

COUNCIL ON AGING - ANNUAL REPORT

The Hudson Council on Aging respectfully submits our Annual Report for the period July 1, 2006 to June 30, 2007.

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 3,000 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, information 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

Our Senior Center has a remarkable staff consisting of; a Director, Administrative Secretary, Social Service Advocate (Outreach), and Bus Driver, all full time and funded by the Town of Hudson. We have added a part time Bi-Lingual Social Service Advocate who works 14 hours a week serving our Portuguese population. This position is paid by the State Formula Grant. Our center also has a nutrition site manager who oversees the Meals on Wheels Programs funded by the SMOC Nutrition Program.

SERVICES

SOCIAL SERVICE ADVOCATE/OUTREACH - Health insurance, prescription drug plans, Medicare, public and private benefits continue to be a quandary for many seniors. The Director and both Social Service Advocates are SHINE Certified, (Serving Health Insurance Needs of Elders) and are capable and willing to help anyone who calls for assistance. In addition, home visits are made and needs assessments are formulated as staff work to help the elder remain in their own homes. Community Case management along with SHINE appointments increased just over 400% in FY07.

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 (55+) needing transportation for medical appointments, shopping, banking, etc between Hudson and Marlboro may call the center the day before to schedule your appointment. We also provide transportation for seniors to visit loved ones in nearby nursing homes.

NUTRITION PROGRAM – This outstanding program, overseen by a site nutrition manager and many wonderful volunteers, delivered 13,000 meals to seniors confined to their homes, and 1700 meals were served at our center, totaling 14,700 meals for FY07.

FUEL ASSISTANCE - Applications for this program are taken in the Senior Center for **all age groups in our community**. We experienced a 140% increase in fuel assistance applications in FY07.

TAX WORK 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.

This past year we have seen significant growth in other areas as well. Through our community education programs, fitness/exercise, professional services, recreation/socialization programs, support services, volunteer opportunities and wellness programs we served 1037 individual people, for a grand total of 17,129 visits or participation in the programs mentioned above.

A robust social service team, a dedicated staff, introduction of new programs, introduction of some magnificent day and over night trips and the excitement of our senior center renovation and addition project has truly elevated the spirits of this population we serve. With the increase in numbers we are anticipating more volunteer opportunities, steady growth in all areas of service, and continued goals of successfully addressing the needs of Hudson seniors.

FRIENDS OF THE HUDSON SENIOR CENTER, INC.

Through fund raising events, raffles, donations and money earned in the thrift shop, the “Friends” pay for postage, some renovations, and special meals/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 27 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
Nina Smith, Treasurer
Melissa Esteves; Secretary

Ralph Barry
John MacKinnon
Francis Weagle
Dorothy McDonald

Janice Long, Program Director