

DATE: May 15, 2023
TO: Commission on Elder Affairs & Interested Parties
FROM: Frances Langille, Chair
SUBJECT: Meeting Notice and Agenda for May 22, 2023, 4:00 p.m.

The Commission on Elder Affairs is meeting on **Monday, May 22, 2023, 4 p.m. in person at the Worcester Senior Center, 2nd floor Wellness Center, 128 Providence Street, Worcester MA 01604.** Members who are unable to attend should contact Amy at 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 April 24, 2023
 - c. Approval of Senior Center Committee May 9, 2023 meeting report

- II. Presentation: **Leah Wickman, Wellness Director, Worcester Fitness, will present information about the first year of operations of the fitness center at the Worcester Senior Center.**

- III. 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

- IV. Commission on Elder Affairs Chair
 - comments &/or questions from Commission members
 - comments from others-up to 2 minutes each
 - confirm next meeting- June 26, 2023 at 4 pm **at the Worcester Senior Center.**
 - Adjourn

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Commission on Elder Affairs

April 24, 2023 Minutes

Present: Richard Shea; Shone Austriaco; Caroline Sullivan; Facely Henriquez; Kathan Horne; Noreen Shea; Stephen Corridori, Tamara Cullen; Thuha Le; Patty Hainsworth; Amy Waters.

In Fran's absence, Richard called the meeting at the Worcester Senior Center to order at 4:10 pm. The minutes of the March 27th meeting were approved (m/s/a). The Report on the Senior Center Committee meeting of April 11th were approved (m/s/a).

Patty Hainsworth, Operations Director and Certified Dementia Practitioner, conducted an abbreviated "Dementia Friends" training for the Commission. She reviewed the work book which included topics such as Normal Aging vs. Alzheimer's Disease; Communication; and Five Key Messages: Dementia is not a normal part of aging; Dementia is caused by diseases of the brain; It is not just about memory problems-It can affect thinking, communication and doing everyday tasks; It is possible to have a good quality of life with dementia; There's more to the person than the dementia. Patty and Noreen addressed questions.

Richard thanked Patty and introduced new Commission member, Asuncion Shonee Austriaco.

Amy reported on and the Commission discussed the following: We have surpassed almost all of our Department Development Plan goals; there are more than 346 fitness center participants; Greendale Retired Men's Club donated \$300 to the Friends; per City Manager's request, provided FY'24 level funding scenario; Met 140% of our goal for number of different programs; The first 2 of the 9 programs in the Fall Prevention & Wellness Series were excellent in content and participation; Over 400 yellow tulips are blooming in front of the Center for the Mental Health Awareness program on May 12th at 10:30; Program evaluations for subcontracted elder services were reviewed; continuing collaboration with Southeast Asian Center and new director; WorkDay management system has been implemented; Consumer Rights program is scheduled to be transferred to Elder Affairs in July; a potential developer toured the vacant wing and another is scheduled later this week; March's average daily attendance was 18% higher than pre-pandemic; Will be providing training about COA's for statewide group; and provided input into city's assessment of cable services.

Patty reported on and the Commission discussed the following: Earth Day trash cleanup; community gardens; cleaning floors and carpets; roof repair; new privacy chairs; auto lend library; art classes; assistive technology; veterans café and more.

Richard adjourned the meeting at 5:07 p.m. (m/s/a)

Report to Commission on Elder Affairs
Senior Center Committee Meeting May 9, 2023

Present: Richard Shea-Chair; Fran Langille; Caroline Sullivan; Facely Henriquez;
Kathan Horne; Patty Hainsworth; Amy Waters.

Richard called the meeting to order at noon on zoom. The minutes of the April 11, 2023 meeting were approved. (m/s/a). The next meeting was confirmed for Tuesday June 13, 2023 at noon on zoom.

Amy reported on and the committee discussed the following: The FY'24 State budget process continues with the likelihood of receiving at least level funding for COA's remaining good; The city manager's FY'24 budget recommendations were sent to City Council and include converting two temporary part-time senior services positions into two full-time grant funded regular employees, as well as salary increases for all; Ascentria's answer to Richard's question from last month-the Arabic Elder Group is comprised of people from Iraq, Syria, Palestine/Israel, Lebanon and Jordan; After review and discussion the following was approved:

*FY'24 allocations are recommended contingent on available funding (tax levy, state COA, FallonHealth, Friends, SNAP) as follows:***Total Recommended**

Program	FY'24 Allocation
<i>African American Elder Program</i>	5,728
<i>Computer Lab</i>	2,400
<i>Elder Home Maintenance</i>	18,906
<i>Elder Outreach-St. Paul's</i>	127,289
<i>Elder Outreach-Ascentria</i>	24,950
<i>Elder Services Nutrition</i>	5,584
<i>Fitness/Wellness</i>	32,000
<i>Interpretation</i>	5,000
<i>Transportation</i>	14,000
<i>Dementia Friendly</i>	3,500
<i>Walking Club</i>	2,000
<i>COA Personnel (sal,tax,fr per city)</i>	379,612
<i>Dues/Training</i>	9,000
<i>2% COA grant fee</i>	8,899
<i>Misc. Fees/Supplies</i>	11,000
<i>Fitness Center</i>	347,707
<i>Contingency</i>	34,824
TOTAL	\$1,032,399(m/s/a)

Amy also reviewed and the committee discussed rental agreements and the following was approved:

Recommend one year extension for the following tenants: Quinsigamond Community College, SMCH Meditation Association, and Prime Movement. (m/s/a)

Finally, Amy noted that a second potential developer toured the vacant wing of the building.

Patty reviewed May and June programs including hybrid Mahjong and Canasta; outside walking club; FitLot; Wellness Series; Mother's Day; Mental Health Awareness; Distinguished Speakers; and new crossword puzzle group. Regarding building and grounds, she reported on the successful electricity temporary shutdown; steps taken to repair external door; and the status of various gardens.

Richard asked if there were any changes in our COVID guidelines due to the national emergency policy ending. Patty and Amy answered that masks continue to be optional; we distribute masks, sanitizer, tests and information; we have publicized the recommendation for an additional booster for age 65+ or those with compromised immune system and DPH will hold a clinic at the Center if there is enough interest.

Fran thanked the staff for the volunteer recognition event and urged attendance at the upcoming mental health awareness program hosted by former Commission Chair, now NAMI President, Robin Bahr Casey.

The meeting adjourned at 1:00 pm (m/s/a).

