

TOWN OF SUDBURY
COUNCIL ON AGING
MINUTES OF MEETING
March 10, 2020

ALL COA MEETINGS ARE NOW RECORDED AND
AVAILABLE ON SUDBURYTV.ORG

Minutes NOT current with COVID-19 Events

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

Present: Chairman: John Beeler

Members Present: Patricia Tabloski, Sandy Lasky, Bob May, Bob Lieberman.

Also Attending: Debra Galloway, Director of Senior Center

Associate Members Present:

Excused: Jeff Levine, Connie Steward

Guests: Jennifer Roberts (Select Board member) Jack Ryan, Ralph Tyler

TV Technician: Judy Faust

Meeting called to order by Chairman John Beeler at 3:07 PM

Approval of Minutes from Meetings of February 11, and Feb. 18, and Feb 25, 2020–
Unanimous approval

Director's Report: (Galloway) Programs have seen better then seasonal averages for attendance for the month to date. However, major impacts upon all activity schedules are coming caused by the impact of the Coronavirus. Board of Health will provide the guidance to the Select Board. We are expecting significant emotional impact on many of our seniors caused by a major change in communications with others. Stoppage of meal related programs could seriously affect the nutrition plans of many of the seniors is one example.

Baypath report- (Pat Tabloski): State House Member Carmine Gentile and Senator Eldredge met with the Baypath Board and discussed the again reduced funding within this current budget proposal. State funding has dropped 50% in the last 5 years. Baypath Board is asking for the funding to be restored to 2015 levels which is an added \$1million.

Fairbank Community Center (Beeler)-

John Beeler attended a February 29 "Office Hours" meeting of the Dan Carty and Janie Dretler and suggested that more emphasis be placed upon the Working Group's achievement of substantial savings since the last proposals. John also suggested that the scope of the Design phase include a review of the possible uses of certain existing sections of the current building.

How to plan an effective marketing/communication plan of the needs of seniors within the plan occurred. Connie Steward leads the COA efforts in coordination with the Select Board members, and Bob Diefenbacher of the Friends of Sudbury Seniors.

Ralph Tyler has been creating some spreadsheets to help focus efforts on voters by precinct as well.

A town forum could be held on Saturday March 28 at 10am-1 pm at the High School to allow for all comments on the proposed plan. It will be on live TV and recorded for streaming as well.

The COA continues to fully support the Working Group Nov. 19, 2019 Concept proposal. Strong support of the Total Proposal is critical to the needs of the town's user groups and achievement of the capital cost savings thru the "shared space" operating design.

Dementia Friendly Update (Galloway) - Shaw's Food Store requested training of several staff supervisors and this was done. Thanks to Shaw's for stepping up.

Transportation: (Lasky/Galloway) - The Select Board continues to work towards a contract with Uber as a key vendor of many of the services.

Membership Committee (Beeler) The committee now includes, **Bob Lieberman, Connie Steward, and Jeff Levine.**

There will be at least two openings on the COA for consideration at the May COA meeting. Posting for candidates has occurred.

A vote for Adjournment was unanimous at 4:40 PM Motion: May, Seconded: Lasky.

Next scheduled meeting 3:00 pm Tuesday April 14, 2020 (DUE TO VIRUS THIS WAS AMENDED TO APRIL 7, 2020) via Video conferencing.

Respectfully Submitted:

Robert May
Secretary

COA Meeting - Director's Report: Mar. 10, 2020

On the agenda:

Transportation Committee

The Transportation Committee has not met due to the Coronavirus pandemic.

Dementia Friendly Report:

The Dementia Friendly Sudbury Action Team has not met due to the Coronavirus pandemic.

Director Report:

Coronavirus Pandemic

Due to the high risk for older adults who catch the Coronavirus (COVID-19), the Senior Center is cancelling all food related events coming in the next few weeks, including: St. Patrick's luncheon, Heart to Home Celebration Lunch, Communicating with Loved Ones who have Dementia.

We are considering other cancellations and are in contact with the Sudbury Board of Health about these decisions.

Volunteer Program Coordinator

Our Volunteer Program Coordinator continues to improve and enhance our volunteer programs and training for our volunteers. Planned and coordinated by Volunteer Program Coordinator Janet Lipkin, this training focused on helping volunteers to be aware of their responsibilities when providing services to adults in the community. The training helped them to understand the differences between elder abuse, neglect and self-neglect, as well as when to share concerns with Janet or myself if they observe anything that they feel is a concern for the client. Our guest speaker was the Protective Services Director from Springwell Elder Services in Waltham. Springwell is the protective service agency that responds to any protective service reports for Sudbury's older residents.

LINC Afterschool

The LINC Afterschool Intergenerational program did not run. There were several volunteers ready to participate – about 10 – but only 5 Sudbury Public Schools children signed up. We believe some of the reasons for poor participation are: difficulty in reaching families with information about the program, cost of \$110 to cover teacher after school costs, after school competition with other programs, and no transportation home after the program ends.

We are now focusing on other IG programs such as working with Park and Recreation Department and their Wild Wednesday students.

A Matter of Balance – Managing Falls

A new session of the popular and excellent Matter of Balance workshop is scheduled to start at the end of March. We have 12 people already signed up. We hope we are able to run the program. A Matter of Balance, offered by BayPath Elder Services Center for Healthy Living is an 8 week program, meeting for 2 hours each week. It is free through a grant, and includes a booklet and support, education and training to enhance self-advocacy and confidence, and to encourage physical activity and to increase factors related to good balance and lower fall risk.

Constant Contact Senior Center Email List

We now have 845 contacts on our list to receive the monthly newsletter and Senior Center updates.

Submitted by Debra Galloway, Director, Sudbury Senior Center