

ACCEPTED
10/20/2022

WINCHENDON TOWN CLERK
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THE WINCHENDON COUNCIL ON AGING

September 22, 2022

Minutes of the Meeting

Meeting opened at 9:31 AM

PRESENT: Judy Mizhir, Chairwoman, Sheila Betro, Director, Anne Coderre, John Webber, Gail Casavant, Jean Joyal, Phil White, Diane Alexander, Secretary, Nancy Romanowski, Associate.

VISITOR: Sue Kuchta

Report of the Nominating Committee was presented by Ms. Joyal, read and discussed. The slate of officers was voted on and accepted as presented. A review of missing members was discussed.

DIRECTOR'S REPORT: We are now inserting our newsletter into church bulletins and banks, etc., where the public can pick them up to be informed as to the activities of the Senior Center. (See attachment.)

The biggest cost involved in this is the paper and toner to make copies. We will ask the Friends of Old Murdock for help.

AUGUST STATISTICS-22 days: (September's numbers will be forthcoming when they are all in.)

| MEALS SERVED | MILES DRIVEN | MEDICAL RUNS | LUNCHES SERVED | SHOPPING TRIPS |
|-----------------|-----------------|-----------------|-------------------|-------------------|
| 2009 | 3718.4 | 57 | 39 | 8 |

OTHER TRIPS PASS.

11 336

All regular meals were served. There was a wonderful musical presentation. Bingo is still popular and well attended on Wednesdays. Director's report was moved and accepted unanimously.

Ms. Casavant presented a report on the Planning Committee which was reviewed and discussed. Many ideas were presented. (See attachment for guidelines)

The Advocacy Program was reviewed to see "What we have, what we want to do, and how to accomplish it." A contingency will meet with the Board of Selectmen to update them on Senior Center activities. The director currently meets with the BOS twice a year either by Zoom or in person.

Mr. White volunteered to do an annual newsletter to attract sponsors. Discussion followed.

Meeting adjourned at 10:45 AM.

Next meeting will commence on October 20, 2022, at 9:30AM.

Respectfully submitted:

Diane M. Alexander

ATTACHMENT 9/22/2022 minutes

COA PLANNING COMMITTEE EVALUATION GUIDELINES

Advocacy: Provide senior center activities to promote health and independence, support efforts to provide adequate housing and living conditions; provide education and information on matters that effect seniors through individual support, group sessions, and through the media; support health and quality of life issues by communicating concerns and support with political representatives.

Action: Flyer created for distribution to various public places, Channel 8 cable, banks, library, stores, etc.

Transportation: Provide transportation to the senior center, shopping, medical appointments. The town has limited public transportation or taxi service. Many elders depend on the senior vans for mobility and independence.

Action: Coordinating with the CAC to provide more affordable transportation . Also working with the Town Manager to get more hours for current Senior Center drivers. Hours allowed are currently less than 30 hrs./week. Desired allotted work hours is 35-40 hrs/week for each driver.

Outreach: Provide information, referral, and support to help seniors make good decisions.

Action: Medical advice, SHINE representative, advice lawyers, nursing home planning, etc. come in periodically and at health fair. Baldwinville

and Wachusett manor facilities come in periodically to give presentations. We get about 10 calls/day pertinent to outreach requests. Meals on Wheels driver gives out business cards and information. An outreach coordinator is needed, like other Senior Centers have, some of whom only are open a few days a week and offer no lunch. There is currently no van driver to provide rides to and from the center for lunch.

Food Service: Provide a meal program on site and delivered meals. Provide a food pantry for those in need.

Action: Have a grant from the Commonwealth of MA for meals. There is exceptional quality control and nutritional monitoring with all meals labeled and sealed. We are currently appreciating donations from churches and the community. Food pantry accepting donations and is in pretty good shape. Monitored by Tri-Valley out of Westford, MA. We currently serve @30 elders/month on site.

Housing: Adequacy of state and federal subsidized housing in the community, assisted living situations, home services to those in need, rehab programs to repair code violations and private elder housing opportunities. Role of COA advocacy on this issue.

Action: Currently the need in town has skyrocketed, even for 30-40 year old age group. There is @ a 1 to 1 1/2 year wait for senior housing availability. Maintain communication and provide support when able from the COA. Winchendon recently took over Templeton's needs. The homeless citizens are coming here searching from all over Massachusetts.

Health and Emergency Services: Provide resources for nutrition, mental health, health education and direct and indirect services

Action: Currently have the Gardner VNA, visiting nurses, etc. as resources. The Senior Center Health Fair will resume soon. Aging services of MA are generally short staffed and Winchendon has experienced neglect from them. We will maintain good communication with Winchendon Senior Housing director, David Connors. We will invite Kelly to our COA meeting. It is important to make more people aware of the need.