

COMMISSION ON ELDER AFFAIRS

Minutes of October 28, 2013

MEMBERS PRESENT: Robin Bahr Casey, Chair; Tom Cullinane; Theresa Eckstrom; Christopher Evans; Carolyn Grenier; Ursula Hanus; Paul Johnson; Nicholas Kaltsas; Victor Ortiz; Steven Smajkiewicz

MEMBERS ABSENT: Jocelyn Jacques-Curewitz; Stephen Greenberg; EXCUSED: Gail Smith & Elaine Wrubel

STAFF & GUESTS PRESENT: Amy Vogel Waters, Patty Hainsworth, Linda Wincek-Moore, Song-Jin Yang – Intern

The meeting was called to order at 4:00 p.m. by Robin Bahr Casey at 128 Providence St. The minutes of Sept. 24, 2013 were approved as mailed. m/s/a unanimous

Victor Ortiz was welcomed as a new Commission member.

The Senior Center Report was approved as mailed. m/s/a unanimous

Amy reviewed the Goals & Objectives report, highlighting updates. She noted that she has been working with the City Dept. of Public Health to submit a grant for Falls Prevention and other initiatives, along with many partners in the City.

Paul Johnson requested clarification on the level of funds awarded to Elder Affairs this year. After discussion, a motion was made to change the wording in the goals & objectives 1.a. from “Mitigate the impact of funding reductions....” to “Monitor expenditures for efficient use of funding...” m/s/a unanimous.

Amy’s report also included: the Friends of Worcester’s Senior Center recently held their Annual Meeting, in which she reported on, with gratitude, the use and importance of the funds supporting the Senior Center; The City Council has awarded capital funds to Elder Affairs - \$10,000 for window replacement and \$10,000 for floor covering; We are currently at 71% of our FY 14 goal for number of different programs; The 2014 Falls Prevention calendar has been sent to the printer, thanks to Patty’s efforts; The Senior Services Program Assistant, Lindita Taka, has been hired and will attend a future Commission meeting; Using State funding, two temporary part-time receptionists were hired for the front desk in the lobby; Staff attended various parts of the Mass. and National Association on Councils on Aging conference held in Sturbridge; and the Senior Center will be 112% occupied when Active Physical Therapy moves into the clinic area on November 1<sup>st</sup>.

Amy also reported: A nutritionist is needed to work 1 hour a week in the upcoming osteoporosis prevention program; There is no new information about the 1926 wing; The premiere of the Disabilities Etiquette video was held at the Senior Center and a pamphlet has also been developed by the Commission on Disabilities to distribute to restaurants on the same subject; also the statewide survey on problem gambling was briefly discussed.

A question was raised by Paul Johnson about a radio advertisement for the Tufts Health Plan which mentions the Senior Center. Members were concerned that seniors may construe it as an endorsement. Amy did not know anything about this and said she will look into it.

Patty reported on programs held as well as those upcoming. She noted that the recent UMass Health Fair at the Senior Center was very well attended, with many flu shots given. She described plans for celebrating Veterans Day, Thanksgiving and the winter holidays as well as various health related programs. Nick Kalstas asked for further information about the Diabetes Footcare program which she provided. Patty also reported on the Fall Prevention Calendar and requested assistance from the Commission to distribute some of the 8,000 copies when they arrive. Finally, Patty highlighted facility issues including the adjustments in the heating system and renovations completed in the clinic and Lindita's office.

Linda reported on the UMass Medical Clerkship and orienting Lindita to her new job, including outreach to the Albanian community and assistance with Latino seniors. She noted the Healthy Eating and Chronic Pain Self Management classes have been completed and a Chronic Disease Self Management class will begin in December. Yung and Linda will attend a required training for Evidence Based Program leaders. Linda reported successful outreach at the recent Senior Spectacular at the DCU Center; members of the Chinese Elder Group, the Iraqi Elder Group and the Southeast Asian Group all participated in the recent walk at the Blackstone Valley Park; The Senior Support Team is working more efficiently due to an arrangement with the Worcester Police Department; and the SHINE workers are very busy right now with all the changes in insurances.

Song-Jin Yang reported on his work with the Chinese Elder Group. There was also discussion about the swipe card system and the building's capacity.

The next meeting was scheduled for Monday, November 25, 2013 at 4:00 p.m.

The meeting adjourned.