

Council on Aging

Received by
Uxbridge
Town Clerk

Monthly Meeting

Date: October 13, 2015

Time: 4 PM

Place: Uxbridge Senior Center

Attendance: Jack Daley, Chairman; Jeanne Daley, Marie Potter, Cathy Thornton, Jean McElreath, Shirley Schultzburg, Kathy Marshall, Edwina Porter, Director Marsha Petrillo

Agenda and minutes were distributed.

Minutes were accepted as read.

No treasurer's report as budget is available on line and strictly adhered to.

Discussion of transportation personnel vacancies, interviewing and appointing of new drivers was lead by Director Petrillo who informed committee of Peter and Cheryl Waeger's plan to move in the near future. Jean Mistretta and Marianne Shanley are suitable replacements. The opening for a van driver has been posted.

Highlights of the October Newsletter were presented and noted below.

Ms. Petrillo is alerting seniors to the Open Enrollment Period for health coverage with impending changes regarding Fallon, Tufts and Tri-River, Tri-County and Reliant services.

SMAC assistance will be provided soon and Flu shots are scheduled for October 19 at Senior Center. October 20 is Volunteer Appreciation Day to be celebrated with Pizza Party and recognition of our terrific volunteers. On Saturday, October 24, Ken Tavares and Boy Scouts will work on clearing area designated for Patio Garden behind Senior Center and on October 27, the Sutton Serenaders will perform at lunch with a Halloween Costume Party on October 30 with Bingo and prizes.

New Business:

A recommendation was made that the COA invite Town Manager Dave Genereux to a Council meeting with specific goals and an agenda of items of concern. Budget work for 2016 is underway and needs and services for seniors in short and long term should be discussed.

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Next meeting on November 10 at 4 pm at Uxbridge Senior Center.

Agenda will include discussion of Director Petrillo's memo to Town Manager Genereux of January 5, 2015. (attached)

Meeting adjourned at 5:30.

Respectfully submitted,

Catherine Thornton, COA secretary

Memo to: David Genereux, Town Manager
From: Marsha Petrillo, Senior Center Director
Date: January 5, 2015

Who We Serve

The Uxbridge Senior Center offers programs and services that are designed to improve the health and economic security of our 2,425 seniors. We also help low-income families and our disadvantaged citizens of all ages, including individuals with physical and cognitive disabilities.

Vision

Our vision has to do with the creation of a just and caring community in which each of us lives with dignity, purpose and security, especially as we age in place at home, in one of our subsidized senior housing developments, or in one of our growing 55+ older communities.

Mission

It is the mission of the director, COA Board, and the Uxbridge Elderly Connection to help improve the lives of our older adults, by providing outreach services and programs that empower our seniors to significantly increase income and/or reduce expenses and increase safety in the home and to reduce risk.

Risk Reduction and Preventative Care Measures

Individuals at highest risk are typically single/widows/widowers living alone on low, fixed incomes. These individuals are typically our frail older seniors living in subsidized housing who may become isolated due to loneliness, grief, depression and/or after a major health event that leaves them at risk behind the wheel; unable to drive their automobile. They are at high risk for falls that require increased demands on our public safety personnel. Many calls come in each day for lift assists. Many falls result in broken bones that end up requiring surgery and a subsequent stay at a

rehab center. Serious health events stemming from a fall may lead to increased confusion and memory loss resulting in early forms of dementia. It is our mission to interrupt as many health events as possible and to provide preventative care services designed to reduce these types of risks.

Services and Programs Provided

We improve the health and economic security of our 2,425 seniors, many low-income families and any person with a disability seeking our help, by providing the following services:

- We help prevent homelessness by providing assistance with emergency subsidized housing applications
- We help impoverished individuals apply for SSI and/or SSDI.
- We provide Medicare information, counseling, and support. We help and educate individuals turning age 65 or at the time they retire to insure enrollment in Medicare at the appropriate time to avoid late Pt B penalties.
- We provide Medicaid information and counseling and support help to apply for MAHealth Standard, CommonHealth, MAHealth Buy In, Health Safety Net, the Low Income Subsidy, the Frail Elder Waiver, the PCA Program and the Adult Family Care Program.
- We help to enroll individuals with hearing and vision impairments in PT D drug programs in order to avoid future Pt D penalties
- We help to enroll individuals in Prescription Advantage the State Pharmaceutical Assistance Program
- We counsel, offer up to date information, and help to enroll individuals in health insurance plans geared to meet their medical needs during the Medicare open enrollment period or after losing creditable coverage.

- We help to enroll eligible individuals in DTA/cash assistance programs including SNAP/Foodstamps
- We help low-income families and single parents and grandparents as well as senior citizens to apply for the fuel assistance program and provide information and referral to the weatherization program, to help promote energy efficiency and participation in the furnace repair/replacement program, and appliance replacement programs for eligible individuals enrolled in SMOC.
- We offer and manage appointments for individual IRS tax preparation with an emphasis on the Circuit Breaker Tax Credit for senior citizens.
- We work with the Assessor to provide tax exemptions for our citizens and oversee the local senior work off program.
- We offer VNA flu shot clinics, blood pressure clinics and podiatry clinics
- We offer information on hospice care, advance directives including how and where to file your health care proxy paperwork
- We help set up and coordinate VNA Social Work visits, Occupational and Physical Therapy visits upon one's return from the nursing home or hospital, refer ongoing wound care, homemaking services, money management, elder abuse, elder care and estate planning seminars, Alzheimer's education programs, Assisted Living information and referral, all in conjunction with our all service access points elder care agency, Tri Valley Inc.
- We work with the Fire and Police Departments to provide monthly speakers bureau educational programs and falls prevention, cooking safety, fire of life, emergency "to go bags", evacuation tips, key lock box and offer many other preventative care educational

and wellness programs.

- We offer a sustainable, donation driven, daily hot meal program with a menu designed to promote heart health and reduce chronic conditions such as diabetes and high blood pressure; with an emphasis on reducing cholesterol. We are pleased to announce our partnership with Hannaford Supermarket that helps to fund our food bill as well as generous gifts from Fallon Health Care. We also receive bereavement gifts to support our meal program as well as general donations from the community at large.
- We offer daily medical transportation throughout the Blackstone Valley to a number of doctor's offices, medical facilities, hospitals and rehab centers including the Providence VA and the Worcester VA. This, too, is a growing and sustainable program that is donation and grant driven. We use \$19,400 from the State Formula Grant to help fund our transportation program and we offer up to 100 medical rides per month.
- We offer free Yoga classes and free computer classes
- We offer free grief counseling

We are an unmandated "sister" department providing public safety services (medical transportation/healthy meals/socialization) as well as many social services. Our public safety and social services are important because they are designed to improve the health, security, and overall well being of our citizens. We trust you will find it prudent to continue to fund our department and to help us grow our staffing in FY 2016 as we strive to provide cost effective and fiscally sound service to meet the profound needs of our growing community.

Discretionary Funds designated to the Senior Center

The Senior Center's budget is currently level funded at \$116,000. The director's salary is \$50,000 and the part time salary budget is approximately \$47,000. The operational budget is \$19,000.00. Utilities,

building maintenance (heat, electricity = \$6800 land lines phones=\$885, water and sewer=\$1232, trash removal & dumpster rental=\$900, alarm monitoring=\$500, hvac repairs & maintenance \$850,) and the cost for our janitorial services (\$11,660) require the remaining operational appropriation leaving us with a deficit balance.

Other Funding Sources

To maintain our operations we must leverage resources from a variety of sources. These include federal, state and local government appropriations, fundraising events, public and private grants and gifts, business partnerships, bequests, participant contributions, in-kind donations and volunteer hours.

We currently receive \$19,400 ($\$8 \times 2,425$ seniors = \$19,400) from the state formula grant to help pay a small monthly stipend to our 4 part time volunteer medical drivers. This year the director received a mini grant from MARTAP to help offset the cost of a new fax machine, we received a mini state grant to help offset the cost of a heart defibrillator, we received a \$1250 mini grant from Hannaford Supermarket to help offset the cost of our grocery bill. We recently received a gift of \$2,000 from Fallon Community Health. We have several unpaid volunteers. I consider them our unpaid staff. They are priceless and offer up many dedicated hours to our Center. Fortunately several good and dedicated volunteers have come to us when we least expected them. Unfortunately they leave us for various personal reasons, oftentimes when we need them the most and after they have become a valued and respected part of our department. The process to recruit and train new and dedicated volunteers takes time and effort. It is an ongoing dilemma for our department.

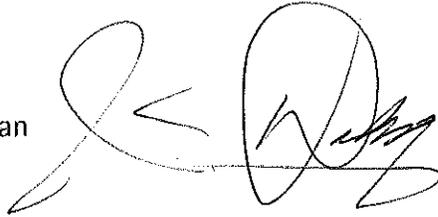
Attached for further information and review, please find our most recent statistics outlining our attendance, medical transportation and our donations and expenses. Please do not hesitate to contact me for any further information you may require regarding the functions of our department.

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October 13, 2015

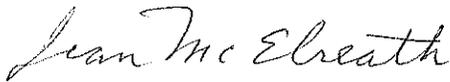
Marsha Petrillo, Director

Jack Daley, Chairman

A handwritten signature in black ink, appearing to read "Jack Daley". The signature is stylized with large, sweeping loops and a horizontal line crossing through the middle.

Marie Potter

Jean McElreath

A handwritten signature in black ink, appearing to read "Jean McElreath". The signature is written in a cursive style with a prominent initial "J".

Shirley Schultzburg

A handwritten signature in black ink, appearing to read "Shirley Schultzburg". The signature is written in a cursive style with a prominent initial "S".

Edwina Porter

A handwritten signature in black ink, appearing to read "Edwina Porter". The signature is written in a cursive style with a prominent initial "E".

Kathy Marshall

Jeanne Daley

Catherine Thornton 