

## Senior Center Committee of Commission on Elder Affairs Notice/Agenda

The Senior Center Committee meeting will be held on:

**Tuesday April 9, 2024, at NOON via Microsoft Teams**

[Join the meeting now](#)

Meeting ID: 228 849 046 030 Passcode: U3kmi5

**Dial-in by phone** [+1 469-998-7682](tel:+14699987682), [546519324#](tel:+14699987682) US Phone conference ID: 546 519 324#

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### AGENDA

- I. Senior Center Committee Chair
  - a. Call to Order / Approval of minutes for March 12, 2024
  - b. Confirm date and time of next meeting-May 14. 2024 at noon on Teams.
  
- II. Elder Affairs Staff Reports and Recommendations
  - A. Finances
    1. Public and Private Funding
    2. Program Allocations
    3. Leases
    4. Development
  
  - B. Operations
    1. Staffing
    2. Facility and Grounds
    3. Programs
    4. Reopening/Closing
  
- III. Public Comment (up to 2 minutes each)
- IV. Adjournment

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REPORT TO THE COMMISSION ON ELDER AFFAIRS  
Senior Center Committee-March 12, 2024

Present: Richard Shea-Chair, Facely Henriquez, Kathan Horne, Noreen Shea, Patty Hainsworth, Amy Waters

Richard called the meeting to order on TEAMS at 12:02 pm. The members approved the minutes of the February 13, 2024 meeting (m/s/a). The date of the next meeting was confirmed for April 9<sup>th</sup> at noon on TEAMS.

Amy reported on and the committee discussed the following: Yesterday's meeting with the city administration re: the FY'25 Elder Affairs budget; MCOA's advocacy for increasing the state coa formula from \$14 to \$15/elder; Plans to begin the FY'25 allocations process next month; 4 tenant licenses in process; Request for Proposals to come out this month for development of the vacant space at the center; and, results of the survey conducted as follows:

**Results of Worcester Senior Center Fitness Center Survey – 1 wk. (2/22-3/6/2024); 74 responses:**

- **41% have never consistently exercised using equipment at a fitness center before coming to this center.**
- **42% using fitness center 1 year+**, 20% less than 3 mos, 19% 6-11 mos, 19% 3-5 mos
- **50% participate more than 2/wk**, 23% 2/wk, 18% 1/wk, 8% other: just getting back; come 5 days/wk depends on weather; once in a while-do other exercise...
- Utilize fitness center because: **81% it is free of charge; 80% it's a comfortable atmosphere; 65% feel safe under guidance of fitness professional; 62% equipment is user friendly.**
- Since using the equipment I notice: **74% my sense of wellbeing has increased; 73% I feel stronger; 73% my body feels more flexible.**
- Sample of comments: Lost weight; lost inches; better balance; better breathing; increased energy; people are always close by to help when needed and they make everyone feel welcome! Mood is so much happier; love the people and atmosphere; great staff; clean; friendly; safe; this place changed my life.

Many words of appreciation. The only "complaint" was facility needs to expand.

Richard commended the positive impact of the center and asked when the outdoor Fitlot will open. Patty responded that classes would start in May.

Patty reported on and the committee discussed the following: March highlights include St. Patrick's Day event, Appalachian Trail talk; Purposeful Living series; the start of Friends Trips; new Men's group; Tax Prep going well; April will be busy with volunteer recognition on 4/24; outdoor walking club; Joe Fusco talk; & more; Gearing up for community gardens; roof project is complete; small leak in Wellness Center being watched; Fixing kitchen's combi unit; RTU work on roof to start; mats/carpet projects almost finished; and Dementia Friendly Worcester efforts to increase with the help of part-time staff, Vanessa, as well as Commission members Kathan and Noreen.

Noreen reminded us that the Memorial Foundation may be able to assist with the cost of making the Scoop easier to read for people with vision impairments. Patty is researching and will reach out once a solution is found and priced.

The meeting adjourned at 12:38 p.m. (m/s/a)