

DATE: September 13, 2023  
TO: Commission on Elder Affairs & Interested Parties  
FROM: Frances Langille, Chair  
SUBJECT: Meeting Notice and Agenda for October 2, 2023, 4:00 p.m.

The Commission on Elder Affairs is meeting on **Monday, October 2, 2023, 4 p.m. in person at the Worcester Senior Center, 2<sup>nd</sup> floor Wellness Center, 128 Providence Street, Worcester MA 01604.** Members who are unable to attend should contact Amy at [watersa@worcesterma.gov](mailto:watersa@worcesterma.gov).

## BUSINESS MEETING AGENDA

- I. Commission on Elder Affairs Chair
  - a. Call to Order/Roll Call
  - b. Approval of Commission Meeting Minutes of June 26, 2023
  - c. Approval of Senior Center Committee September 12, 2023 meeting report
  
- II. Elder Affairs Staff Reports
  - a. Director Report - Strategic Plan Goal and Objectives
  
  - b. Senior Center Operations Director Report
    1. Developing and Offered Programs
    2. Facility and Grounds
  
  - c. Manager of Senior Services & Education Report
    1. Outreach, Information, Referral and Advocacy
    2. Multi-cultural Programs & more
  
- III. Commission on Elder Affairs Chair
  - comments &/or questions from Commission members
  - comments from others-up to 2 minutes each
  - confirm next meeting- **Oct 30, 2023 at 4 pm at the Worcester Senior Center.** (Instead of the 4<sup>th</sup> Monday, Oct. 23<sup>rd</sup>)
  - Adjourn

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Commission on Elder Affairs  
Minutes June 26, 2023

Present: Fran Langille-Chair; Shonee Austriaco; Caroline Sullivan; Facely Henriquez; Kathan Horne; Lovo Koliego; Nancy Greenberg; Noreen Shea; Richard Shea; Sarah Faucher; Stephen Corridori; Tamara Cullen; Thuha Le; Linda Wincek-Moore; Patty Hainsworth; Amy Waters; Robin Schwartz

Fran called the meeting to order at 4 pm at the Worcester Senior Center. The minutes of the May 22, 2023 Commission meeting were approved (m/s/a), as was the Report from the Senior Center Committee meeting of June 13, 2023 (m/s/a).

Robin Schwartz, Consumer Rights Program Manager discussed the Attorney General's grant funded program now based at the Worcester Senior Center. She explained: This free advocacy service mediates consumer disputes and assist in finding resolutions; makes appropriate referrals if needed; promote awareness and education through community outreach; and directs residents who have not filed a complaint to appropriate agencies. Commission members brought up various issues and questions regarding scams which Robin addressed.

Amy reported on and the Commission discussed the following: revised Senior center guidebooks distributed; Department Development Plan goals accomplished; FY'24 budget includes the promotion of two part-time elder group coordinator to two full time grant funded senior services assistants; Consumer Rights received FY'24 funding from the Attorney General's office; The next Age Friendly Worcester meeting is July 31<sup>st</sup> at 2; June's booster clinic vaccinated 52 seniors against covid 19; WorkDay, One-Drive & SharePoint are technological improvements are being adjusted to; staff are completing ethics training and a separate request to complete will be made to Commission members; participation at the senior center continues to rise; director re-elected to MCOA Board; collaborating on a walk audit in webster square; members of the Chinese Elder Group performed at the Asian Festival; & supported Ecotarium's grant proposal.

Patty reported on and the Commission discussed the following: Public Facilities is working on a walkway for the FitLot and a watering system for the community gardens; external door is repaired and tech upgrades completed; new programs in the summer include hearing workshop, Cannabis Control Commissioner talk, Elvis performance, talks on coffee and downsizing, Jeopardy game playing, School Supt. talk, and the 2<sup>nd</sup> annual Classic Car Show; students are assisting this summer; and the AutoLend Library is being used.

Linda reported on and the Commission discussed the upcoming Farmer's Market coupon distribution. She was also thanked for the successful collaboration with UMASS Memorial on the 9 week Falls Prevention series which concluded this month. Lovo discussed the MA Health re-determination process. Noreen invited members to Lutheran LTC open-house. Fran noted that the next meeting of the Commission will be Oct. 2<sup>nd</sup>, then Oct. 30<sup>th</sup>, followed by Nov.27<sup>th</sup>. The meeting adjourned at 5:00 p.m. (m/s/a)

REPORT TO COMMISSION ON ELDER AFFAIRS  
SENIOR CENTER COMMITTEE – SEPTEMBER 12, 2023

PRESENT: Richard Shea-Chair, Kathan Horne, Fran Langille, Facely Henriquez, Patty Hainsworth, Amy Waters.

Richard called the meeting to order at noon on zoom. The minutes of the June 13, 2023 meeting were approved (m/s/a). The next meeting was confirmed for October 10, 2023 at noon on zoom.

A moment of silence was held to honor the memory of Caroline Sullivan.

Amy reviewed the status of all funding sources and the allocations which had been approved in May/June 2023. She noted that the state COA funding will increase substantially because the legislature approved an increase in the formula from \$12/elder to \$14/elder and according to the US Census there were approximately 10,000 more seniors living in Worcester in 2020 compared to 2010. Our FY'24 state COA funding = 39,950 seniors X \$14/senior = \$559,300. After the increases already approved for FY'24 allocations, there remains over \$100,000 in contingency funding available. The Senior Center Committee approved the following allocations to begin expending the available funds:

- \$5,000 for the Food Security Program operated by the Southeast Asian Coalition, contingent on their enumerating the services provided to Worcester's seniors. (m/s/a)
- \$26,893 to fund 2 temporary 15 hour/week positions: a Dementia Friendly Coordinator to assist the Operations Director with providing dementia friendly programs and services; and a Program Assistant to assist the Senior Center Coordinator with the details in implementing on-site and remote programming. (m/s/a)
- \$26,000 for equipment and supplies including a steamer/combi for the kitchen, divider for the wellness room, a back door entrance sign, Files of Life for distribution, tablecloths, cubicle dividers and computers for growing staff and misc. supplies. (m/s/a)

This leaves \$50,843 for additional allocations and emergencies.

Patty reported on implementing a new fob system, continuing HVAC problems and other facility issues. She also reported on programs with the summer being very active with summer concerts bundled with speakers, the Woo Sox presentation and more. She reviewed September programs including six multi-cultural events.

Amy noted that the leases are all set for now and an arrangement is in the works for blood pressure clinics. She also noted that there has been little progress in developing the vacant space but that the Commission will be involved before any action is taken.

Richard reviewed the meeting schedule and Kathan reported on the documentary: *Live to 100: Secrets of the Blue Zones*. She said she believes it connects to our mission for the Senior Center Committee and the Elder Affairs Commission. The four-part series launched on 8/31/2023 on Netflix. (To learn more, Dan Buettner's book *The Blue Zones Secrets for Living Longer: Lessons from the Healthiest Places on Earth* can also be referenced). She suggested the series would be wonderful to offer to our Worcester Senior Center participants and maybe even some type of future program. Patty noted she will explore this and other videos she has learned about that may be relevant for programs.

The meeting adjourned at 1:10 p.m. (m/s/a)