

TOWN OF SUDBURY
COUNCIL ON AGING
MINUTES OF MEETING
September 10, 2019

Location: Senior Center, Fairbanks Road

Email: 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: Robert May, Patricia Tabloski, Jeff Levine, Sandy Lasky, Amy Unckless,
Senior Center Director: Debra Galloway.

Excused: Connie Steward

Guests: Carolyn Markuson

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

Minutes approval included minutes of the following meetings: August 13, 2109
Minutes unanimously approved.

Director's Report: (Galloway)

Longfellow Fitness Center made an initial contact with Director regarding the possibility of doing some shared programs.

BayPath (Tabloski)

The major issue of shortages of patient related staff continues.

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

Carolyn Markuson awaits approval of the BOS

Master Plan Steering Committee (Bob May) – No report

Transportation: (Galloway)

Need for Van drivers remains critical. Lyft has dropped out of the regional program for now. Regional team awaits further data from Uber. Many details regarding implementation 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- discussions of exactly how COA can achieve its goal of promptly and accurately keeping Sudbury Citizens informed of issues before the COA continued. The Chairman is to share his decision at October 08 meeting regarding Videotaping of all formal meetings.

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 October 8 meeting.

***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/Videotaping Meetings/finalize goals.

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

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

Next scheduled meeting October 08 at 3:00 PM at the Senior Center.

Respectfully Submitted:

Robert May, Secretary

ATTACHMENT TO THE COA MEETING MINUTES

COA Meeting - Director's Report - Sept. 10, 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.

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 course¹ There were 23 participants

¹ 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 Tchaikovsky² 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

² 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