

COUNCIL ON AGING - ANNUAL REPORT

The Hudson Council on Aging respectfully submits our Annual Report for the period July 1, 2005 to June 30, 2006

The Council on Aging is a nine member Board appointed by the Board of Selectmen. The Board maintains an office at the Hudson Senior Center at 29 Church Street. Duties of the Board who meet the first Tuesday of the month include supervision of the building, activities held and the programs instituted for the elderly in Hudson. There are approximately 3,500 elderly (60+) in our community and all are encouraged to participate and avail themselves of services available.

It is the mission of the Council on Aging to evaluate, promote and encourage new and existing activities and services that enhance the quality of life for elders in the Town of Hudson.

The Senior Center is the visible point of access and outreach for older people in our community. The Senior Center provides a tangible reminder that the public system cares and that services are available when the elder needs them. The Center is a place seniors can go to remedy problems of isolation, to renew old acquaintances or make new ones and to become involved in the community.

STAFF

Staff at the Senior Center consists of a Director, Administrative Secretary and Support Service Advocate (Outreach), and Bus Driver, all full time and funded by the Town of Hudson. We also have a nutrition site manager through SMOC.

PROGRAMS /SERVICES

SUPPORT SERVICE ADVOCATE/OUTREACH - Health insurance continues to be a problem for our seniors. Much of her time has been spent helping seniors with the new Medicare Part D prescription drug program. We also link the senior with other agencies who provide assistance. Home visits are made and needs assessments are formulated as staff work to help the elder remain in their own homes. This position also serves as a liaison between the Police Department and the Center for the R.U.O.K. program

TRANSPORTATION –Our two vehicles are six years old. One is a 25 passenger bus and the other is a 9 passenger van with a wheelchair lift. Any Senior (60+) needing transportation is taken to medical appointments, much of them are in Marlboro, grocery shopping, to the Senior Center or downtown for banking, etc. We also provide transportation for seniors to visit loved ones in nearby nursing homes. We now provide rides to the over 55 housing complexes in our community.

NUTRITION PROGRAM –12,000 meals were either served in the Center or delivered to Seniors confined to their homes and many volunteer hours given to this program. Hot meals are served 5 days a week with a site manager from SMOC (South Middlesex Opportunity Council) supervising the program. The Center encourages volunteers to assist the Site Manager.

NEWSLETTER – 750 copies printed monthly. Cost of mailing newsletters this past year was about \$1500.00 which was paid by the “Friends” organization.

FUEL ASSISTANCE - Applications for this program are taken in the Senior Center for all age groups in our community. There were 38 total applications completed during the November to April.

TAX WRITE OFF PROGRAM – Money was appropriated at Town Meeting to help elderly pay real estate taxes. Seniors work 100 hours in various town departments to earn a maximum of \$500 to help pay taxes.

INCOME TAX ASSISTANCE – Returns are completed by AARP tax preparers at no cost to the senior. We had 28 seniors take advantage of this service.

HEALTH SERVICES – over 1,400 duplicated numbers of seniors participated.

24 blood pressure clinics were held this past year with 650 tests given

12 hearing clinics were held and we tested 35 seniors

75 participated in a cholesterol clinic

361 flu shots were given in the Center in November

65 were treated by the podiatrist who comes to the Center

25 support group sessions were held during the year

RECREATION 2893 duplicated number of seniors participated.

Bingo, Cards, Ceramics, Knit & Stitch, Painting, Walking Club

SOCIAL EVENTS 1419 duplicated numbers of seniors participated.

Birthday Parties, Cookouts, Special Luncheons including one at INTEL,

Dinners, Trips, and Special Holiday Events.

COMMUNITY EDUCATION –847 duplicated number of seniors participated

Programs on all of the following: Alzheimer, Arthritis, Financial Workshops, Vision Loss, SHINE Program (more than 65 assisted), Electricity and safety in the home, Elder Law Program, 3 computer classes each week (348 taught basics and advanced classes) Osteoporosis, Secure Horizons and Blue Cross/Blue Shield updates., Registry of Motor Vehicles and VNA Brown Bag Program.

We also conducted a CPR recertification program.

RECREATION/CREATIVE Programs –.

ceramic classes held on Monday & Thursday each week.

computer classes held twice weekly in the Senior Center

painting class held on Tuesday afternoon.

line dancing class held at the Boys/Girls Club

Tuesday & Thursday afternoons for various card games.

Thursday afternoons for a fitness class.

Friday mornings we offer TaiChi classes.

Friday afternoon for bridge.

bingo weekly.

Wednesday mornings we offer a Walking Club.

MEDICAL EQUIPMENT - Requests for canes, wheelchairs, walkers, etc. were honored and when available, items were loaned out to residents of any age.

FILE OF LIFE - We continue distributing the "File of Life" folders this year. Medical information is written on a card and placed in a red magnetized folder for the refrigerator or wallet. In case of an emergency, medical personal can obtain needed information quickly.

INTERGENERATIONAL PROGRAMS - 125 participants in various programs – We have a pen pal program with students from Mulready School, concerts at the High School and Senior Center.

We have a lending library with books and current magazines and puzzles, which can be borrowed. We also have numerous videos which can be borrowed.

A birthday party is held monthly with cake and ice cream for all. This event is attended by our State Representative Pat Walrath each month.

GRANT - The Council on Aging received a grant award from the Executive Office of Elder Affairs for \$17,475.00 to be used for home support services and to purchase computer and printing supplies.

VOLUNTEERS - Over 100 volunteers contributed 1200 hours in the Center this past year. Volunteers assist in the office, run the “Friends” thrift shop, assemble newsletters, teach various classes and visit nursing homes.

We are grateful to all our Volunteers who give time and talent to keep programs running and the support given to the Council on Aging Board Members and staff.

FRIENDS OF THE HUDSON SENIOR CENTER, INC.

Through Fairs, raffles, suppers, money earned in the thrift shop, the “Friends” pay for postage, renovations, some programming, special meals and events.

The Board Members of the Council on Aging are most grateful to the “Friends of the Hudson Senior Center” who have provided support and encouragement over the past 26 years and have enabled us to provide needed equipment and vehicles to better serve our elderly in Hudson.

The Council on Aging wishes to Thank the Board of Selectmen, Executive Assistant and Finance Committee for their continued support each year.

Respectfully submitted,

Ronald White, Chairman
Mary Saaristo, Vice Chair
Dorothy McDonald
Nancy Higgins, Secretary

Janice Long, Program Director

Ralph Barry
Nina Smith, Treasurer

John MacKinnon
Francis Weagle