

DATE: March 19, 2024
TO: Commission on Elder Affairs & Interested Parties
FROM: Frances Langille, Chair
SUBJECT: Meeting Notice and Agenda for March 25, 2024, 4:00 p.m. on TEAMS

The Commission on Elder Affairs is meeting on **Monday, March 25, 2024, 4 p.m. virtually on TEAMS**. Members who are unable to attend should contact Amy: watersa@worcesterma.gov.

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 265 380 006 577 Passcode: 3pfYwW

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BUSINESS MEETING AGENDA

- I. Commission on Elder Affairs Chair
 - a. Call to Order/Roll Call
 - b. Approval of Commission Meeting Minutes of February 26, 2024
 - c. Approval of Senior Center Committee meeting report of March 12, 2024

- II. **Presentation: Vo Robert, Director, St. Paul's Elder Outreach Program**

- 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- **April 29, 2024 at 4 pm, in person at the Worcester Senior Center-front of the lunchroom**
-Adjourn

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Commission on Elder Affairs
Minutes Feb. 26, 2024

Present: Fran Langille-Chair; Shonee Austracio; Sarah Faucher; Tamara Cullen, Lovo Koleigo, Thuha Le, Noreen Shea, Kathan Horne, Steve Corridori, Richard Shea, Roxana Gomez Vargas, Amy Waters, Linda Wincek-Moore, John Odell.

Fran called the meeting to order on TEAMS at 4:02 pm. The minutes of the January 22, 2024 Commission on Elder Affairs meeting was approved (m/s/a). The report on the February 13, 2024 Senior Center Committee was approved (m/s/a).

John Odell, Chief Sustainability Officer for the City of Worcester made a presentation on the Green Worcester Plan. The goals include: climate change resilience, connecting green and blue spaces with healthy systems, sustainable transportation, zero waste, integrated water management, sustainable local food system, pollution prevention, and assuring that green policies are inserted in all city policies. He reported that since 2011, various “green” changes have been made at the Worcester Senior Center. He noted that the solar array installed over the parking lot has produced 216,672 kw hours of electricity since May 2023 and is offsetting costs of the building operation. Also, he noted that the rain gardens are helping to prevent overwhelming the water processing system. There was a brief Q&A session.

Amy highlighted key items including: Dept. Development Plan Goals status, contribution to Friends of Worcester Senior Center from the Greendale Friends Group, Black History and Valentine’s Day events, 317 different programs so far this year, fitness center well utilized, elder service programs will be presenting at future meetings, consumer rights resolved 201 cases in 1st half of year, some carpet has been replaced, working to further tighten security, tenant licenses to be renewed April 1st should yield \$4,500 more/year, the RFP for the vacant space should come out next month, participation is high, building a stronger relationship with Girls, Inc., our neighbor, and working on creating a version of the newsletter that is easier to access for seniors who are visually impaired or blind. Noreen noted that the Memorial Foundation might be able to fund the improvement needed for the newsletter.

Linda reported on: lunar new year celebration, busy time for senior services and multicultural coordinators, Ana Cristina Oliveira is doing well in her first few weeks as senior services assistant who has 20 years’ experience working with seniors including SHINE counseling and caregiver support, and CMAA’s Grandparents Raising Grandchildren Resource staff presented information to our Senior Services staff.

After brief comments and discussion, the meeting was adjourned at 5:02 p.m. (m/s/a)

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 9th 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)