

TOWN OF SUDBURY
COUNCIL ON AGING
MINUTES OF MEETING

June 8, 2021

2:00 PM

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

**COA meetings done over Town Zoom video
Conference Account**

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

Present: Chairman: Jeff Levine

Members Present: Patricia Tabloski, Sandy Lasky, Bob Lieberman, Peg Espinola, Pat Lewis, Don Sherman, Anna Newberg and Carmine Gentile (joined meeting at 2:45),

Also Attending: Ana Cristina Oliveira-Acting Director of Sr. Center

Guests via Video: John Beeler; Lynn Puorro (Sudbury TV resource); and Kay Bell.

Meeting called to order by Chairman Jeff Levine at 2:01 PM

Attendance by all those members above confirmed by roll-call affirmation.

New Member Introduction: Jeff Levine introduced the new Board members Don Sherman and Anna Newberg. Each gave a brief background update and was pleased to be part of the COA and contributing in the future.

Approval of Minutes from Meeting of May 11, 2021 –The COA unanimously approved as by roll-call vote with amendments.

Slate of Officers Roles for The Coming Fiscal Year: Discussion ensued with Jeff Levine to continue as Chairperson and Sandy Lasky as Co-Chairperson and Bob Lieberman taking on the role as Secretary. Slate as offered was unanimously accepted as presented by roll call vote.

Director's Report: (Acting Director Ana Cristina Oliveira). June 14th is the scheduled date to bring people back into the Fairbanks Community Center by appointment each lasting up to 15 minutes. Discussions continue with instructors on hybrid programs. Participants are encouraged to continue to wear protective masks. Transportation activity picking up with Uber clinic to learn the App. (see transportation update) Debra Galloway, Director of the Senior Center is scheduled to return in mid-July.

BayPath Elder Services report (Pat Tabloski). Update on BayPath Options program designed to communicate Long Term Care support, Eligibility and information on the independent Living Center. **Covid 19 update-** 89% of Ma. Residents over 65 years of age have received at least 1 vaccine. In person assessments continue. **Mass Homecare update-**Quality standards in place and protection for homecare needs.

Transportation (Sandy Lasky): Uber initiative moving along with decreased wait times and cost less than Taxi service. Hierarchies for services are Van first, followed by Uber and then Taxi.

State Legislative Update-Carmine Gentile. No new report

Fairbanks project Update (Jeff Levine): Site development continues while schematic concepts and layout of building proposals which are being reviewed at the Permanent Building Committee meetings.

Meals on Wheels Update (Tabloski): BayPath sponsored program. Survey reviewed identifying the most vulnerable and isolated. Program provides significant nutrition, health and wellness benefits (See Attachment A) Highlights of the BayPath Elder Services Board Meeting – May 26, 2021 (See Attachment B)

Other thoughts/ comments

Update on reading program (**Sandy Lasky**).Follow up conversation with Judy Battat identified timing issues to start the program and rollout will be postponed until the fall.

Discussion pursued with regard to the lockbox program for residents through the Sudbury Fire Department and ways to communicate to the community.

There will not be a COA meeting in July.

Motion was made by Sandy Lasky to adjourn. Seconded by both Pat Lewis and Carmine Gentile. Unanimous approval by roll-call vote. Adjourned at 3:24pm.

The next meeting will be scheduled for August 10, 2021 at 4PM (new time) at the Fairbanks Community Center, Viewable later on Sudbury TV (SudburyTV.org).

Respectfully submitted by
Robert Lieberman
COA Secretary

Attachment A

BayPath highlights

BayPath Nutrition Program 2021 Satisfaction & Outcomes

Between January 1, 2020 and December 31, 2020, the Nutrition Program at BayPath delivered over 180,000 meals to approximately 1,300 individuals in our catchment area. During the height of the pandemic nutrition staff continued to work in the community ensuring meals were delivered to our most vulnerable and isolated neighbors.

Below are satisfaction results from our latest survey conducted in February 2021.

Meals help participants live independently in the community.

- 83% of home delivered recipients reported that the meals help them to live independently.
- Approximately 51% of homebound respondents receive 5 or more meals per week.
- 62% of home delivered meal recipients are female with the majority ranging in age from 70-89 years old.

The program provides a safety check and reduces isolation.

- Almost 1/2 (47%) of home delivered meals respondents live alone with no one to check on them but their drivers.
- 60% of home delivered meals respondents feel less lonely because of their driver.
- 97% of respondents report a positive experience with their home delivered meal driver.

The program helps with food security.

- 49% of home delivered meal respondents reported that they would have a shortage of food in the house if it were not for the program.

The program provides significant nutrition, health, and wellness benefits.

- 63% of homebound respondents reported that the meal was their main meal of the day.
- 81% of homebound respondents felt that the program improved their health.
- While meals are only required to contain 1/3 of the Dietary Reference Intake (DRI) for older adults*, 45% of respondents said that meals contribute to more than 1/3 of total daily intake, with 33% reporting that meals contribute to more than 1/2 of daily intake.
- 86% of respondents indicated that the nutrition analysis on the menu has been helpful to them.

Participants report satisfaction with meals.

- Approximately 79% of those surveyed rated the meals as excellent or good.
- Approximately 77% respondents were satisfied with variety, taste, appearance, and how meals were cooked.
- 93% would recommend the program to a friend.

Survey Comments

MOW gives me comfort and security with food.

I would not be able to stay in my home without the meals.

Puts food on the table and saves money.

Would like to see more meat and potatoes.

I get a variety of food that I would not normally make for myself.

I feel recognized as part of a community.

Cannot chew veggies or fruit with skin but can eat apples cooked.

Love the fish.

Don't like fish.

I would not cook if it were not for these meals. I would not be eating right.

I think MOW may have less sodium than other prepared food at the market.

I am 90 years of age and I do not have the energy to prepare food 3x daily.

Helps control blood sugar.

Given me more of a variety of foods including vegetables.

Meals are not hot so need to microwave dinner when delivered.

Not a pea person

More peas please – I love peas.

Attachment B:

BayPath Elder Services Board Meeting Highlights – May 26, 2021

Options Counseling Presentation

Susan Cote, BayPath Options Counselor, presented on the program. Options Counseling is a service developed by the Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission. The purpose of the program is to ensure that persons of any age with a disability have information about all the available community based long term care supports, how such services are funded, and eligibility requirements. Option Counseling is provided through the Commonwealth's network of Aging and Disability Resource Consortia (ADRCs), each of which is composed of an Independent Living Center and local Aging Services Access Points. BayPath is the lead agency for the Metrowest ADRC, which also includes the Metrowest Center for Independent Living and HESSCO. Options Counseling is available to all Massachusetts residents free of charge. Ms. Cote receives referrals from our Information and Referral department when the consumer has complex needs or multiple options that require more decision support. Ms. Cote meets in person with each referral (in person has resumed) for the purpose of understanding the individual's unique situation, goals, and preferences. Options Counseling uses a person-centered approach that recognizes the individual is the expert regarding their care. When a plan is complete, Ms. Cote provides support in linking the individual to their chosen resources. Option Counselors also assist with public benefits, housing applications, and related needs and resources.

Officers of the Corporation

The Board of Directors voted to approve the slate of candidates for officers of the corporation:

- President, James Zebrowski, Ashland Council on Aging
- Vice President, Douglas Peck, At-Large Member
- Clerk, Harriet Merkwitz, Natick Council on Aging
- Treasurer, Joseph Bisol, Marlborough Council on Aging

COVID-19 Update

Approximately 89% of Massachusetts residents aged 65 years and have had at least one dose of the vaccine. Approximately 2000 homebound vaccines have been administered to date and the state is expanding the eligibility criteria for homebound vaccines in order to reach more people. BayPath has resumed in-person assessments and home visits, although some consumers are still refusing. In May 65% of all assessments by BayPath care managers and nurses were in-person. BayPath staff continues to wear masks in homes and maintain social distance. A number of Board members reported that senior centers have opened to the public and are allowing in-person programming.

Commonwealth Update

Mass Home Care, the trade association of the Aging Services Access Points, will serve on the Commission charged with developing standards for licensure of home care agencies. Massachusetts is one of the few states in which such agencies are not licensed. Licensure will benefit older adults as it will ensure that minimum standards of training and care are met. Homemaker and personal care providers contracted to BayPath and other ASAPs are rigorously monitored for quality of care using a set of standards that will be a foundation for licensure.

American Recovery Plan Act (ARPA)

ARPA includes significant additional funding for Area Agencies on Aging. Although the state has not announced the distribution, BayPath will receive ARPA funds that may be twice its CARES Act funding. Joe Quirk, Executive Director, met with the Directors of the Councils on Aging to discuss the needs of Metrowest older adults and to brainstorm ideas for how the ARPA funds could be spent on area-wide initiatives that would have a long-lasting impact. The Councils and BayPath will resume the discussion when more information is available from the Executive Office of Elder Affairs.

