

TOWN OF SUDBURY  
COUNCIL ON AGING  
MINUTES OF MEETING

October 08, 2019

Location: Senior Center, Fairbanks Road

Email: [coa@Sudbury.ma.us](mailto:coa@Sudbury.ma.us)

WEBSITE: <http://sudbury.ma.us/departments/CouncilOnAging/>

Officers: Chairman; John Beeler; Vice Chairman; Jeff Levine; Secretary; Bob May

**Present:** Chairman: John Beeler

**Members Present:** Robert May, Patricia Tabloski, Jeff Levine, Sandy Lasky, Connie Steward

Senior Center Director: Debra Galloway.

**Excused:** Amy Unckless, Carolyn Markuson

**Guests:** Jack Ryan, Ralph Tyler, Pat Brown (Selectperson), Bob Lieberman, Betty Cadieux, Laury Hammel (Longfellow Health Club Owner), and Kathy Miller.

Meeting called to order by Chairman John Beeler at 3:05 PM

Minutes approval included minutes of the following meetings: August 13, 2019

Minutes unanimously approved.

**Longfellow Health Club discussion:**

Laury Hammel reviewed his ideas for how Longfellow Health Clubs might Partner with Sudbury to provide a variety of health and fitness services to Sudbury Seniors. Mr. Hammel suggested that he had available space and professional staff available to provide services to Sudbury. The Chairman thanked Mr. Hammel and indicated that the COA would further discuss the Longfellow proposals.

**Director's Report: (Galloway)**

See report attached.

**BayPath (Tabloski)**

See Report attached

**Discussion of nomination committee recommendations for new members and appropriate vote. (Nominating Committee)**

Bob Lieberman approved unanimously and now awaits approval of the BOS.

**Master Plan Steering Committee** (Bob May) – Not on Agenda-No report

**Transportation:** (Galloway)

Need for Van drivers for Senior Center Connection van service remains critical.

### Sudbury Pilot

Uber will be part of the Sudbury on-demand transportation pilot. Lyft will not, as they are now requiring that municipal agreements involve \$50,000 or more. The thought is that if Sudbury joins with other towns in a regional agreement, they may meet the \$50,000 threshold and be able to work with Lyft.

Many details regarding implementation of the pilot, including use of Smart Phones only, remain to be worked out.

### **Fairbank Community Center Communication Plan** -No report

**Fairbank Community Center (Levine)-** A detailed discussion of a recent meeting with Architects occurred. The working group awaits further data from architect regarding program capacities under various assumptions of space allocation. Sharing strategy remains a major focus for the Senior and Park and Rec. Teams.

**Bylaws/Officers/Membership** (Beeler) A discussion ensued but any vote tabled until future meeting.

**Videotaping of COA meetings-** The Chairman has decided to delay videotaping future meetings.

**Tax Work off program.** Deb received a COA recommendation to the BOS (Board of Selectmen) to move the re-imbursement rate to equal the State minimal wage, and to also request that 5 slots reserved for Veterans be re-allocated for calendar year 2020 to Seniors.

**COA Webpage.** Bob May volunteered to lead the work with Deb and other members of the COA to add new content to the COA webpage which has been dormant for quite a while.

### ***New Business—COA Planning topics and Priorities Continued***

***John led a team wide process to discuss a list of possible priorities for COA during Fiscal 2020. This suggested goal below to be discussed, edited, finalized, and voted at November 12 meeting. The November 12 discussion to be led by Connie Steward.***

#### **\*ASSIST IN THE EDUCATION OF SUDBURY CITIZENS AS TO THE BENEFITS OF THE PROPOSED COMMUNITY CENTER**

Other ideas below were briefly discussed during the process.

- Support Sr. Center Director
- Create a use plan for Mitigation fund balances
- Build stronger relationships with other Commissions or Committees

-In addition to Communication plan build a marketing plan for Community Center

***Prior Meeting Issues still outstanding:*** Bylaws

**Chairman's Comments: (Beeler):** None at this time.

A vote for Adjournment was unanimous at 4:40 PM Motion: Levine, Seconded:

**Next scheduled meeting November 12 at 3:00 PM at the Senior Center.**

Respectfully Submitted:

Robert May, Secretary

## ATTACHMENT TO THE COA MEETING MINUTES

### COA Meeting - Director's Report – October 08, 2019

#### Dementia Friendly

As part of the Livable Sudbury initiative, the Senior Center is leading the *Dementia Friendly Sudbury* community working group. The goals are to raise awareness in the community and enhance understanding of what dementia is and how it affects people. Dementia is a term referring to a decline in mental abilities severe enough to interfere with daily life. Changes that may occur include: memory loss, disorientation to time and date, and confusion. The symptoms of dementia, which may become progressively worse, can be caused by one of several diseases, including most commonly, Alzheimer's disease, but also Lewy body dementia, vascular dementia and others. Each disease has a slightly different set of symptoms and progression. Unfortunately, the incidence of these types of diseases is growing.

Caring for someone with dementia can be challenging; depending on the type of dementia, the disease may progress to the point that the person needs 24-hour care and supervision. Caregivers and their loved ones may become isolated. Along with increasing awareness of dementia, the group's goals include improving access to services and community events for persons with dementia and those who are caring for them. We are looking for business and community partners, they can contact Ana Cristina Oliveira, Outreach Specialist, at the Sudbury Senior Center, at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

At the Senior Center, we now have 2 Memory cafes per month, as well as a Caregiver Support Group. We are exploring the idea of offering a "Daybreak" program similar to the programs offered at Hudson, Marlborough and Northborough Senior Centers. These programs provide a meal and activities for persons with early stage dementia, and allow caregivers to have a 3 hour break to take care of their needs.

#### Summer/Fall

The Senior Center had a busy summer, busier than past summers, when we usually have more of a slowdown in participation. We have a very active group participating in many history/current types of programs. A volunteer who is active in the group coordinated the showing and discussion of the Great Decisions course<sup>1</sup> There were 23 participants

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<sup>1</sup> The Great Decisions course is offered by the Foreign Policy Institute.

in this course (the maximum practical) and they were in attendance every Wednesday morning. In addition, we had about 25 people attend our two evening programs: hors d'oeuvres and a movie and hors d'oeuvres and a rock band. In addition, a good size group attended the Tuesday afternoon music history courses: Gustav Mahler, and Tchaikovsky<sup>2</sup> series.

Looking ahead to this fall, we have 71 people interested in attending the Great Courses' "Understanding Russia" class. Unfortunately, our program room fits about 55, maybe 60 people so not everyone will get in.

### **Space**

I was contacted by the Fitness Director at Longfellow Club to discuss our need for space. They may have some space to share, and they are interested in collaborating, as well as sharing their programming with our audience. They do have space available and would provide it with a discount. Longfellow Club also want to use some of their space to offer new fitness classes to older adults. They have great program space and are able to offer programs that the Senior Center cannot offer. They would like to attend the COA meeting in October to begin a dialogue.

### **Fitness Equipment – Adapted/Senior/ for persons with disabilities**

Debra and two COA members, John Beeler and Pat Tabloski, met with a small group to discuss the deteriorating handicapped accessible fitness equipment at the corner of Haskell Field (near Hudson and Fairbank Roads). The group includes a member of the Commission on Disability, and hopefully the Park and Recreation Director when she returns from maternity leave.

The group discussed the current status of equipment and plans for replacing it. It was noted that the company that created it has moved to Europe and cannot replace the parts at a reasonable cost. The group decided to research options and possible funding and meet again.

### **Meeting re Veterans Luncheon**

Debra reported that members of the group helping to plan the Veterans Appreciation Luncheon on Wed., November 6 have reached out to Gen. Jack Hammond to be the guest speaker.

### **Community Center**

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<sup>2</sup> From The Great Courses series.

Debra has been in touch with Jeff Levine, COA Representative to the Fairbank Community Center working group re: finalizing sharing agreements and space needs of the Senior Center.

### **Intergenerational with Park and Recreation**

The Senior Center is working with the Park and Recreation department to offer intergenerational opportunities to students enrolled in the afterschool Wild Wednesdays program.

The fall LINC intergenerational program details are being worked out. The Sudbury Public Schools will be in touch soon with information about the dates and times.

Submitted by Debra Galloway, Director, Sudbury Senior Center

### **New Provider**

The board approved Dia Feliz Adult Day Health Center as a new provider for BayPath beginning on 10/1/19- 9/30/21. Towns served will be Ashland, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Sherborn, and Southborough.

### **Nominating Committee**

The board approved Patricia Tabloski to a second three-year term as a Class 1 Representative Director from Sudbury and Nancy Chandler to a second three-year term as a Class 1 At-large Director, both effective July 1, 2019.

### **Area Agency on Aging Recommendation**

The board approved the AAA's recommendation to appoint Georgia Papavasiliou to the AAA Advisory Council for a 3 year term as an at-large member of Holliston.

### **ASAP Salary and Turnover Report**

BayPath shared an article by State House News Services. The article highlights the push for better pay for home care workers, the direct service providers. There is movement within the legislature and a bill sponsored by Representatives Gentile and Vega and Senator Patricia Jehlen to increase the pay of the direct workforce which includes ASAP case managers. Mass Home Care had commissioned from Citrin Cooperman a salary and turn-over analysis through the Aging Services Access Points. This report was commissioned to emphasize to the legislature how difficult it is to hire, pay adequately, and retain workers. BayPath is very grateful to Representative Gentile for sponsoring this legislation.

### **Mass Home Care ASU**

The Administrative Services Unit is an entity from Mass Home Care that has been formed to enable us to do single point of entry contracting as a statewide network for insurers. The Operating Agreement is still in draft form, has been reviewed twice, but is not finalized yet. Another part of the ASU is establishing a "learning collaborative". The purpose of the learning collaborative is to achieve compliance, outcomes, and performance goals. We need to ensure there is a standard that is held across the commonwealth and that we are all operating at the same standard.

### **MetroWest Health Foundation priorities**

Recently the Metrowest Health Foundation met at the Crowne Plaza in Natick to present their 2019 Community Health Assessment and discuss their priorities. This assessment is published about every five years and is available on their website. They look at the priorities for the entire Metrowest region. BayPath will be looking at their four main priorities related to Healthy aging and getting out into the community more to work on these.

## Board Meeting Highlights – September 25, 2019

### Rebranding/Strategic Plan

BayPath continues to work with Inside Out Communications on the Re-branding plan. Under our Strategic Plan we are working hard to complete many of our goals. One of our goals to focus on retention has been to create On-Boarding Guides and Classes that are mandatory for all New Hires to ensure consistency for everyone starting at BayPath. We are also working with Elder Affairs to figure out how to pull reports from the databases that we use.

### New Board member orientation

BayPath will hold two orientation sessions this fall for new board members. Those members will come in and spend several hours with our Executive staff. They will learn more about our programs in depth, see the office, etc. We will offer a morning session as well as an afternoon session on two different days. Those dates will be announced within the next few weeks.

### Home Care Programs – July and August

Home Care	1097/1101
Over Income	142/147
Total	1239/1244

Enhanced Community Options Program (ECOP)	254
Choices Program	144

### Town Analysis – Home Care basic only

Town	Consumer #	Town	Consumer #
Ashland	41	Natick	143
Dover	0	Northborough	34
Framingham	250	Sherborn	0
Holliston	44	Southborough	6
Hopkinton	26	Sudbury	39
Hudson	72	Wayland	24
Marlborough	92	Westborough	28

### Nutrition – July & August - Meal Days – 21/22

TOWN	TOTAL	TOWN	TOTAL
Ashland	422/469	Natick	1827/1809
Dover	23/22	Northborough	376/365
Framingham	5669/5945	Sherborn	95/103
Holliston	667/715	Southborough	301/266
Hopkinton	383/386	Sudbury	736/719
Hudson	1293/1356	Wayland	839/843
Marlborough	2868/2723	Westborough	513/444
		Total	16,012/16,165