose Kaye, of all the special events planned for the Senior Center for this year. He indicated he would provide an updated printout every month.
- B. Matt Rodes reported that Mystic Valley Elder Services will be conducting an iPad training course at the Senior Center on Tuesdays during the month of April.
- C. Matt Rodes reported that he has asked Mystic Valley Elder Services if there might be any other options, i.e. panini, etc., to replace their annual Traveling Chef barbecue as there had been reported issues with the food last year.

- D. Matt Rodes reported that the date for the annual Police and Fire Departments barbecue needs to be confirmed and is expected to be held on either August 12 or August 19.**
- E. Matt Rodes reported that the annual Thanksgiving luncheon sponsored by Bill Squires of Championship Physical Therapy is planned for either November 18 or November 19.**
- F. Matt Rodes reported that the St. Patrick's Day party held on March 11 was a big success. This event was sponsored by Representative Jeff Turco and Senator Lydia Edwards. The luncheon came from the Meat Market. The Split the Pot Raffle was won by Kathy Pergola who received \$190, with \$189 going to the Friends of the Winthrop Council on Aging.**
- G. Matt Rodes reported that the Health Fair will be held on April 17, and he provided us with the flyer advertising this event. This event is being sponsored by Bayada Home Health and the Friends of the Winthrop Council on Aging. Matt will be meeting with Kirsten Kilburn of Bayada Home Health next week to further discuss this event. Matt also reported that Kirsten Kilburn is now officially a new member of the Friends of the Winthrop Council on Aging, as are Nicole Rizzotto and Tricia Noonan. Matt indicated that vendor tables are \$150, and to date we have 17 businesses/organizations signed up. The Market Place will have a table free of charge as they provide so much food for this event. Matt reported that both the Police and Fire Departments will be in attendance. Linda Cronin asked if Phil Ronan from the Veterans Affairs Office will be in attendance; Matt indicated he would reach out to him in this regard. Matt reported that a representative from an adult foster care program will be in attendance as well as representatives from both the Perkins School for the Blind and Oakley Home Access, both of whom had also attended our previous Health Fair. Linda Cronin reported that she has used Oakley's services in her own home over the past few years and has been very pleased with them. Matt indicated we may be looking for volunteers to help out with this event; Linda Cronin, Cynthia Huff, Heather Martin and Kathy Driscoll all indicated they would be happy to help.**

Matt reported that we are still looking for a sponsor or sponsors for the entertainment for the Health Fair. The entertainment will be provided by Malayna Knox who will have another person with her. Her fee is \$800 for four hours. Bayada Home Health will be sponsoring the first two hours, and we are hoping to find an organization or individual to sponsor the remaining two hours. Matt also reported that the Friends of the Winthrop Council on Aging will be conducting a Bake Sale at the Senior Center during the Health Fair and would be happy to accept any baked goods anyone wanted to contribute.

- H. Matt Rodes reported that Town Council President Jim Letterie, Fire Chief Scott Wiley and Superintendent of Schools Lisa Howard will be hosting a voter information session at the Senior Center on March 25 at 1 PM to discuss the ballot questions for the upcoming April 5 election. Matt reported that the Town Clerk's Office will also be there to assist with signing up for Absentee Ballots, and attendees will also be able to cast their votes there during this session as well. Matt reported that the Fire Department will be providing coffee and doughnuts for this informational session. He indicated that the Senior Center will be sending out reminder texts/emails regarding this event prior to the date.**

- I. Matt Rodes reported that Spanish Class with Pete Solomon will be returning on April 8. The class will be held on Tuesdays from 10:30 – 11:30.**
- J. Matt Rodes reported that this year's Tax Work-Off Program is up and running. Applications are due by noon on April 18. He indicated they usually take 20 people; if more people than that apply, a lottery will be held. Matt indicated we may have some changes to the program next year. He is going to check with other cities/towns to see how they conduct this program. He is hoping for an increase in the work-off amount to \$1,000, from the current \$750.**
- K. Matt Rodes reported that the new trip sign-up system with Best of Times has been going smoothly, despite a few glitches – one being that the system was showing some individuals having paid in cash and not being signed up and thus needing to cancel and re-sign up. Matt will be reaching out to Best of Times regarding this issue. He indicated that with respect to anyone canceling a trip reservation, if they do not cancel before the cancellation deadline, they will not be refunded. Best of Times will not replace them, and thus the Senior Center would have to be responsible for any replacement, and the replacement individual would have to pay the person who canceled, not Best of Times.**
- L. Cynthia Huff inquired as to the upcoming Forensic Science Roadshow event. Matt indicated that this will be conducted by a former Police Detective. This event will be held on June 24.**
- M. Matt Rodes reported that the upcoming Game Show event will consist of two games. This event will be held on June 3.**
- N. Matt Rodes reported that the Delvina Theater production of Mangia, Meatballs and Murder will be held on October 1.**
- O. Matt Rodes reported that our new Reiki program being held every other Monday has been a big success. We have this program scheduled through June and hope to continue it after that as well.**
- P. Matt Rodes reported that representatives from the Lighthouse Nursing Home in Revere will be conducting a cooking demonstration – bruschetta – on May 20. Representatives from the Lighthouse Nursing Home will also be attending our April 17 Health Fair.**
- Q. Matt Rodes reported that he is still hoping to schedule a Senior Center breakfast sometime soon.**
- R. Matt Rodes reported that Mystic Valley Elder Services will be conducting a Nutrition Clinic at the Senior Center on April 1. Participants must sign up for this event as the representative will be conducting individual personalized sessions.**
- S. Matt Rodes reported that we will be having a Celebration of the Senior Center on September 24. This event is being sponsored by Bob DeLeo.**

T. Matt Rodes reported that the Mothers Day Ice Cream Social will be held on May 6. Twist and Shake will be donating the ice cream for this event.

IV. Outreach Report

Matt Rodes introduced our new Assistant Director and Outreach Coordinator, Nicole Rizzotto, to the Council at the start of this meeting.

V. Director's Report

Matt Rodes reported that our van will be off-road on Friday, March 21, for brake work.

VI. Old Business

There was no old business to report or discuss.

VII. New Business

There was no new business to report or discuss.

VIII. Adjournment

There being no further business, a Motion to adjourn was made by Cynthia Huff and seconded by Linda Cronin. The meeting was adjourned at 11:20 AM. Our next meeting will be held on Thursday, April 10, 2025.

Respectfully Submitted

Kathy Driscoll, Secretary, Winthrop Council on Aging

**Adopted by the Board at the meeting of
April 10, 2025**

**Alice Haskell, Chair
Winthrop Council on Aging**