

COUNCIL ON AGING - ANNUAL REPORT

The Hudson Council on Aging respectfully submits our Annual Report for the period July 1, 2007 to June 30, 2008.

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 Wednesday 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 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. The success of this new position is seen by the significant increase in Portuguese seniors utilizing our center, something we are very proud of. This position is paid by the Executive Office of Elder Affairs 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 another 240% from last year, serving 1602 duplicated case management and health insurance appointments for FY 2008.

TRANSPORTATION : We had three vehicles. One is an 8 passenger van with a wheelchair lift, another was a 24 passenger bus, and the third is a brand new 14 passenger van, a very generous gift from the late Gertrude Spinney. The COA Board, and the Friends of Hudson Senior's would like to thank the Gertrude Spinney family for this most altruistic donation. 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 2000 meals were served at our center, totaling 15,000 meals for FY08.

FUEL ASSISTANCE - Applications for this program are taken in the Senior Center for **all age groups in our community**. We experienced a 35% increase in fuel assistance applications in FY08.

FOOD STAMP APPLICATIONS: Applications for this program increased 32% in FY08.

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 1185 individual people, for a grand total of 22,829 duplicated visits or participation in the programs/events 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 from Hannaford's weekly donation of bread and pastry, and the thrift shop, the "Friends" pay for postage, some renovations, and special meals/events. In FY08 the Friends have been very active and successful in raising money for our Senior Center Building Project.

The Board Members of the Council on Aging are most grateful to the "Friends of the Hudson Senior Center" who have provided financial support and encouragement over the past 28 years. Their hard work continues to support the senior center staff in their efforts to serve the Hudson senior population in the best way possible. A wonderful example of "team work".

The Council on Aging wishes to "Thank" not only the Board of Selectmen, Executive Assistant and Finance Committee for their continued support each year, but also the Town of Hudson for supporting the Senior Center Renovation and Addition Project.

Respectfully submitted,

Ronald White, Chairman
Mary Saaristo, Vice Chair
Nina Smith, Treasurer
Melissa Esteves; Secretary
Glenna Karvoski

Ralph Barry
Anthony Monteiro
Justin Provencher
Dorothy McDonald

Janice Long, Director