

COUNCIL ON AGING **ANNUAL REPORT – FY13**

The Hudson Council on Aging respectfully submits our Annual Report for 2013.

Council on Aging and the Senior Center 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 2013

Community Education

We have improved our Community Education curriculum by adding some outstanding new programs! Some successful examples of past Community Education would include:

- Mental Health Programs
- Annual Portuguese Health Insurance Forum (all in Portuguese)
- Dr. Stern from BU Alzheimer's Research Facility, provides bi annual updates on disease.
- Dr. Stern “When to transition from drivers seat to passenger seat”.
- 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.
- Money management, Fueling for Fitness Nutrition program, and Male and Female Urological issues with aging.

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 local Elder Service Agencies to provide one afternoon a week of structured quality time for loved ones including healthy lunch and engaging activities for those who require supervision in a safe and secure environment.

WELLNESS PROGRAMS

Interest in our Wellness Program continues! Programs include Beginners Yoga, Blood Pressure, Hearing Clinic, Podiatry, Line Dancing, Water Aerobics, Walking Club, Am and PM Fitness, Bone Density, Stress Reduction, Nutrition Weight Management program, and Tai Chi.

STAFF

Our Senior Center has a dedicated staff consisting of; a Director, Administrative Secretary, a full time Social Service Advocate (Outreach), and a part time Portuguese bi-lingual Social Service Advocate, a full and part time bus driver, all funded by the Town of Hudson. We added a part time Volunteer Coordinator position which is funded by a Title III Older American's Grant.

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 3200 duplicated service units for over 800 unduplicated case management and health insurance appointments for FY 2013. Fuel Assistance and S.N.A.P., (Supplemental Nutritional Assistance Program) application assistance is also available at the Senior Center for ALL age groups in our community.

VOLUNTEERS

Volunteerism at our center continues to be impressive. 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 9000 hours of volunteerism in FY 2013. The pay equivalent for those jobs would have been \$91,206.00. Our volunteers make remarkable contributions to not only our center but our community as well!

AARP TAX PREPARERS

Three AARP tax preparers assisted **156 seniors** with their 2012 tax returns **at no charge** between the first week in February 2013 and April 15, 2013. A job well done!

TRANSPORTATION

We have two vehicles. A brand new 14 passenger van equipped with a wheel chair lift and space for 2 wheel chairs, (thanks to the Friends of Hudson Seniors). The second vehicle is a 14 passenger van without a lift. Senior's (55+) needing transportation for medical appointments, shopping, banking, etc between Hudson and Marlboro may call the senior center. In FY 2013 we had 217 people utilizing our transportation program over 7700 times. (The larger number reflects round trips)

NUTRITION PROGRAM

The Meals on Wheels Program which is managed by BayPath Elder Services, served 10,644 meals to approximately 82 homebound seniors. We also served 1968 congregate meals to Hudson seniors at our center.

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 1769 individual people, for a grand total of 37,776 duplicated visits or participation in the programs/events mentioned above. Since opening our new center the fall of 2010 attendance and participation has increased approximately 49%.

The COA Board and Friends of Hudson Seniors

The Board Members of the Council on Aging appreciate the fund raising efforts of the "Friends of the Hudson Senior Center Inc." who have provided financial support and encouragement over the past 30 years. 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

Vincent Giombetti
Mary Saaristo
Melissa Esteves
Edward Silveira

Janice Long, Director