



# Age-Friendly Core Meeting

## Notice of Public Meeting

Email Posting to [townclerk@townofchelmsford.us](mailto:townclerk@townofchelmsford.us) Thank you.

As required by G.L. c. 30 A, §18-25

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TOWN OF CHELMSFORD  
PATRICIA E. DZURIS  
TOWN CLERK

**DATE:** Wednesday, March 6, 2019      **TIME:** 9:00am  
**PLACE:** Senior Center **ADDRESS:** 75 Groton Rd.      **ROOM:** B07

### MEETING MINUTES

- Introduction of guests / NONE
- Age-Friendly Open Session (inputs from the Public) / NONE
- Membership status
- Review/update Domain team rosters
- Progress Reports (10 minutes each)
  - Documents passed around
  - Group Discussion as per domain
  - Outlined team leader considerations

#### Conservation – Fred Stamway

Active community member and will be the consideration on team lead

#### Transportation Domain - John Bowls

- Meetings w/taxi services to compile demographics on transportation needs for 60+ y/o or even younger
- Working w Amy O’Grady for demographics on seniors in housing complexes, public housing, assisted living centers, census reports, not yet even considering category of legal disabilities
- COA provided 16 question transportation survey on baseline of needs and methods and resolution
- Volunteer transportation system or utilize the 21 religious organizations in Chelmsford
- Began research low cost/no cost transport programs in other towns, Billerica, Bedford, Lexington, Northern Essex county (15 towns), some towns received reimbursement from municipality per mile
- Chelmsford should have a self-sustaining transportation system, working with Deputy Chief Ahern/Fire and BOH, CPD. Debi and John attending innovation / transportation conference, questions on liability, town purchased a blanket insurance policy,

#### Housing domain - Dave Hedison (not present) Update from Fred Brusseau

- Goals and actions were submitted from CHA

#### Health & Social services - Deb Siriani

- Vision Statement provided – main points are access to services, i.e. transportation, computers,
- Started a 15-week program to help people organize / downsize and address hoarding behaviors, program called “Buried in Treasurers” capacity for 15 people
- Greater Lowell health alliance 2019 assessment survey, paper copies available to seniors, CFP Chief Ryan meeting with UML students tomorrow regarding a study w/Greater Lowell Health Alliance,
- Goal 1 - CTM monthly TV show for seniors on age-friendly programs, emergency management and preparedness and purple table project, searching a senior host for the show, increase

production on the resource guide in printed copies, emails sent to partners i.e. hospital and doctors on help with printing 15-20 copies and distribution

- Goal 2 - coordinate the high risk registry of people with police/fire and what we can do to help encourage people to register (promote on CTM), wellness phone checks, cell phones made avail., “risk registry” for elders, BOH was asking about it
- Would like to scheduled 3 open listening sessions (by June 2019) on live input and feedback to prepare a report for Town Master Plan – deadline of about one year, first one Friday April 26<sup>th</sup> at Senior Center, host another at housing authority, long-term goal is to have Chelmsford as dementia-friendly
- 13% of Chelmsford seniors have dementia or cognitive deficit, purple table also supports PTSD, autism, letter prepared for promotion to food-establishments, goals of 3 eateries by June 2019, provide dementia-training to town employees by June 2020, advocating in the greater community about senior task-force (Lowell General, Greater Lowell Health Alliance)

### **Respect & Social Inclusion (Debi and Natalie)**

- Reviewed current happenings, tremendous amount of opportunities to be active and included, multi-cultural could use some additional improvement, need more support for Grandparents and Parents, people are included (events, civic engagement, school activities, community meals etc.) where transportation is made available
- Debi met with Shaun about “Know Your Neighbor” program that’s happening in Lowell, reach out to 5 neighbors that you don’t know, inter-faith outreach through families,
- Maybe a ‘game night’ through the AARP community challenge grant, not just helping seniors but the bigger community to connect, building commissioner can use info to help with storm outage, complaint calls, neighbor support, etc. 2/20/2019 Boston Globe, news article several senior centers are modifying their programs to address the ‘anti-senior’ thinking of baby boomers, change the name of the senior center to ‘community life center’ and new marketing plan to better identify the activity and meaning of the “new” senior and modernization of the concept, reference to the future needs of seniors is now meaning over the age of 45

### - Review Action Plan Process - - Preparation to Transmittal

Handout for flow chart and action plan preparedness, incremental inputs from similar formats, discussion of assembly, consolidation, review, approval, and transmittal of the application, is it necessary to vote and approve by the committee, no – this is not the venue for that process, not subject to the open meeting law, no need to post meetings on the work groups, goal date on the action plan transmittal is March 2020, Fred will update the Spring Town meeting April 2019,

### - Tasks for next meeting (27 March)

AARP community challenge grant deadline April 17<sup>th</sup>, consider “Know Your Neighbor”, “Community Game Nights”, ask Table of Plenty board about a follow-on event or game night after meals, summer months hosting a community game night (6 – 8 week program), all ages, low cost for printing, food sponsors for snacks and drinks, people bring their own board games and also choose from avail. supply, Need a group of volunteers to help orchestrate and run the programs

Debi to present at the next week the combining of social inclusion and respect with social participation Housing, same again as this week,

Next meeting scheduled – 9am on March 27<sup>th</sup>

**Adjourn**