

COUNCIL ON AGING

ANNUAL REPORT - FY12

The Hudson Council on Aging respectfully submits our Annual Report for 2012.

Councils on Aging and Senior Centers provide advocacy and support systems empowering older adults to maintain their independence, improve their quality of life and prepare for life change. Councils on Aging are human services agencies that provide social services; wellness and fitness programs; information and referral services; case management; health promotion and prevention activities; socialization; volunteer opportunities; advocacy; and support systems through multipurpose senior centers that can be considered “community wellness centers.” The activities, programs, and services of such centers are designed to: empower older adults to maintain independence; support frail elders in their homes; improve quality of life; provide some supportive services for individuals of all ages with disabilities; inform and assist families considering life change decisions concerning elder family members; and provide preventive health programming, advocacy, education, social, and leisure opportunities for active adults.

The Council on Aging is a nine member Board appointed by the Board of Selectmen. Duties of the Board who meet the first Wednesday of the month include supervision of the building, activities and programs planned for the elderly in Hudson. As of the 2010 census we have 3915 elderly (60+) in our community (an increase of 938 since 2000) 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.

Some Highlights of FY 2012

Community Education

We have improved our Community Education curriculum by adding some outstanding new programs! We teamed with the Seventh Day Adventist Church and presented an **8 week Depression Recovery Program**. The participants learned:

- How to eliminate negative habits of body and mind
- Understand and combat depression, how to make use of effective natural therapies
- How to focus on brain health
- How to form healthy life style habits to keep depression at bay.

This program, offered in the evening, was well received by all ages in our community.

In addition to our Annual Portuguese Health Insurance Forum, we also offered a FREE Health Screening for Portuguese seniors. Seniors were screened for cholesterol, blood sugar, blood pressure and BMI. We then had a follow up nutrition class to discuss the unhealthy behaviors that were found during the screenings. This program was in partnership with the VNA CareNetwork.

A program of incredible importance and sensitivity was presented by Dr. Robert Stern Director, Clinical Core of the Boston University Alzheimer's Research Facility entitled:

Older Drivers and the Difficult Balance of Personal Independence and Public Safety: How, Why, and When to Make the Transition from the Driver Seat to Passenger Seat

Dr. Stern eloquently broached this subject with dignity as he presented hard to hear facts about older drivers, vision impairment, dementia, mild cognitive impairment and other senior health issues and how they relate to one's ability to drive.

Attorney Arthur Bergeron from Mirick O'Connell has been offering FREE legal clinics several times a year. Some of the topics include, Planning for and Dealing with Dementia. Wills, Power of Attorney," Asset Protection If You Are Single: The Good and Bad about Irrevocable Trusts" Annuities: The Good, The Bad, And How to Tell the Difference"... and more. Attorney Bergeron and his fabulous staff have done an outstanding job educating the Hudson community on legal matters of importance as we age.

Friday's Music Jam

This new program invites senior musicians to gather at our center every Friday 11:30am -1 pm to "JAM". We now have several musicians playing the following instruments: 3-4 guitars, a banjo, mandolin, keyboard, harmonicas, spoons, occasionally a base, clarinet, and of course vocalists. Every Friday is different, but the crowd is the same. This is one of our more popular weekly events. People come from all over to hear our musicians jam and entertain them. This is a great way for seniors to socialize and have fun. I marvel at the talent of our seniors, (and love the sing a longs). We offer both hot and cold lunch on Friday's. The menu is always in the newsletter.

Hudson Senior Center receives the Older American's Grant through BayPath for "DayBreak a Social Day Program at the Hudson Senior Center"

The Hudson Senior Center is partnering with Pleasantries Adult Day Services, Aging Well Adult Day Health, Marlborough Hills Healthcare Center and Comfort Keeper Home Care Agency, to provide one afternoon a week of structured quality time for loved ones at the Hudson Senior Center. Professional staff will provide a healthy lunch and engaging activities for those who require supervision. DayBreak will offer attendee's: a safe and secure environment, enjoyable and educational activities, socialization and peer support, and nutritious meals and snacks.

WELLNESS PROGRAMS

Interest in our Wellness Program continues! Programs include Chair Fitness, Face Yoga, Beginners Yoga, Blood Pressure, Hearing Clinic, Podiatry, Line Dancing, Water Aerobics, Walking Club, Am and PM Fitness, Bone Density, and Tai Chi. In 2012 we had over 600 individuals participate in our wellness programs 9630 times.

STAFF

Our Senior Center has a dedicated staff consisting of; a Director, Administrative Secretary, Social Service Advocate (Outreach), a full and part time bus driver, all funded by the Town of Hudson. We have added a part time Bi-Lingual Social Service Advocate who works 15 hours a week serving our Portuguese population. The success of this 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. We added a part time Volunteer Coordinator position which is funded by a Title III Older American's Grant. Our center also has a nutrition site manager who oversees the Meals on Wheels Programs funded by the Executive Office of Elder Affairs and BayPath Elder Services.

VOLUNTEERS

Volunteerism at our center is at an all time high. The increase in membership and participation in activities and programs has resulted in the need for daily volunteers at our front desk to assist our Administrative Secretary. In addition to front desk support, we have 33 other volunteer positions. Librarians, gift shop staff, bridge instructor, meals on wheels drivers, and many more resulting in 8580 hours of volunteerism in FY 2011. The pay equivalent for those jobs would have been \$88,190.00. Our volunteers make remarkable contributions to our center.

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 continue to climb with over 2550 duplicated service units for over 700 unduplicated case management and health insurance appointments for FY 2012. Fuel Assistance and S.N.A.P., Supplemental Nutritional Assistance Program (formally known as Food Stamps) application assistance is also available at the Senior Center for all age groups in our community.

AARP TAX PREPARERS

Three AARP tax preparers assisted **121 seniors** with their 2011 tax returns **at no charge** between the first week in February 2012 and April 15, 2012. A job well done!

TRANSPORTATION

We have two vehicles. A brand new 14 passenger van with 2 wheelchair lifts, (thanks to the Friends of Hudson Seniors) and a 14 passenger van. 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. In FY 2012 we had 170 people utilizing our transportation program 6940 times. (The larger number reflects round trips)

NUTRITION PROGRAM

The Meals on Wheels Program which is managed by BayPath Elder Services, served 12,831 meals to approximately 103 homebound seniors We also served 1968 congregate meals to Hudson seniors at our new center. We are very happy to see an increase in the number of people utilizing our congregate or on site daily luncheons.

TAX WORK OFF PROGRAM

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

OVERALL GROWTH

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 1679 individual people, for a grand total of 36,641 duplicated visits or participation in the programs/events mentioned above, which is another 14.7% increase.

The COA Board and Friends of Hudson Seniors

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 30 years. In 2012 our Friend’s Organization purchased a new 14 passenger bus including 2 wheel chair lifts. As you can see, their hard work continues to support not only Hudson seniors, but the senior center staff in their efforts to serve the Hudson senior population in the best way possible. We are fortunate to have them.

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

Respectfully submitted,

Charles Corley; Chairman
Anthony Monteiro Vice Chair
Nina Smith, Treasurer
Diane Durand, Secretary
Glenna Karvoski

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Janice Long, Director