



Plymouth Council on Aging (PCOA) Advisory Board Minutes

44 Nook Road
Plymouth, MA 02360

April 13, 2023

MISSION STATEMENT

To provide our community with safe and trusted environments, both physical and virtual, where information and access to programs and services foster a healthy and vital lifestyle throughout the aging process

Board Members Present: Amy Naples (Chair), Kathy Castagna (Vice Chair), Janice Capofreddi (Secretary), Pat Achorn, Elizabeth Cadigan

Board Members Absent: Terry Mucci, Monica Mullin, Kevin Manuel

Staff:

Liaison for the Board of Selectmen:

Director of Community Resources:

FRIENDS Representative: Barbara French

Guests: Ann Hieser

CALL TO ORDER:

Amy Naples called the meeting to order at 9:05 with a quorum present.

MINUTES: Elizabeth Cadigan moved to approve the March 9, 2023 minutes. Pat Achorn seconded the motion. The motion was approved.

DIRECTOR'S REPORT: Will be covered in at May's meeting, since Michelle is on vacation.

DIRECTOR'S REPORT DISCUSSION: --

CHAIR AND VICE CHAIR REPORT: by Amy Naples and Kathy Castagna

- Amy and Kathy reached out to potential Board member candidates for the current opening to obtain feedback and to find out if they are interested in joining the Advisory Board. One candidate was not a Plymouth resident.
- Amy, Kathy and Michelle felt that Dan Holland, from the Cartmell Davis Funeral Home, is an ideal candidate He was very enthusiastic, involved in service to the town and is a member of the Lion's Club.
- Ann suggested contacting Chris Badot or Anthony Senesi to make sure the proper process is followed. She pointed out that the opening might have to be posted so others can apply. The Advisory Board's preference should be indicated to Harry Helm who can bring it up with the Select Board which would appoint and swear in the new member.

- Monica’s Board position will come to an end in June, 2023. Kevin Hood, who has his own business, serves on the Senior Task Force and donates time and money to multiple causes, including seniors, animals, veterans and children. Amy and Kathy believe he would be an excellent candidate to fill the upcoming opening.
- A meeting with town grant writer Tiffany Parks has not yet been scheduled, due to scheduling conflicts, but will, hopefully, occur soon to discuss grant opportunities based upon PCAL priorities.
- Hard copy surveys were sent out to town residents and anyone can submit a survey response by going to the survey website.
- The next step is to schedule community forums around town in person, at town hall and on Zoom in May and June.
- Derek Brindisi encouraged residents to complete the survey during the Select Board meeting.
- Discussion continued regarding the distribution of one thousand yellow cards that have been printed with survey completion information.
 - Ideas included town hall, the libraries, BID, grocery stores, churches and large residential complexes, Meals on Wheels residents, Legion posts and the YMCA. To identify new residents, monthly voter registration lists could be used. Concern was expressed - will people pick up the cards or read them? Electronic distribution to neighborhood associations would be useful. Surveys could be stapled to the CalEgram newsletter distributed at BID.
- Survey input will be accepted through May.

FRIENDS’ REPORT: by Barbara French

- Barbara indicated that the Friends also need new Board members. The candidates for Friends do not have to be Plymouth residents. Kathy suggested that Advisory Board candidates that did not get appointed may be referred to the Friends.
- The Northeastern Savings Bank and “A World of Good” community voting challenge is complete. Friends received 751 votes and this translates to over \$950 in prize money.
- For a fundraiser, Friends is planning to sell a limited number of tickets for monetary prizes.
- They plan to produce a calendar and order Ghana bags for fund raising again this year.
- Friends will provide the funds for refreshments at the SWOT analysis meeting on April 28.

COMMITTEE UPDATES:

Community: --

Grants: --

- A general grant donation request letter has been refined to send with grant applications.
- One version of the letter will be used for soliciting money for transportation needs – the CAL Express, with the funds going into the Friends account.
- Another letter version will be to request supplemental funds to offset some of the cost for seniors who attend multiple programs at the CAL.
- The committee is working through their list of potential donors (ex. AARP) for these initiatives.
- For Friends members, one benefit is that if they take five classes at CAL, the fifth will be paid for by Friends.

Marketing Committee: by Elizabeth Cadigan

- The new Marketing and Media Coordinator, Bernadette Denson, joined the March 27 committee meeting to prepare for the next America's Hometown Welcome Club, scheduled for April 27 at 10:00am.
- Going forward, the town voter registration list could be used to identify new residents for the Welcome Club meetings.
- Subsequent to the April 27 meeting, additional goals will be addressed.

Senior Voices: by Pat Achorn

- A visit to the Little Red Schoolhouse was held on March 30. Residents from Cedarville, Manomet, Pinehills and Redbrook joined the meeting. Questions and concerns regarding availability of transportation to the CAL from that area were raised.
- Answers regarding the survey were answered.
- There will be a birthday celebration at the School House and Senior Voices members were invited to contribute ice cream and/or cups and spoons to the event.
- Two attendees at the Welcome Club expressed interest to Pat to volunteer at CAL.
- Plymouth Mobile Home Estates is potentially the next visit.

Strategic Planning: by Ann Hieser

- Thanks to Bernadette for her creativity and assistance.
- The SWOT Workshop and analysis will be held on April 28 from 1:00 to 3:00pm. Participants will include Advisory Board members, CAL staff, Seniors and Friends members.
- Annual report assignments have gone out and are due June 30.

Senior Task Force: --

OLD BUSINESS - NEW BUSINESS:

PUBLIC COMMENT:

ADJOURNMENT:

Amy Naples made a motion to adjourn. Elizabeth Cadigan seconded the motion. The motion to adjourn was approved unanimously at 10:06am.

Respectfully submitted,
Janice Capofreddi, Secretary

LIST OF DOCUMENTS USED DURING THE MEETING:

- Agenda – April 13, 2023
- Minutes – March 9, 2023
- Survey Card

The Town of Plymouth invites you to participate in a community survey of residents!

Please complete the survey by selecting one of the options below.
All responses will be anonymous and kept confidential.



Paper copies are
available at the
Center for Active
Living,
Town Hall, and
Plymouth libraries
(Main and Manomet
branches)



Visit
<https://bit.ly/PlymouthMASurvey>
or scan the QR code below



Please call the
Gerontology Institute
at 617-287-7413
if you need
assistance or would
like to complete
the survey over
the phone