

Montague Mass in Motion 3rd Committee Meeting
Gill Montague Senior Center 62 5th Street Turners Falls, MA
Thursday, May 25, 2023 3:30pm

Meeting NOTES are italicized.

AGENDA

This meeting will be held in-person at the location provided above. Members of the public are welcome to attend.
Topics may start earlier than specified.

Welcome new committee member Ryan Paxton, Director of Public Health, [Montague](#).

Guests: Rachel Stoler of FRCOG and Carol Foote of LifePath.

Members present: Colleen Doherty ([Facilitator](#)), Ryan Paxton, Maureen Pollock, Roberta Potter, Eileen Dowd, Eileen Mariani, Caitlin Kelly. Roy Rosenblatt unable to attend.

- 1. 3:30pm** Review and Approval of minutes from 4/24/23 meeting
Committee members approved minutes from 4/234/23 meeting.
- 2. 3:35pm** Relevant Announcements from committee members
****Village to Village project is underway in Montague following a national model. Goal is to counter isolation. Participants will be CORY checked. Eileen Mariani is involved in project.***
****A new Tech grant aimed at increasing computer knowledge and literacy for seniors was submitted. Roberta and Maureen spearheaded this initiative.***
****Free tablets for low income and seniors and possible smart phones.***
**** South County Mass in Motion have identified transportation as main focus.***
- 3. 3:45pm** Additional thoughts on 2 Domains discussed at last meeting: Social Isolation/Inclusion and Housing

4. **3:55pm** Positive aspects/programs in our community
Committee members were asked to make note of the positive aspects and programs for seniors within our communities.
5. **4:00pm** Gill Montague Senior Center Mission and Activities
Roberta Potter provided a detailed account of the mission and activities of the Gill Montague Senior Center emphasizing the importance of the three areas in programming: social, educational, and health.
Documents were distributed and can be located at the town's website. See annual report below.

Gill Montague Council on Aging Annual Report 2022

The Gill Montague Council on Aging serves residents of Montague and Gill who are 60 years of age and older. The two towns fund the Council on Aging and Senior Center proportionately and the Council on Aging receives and administers annual formula grant funds from the Massachusetts Executive Office of Elder Affairs for both towns. Ongoing services focus on fitness and health, assistance with personal needs, and the provision of social events and programs all with a focus on helping seniors live their best and most independent lives.

This year the COA partnered with LifePath and the Greenfield YMCA respectively to provide evidence based Healthy Living classes and exercise programs. The Senior Center offered nine hours of regular fitness classes per week including aerobics, chair exercise, yoga, and tai chi. The COA also held a ten week intensive mindful meditation program with local instructor Jean Erlbaum, shared a six week "Walk with Ease" fitness program with the Greenfield YMCA, and held a "Hip Hop Chair Dance" program with funds from the Gill Cultural Council. The Turners Falls Fire Department taught a two session CPR training and presented a one hour general home safety workshop.

In partnership with the Food Bank of Western Mass, the COA provided monthly Brown Bag grocery distributions for low income seniors and sponsored a monthly public mobile food bank in the Senior Center parking lot. The COA also offered a ten week summer farm share program for low income seniors in partnership with CISA and Red Fire Farm. The COA distributed weekly food donations from TRIAD, annual Thanksgiving baskets and Easter hams. The COA also administered applications to the Montague Wood Bank and processed applications for fuel assistance (LIHEAP) through Community Action Pioneer Valley. Our local SHINE agency held an annual Medicare / insurance information session at the Senior Center in preparation for the Medicare Open Enrollment Period and our area SHINE advisor held office appointments at the Senior Center for private consultations. The COA

made individual grant funds available to low to moderate income seniors to make safety modifications to their homes, processed SNAP applications, and provided emergency direct aid to individuals when no other services were available. The COA held monthly foot care clinics with services provided by “Foot Care by Nurses” and provided free tax return preparation for 42 seniors with AARP Tax Aid volunteers. Information and referrals were made to other agencies, particularly for matters involving legal aid, housing issues, home health care, and transportation. Over 400 home Covid test kits and more than 800 KN95 masks were sourced and distributed. Regular information was distributed about Covid case counts, community risk levels, and vaccine access. Seniors without internet access or digital ability were regularly assisted with on line searches, forms, appointments, and applications.

Social programs included three music revues, monthly pot luck lunches, monthly pizza parties and movies, weekly bingo, card games, knitting groups, and daily open drop-in hours.

6. 4:15pm Group discussion on two Domains of Livability:
See Charts below.

Health Services and Community Supports: (Gina and Roy lead) 20 minutes

Communication and Information: (Roberta and ???lead)
20 minutes

PRIORITY ISSUES (concern/problem)	ROOT CAUSES (reasons/why)	STRATEGIES (solutions)
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Montague Mass in Motion Domain: ***Health Services and Community Supports***

Priority Issue (concern/problem)	Root Causes (reasons/why)	Strategies (solutions)
<p><i>*Diabetes, bone density, high blood pressure, blood sugar</i></p> <p><i>*No direct service NURSE. (previous nurse went to every village)</i></p> <p><i>*No walk-in vaccination clinics. Must register on-line.</i></p> <p><i>*Need clarity on HOW to recognize dementia.</i></p> <p><i>*Hearing loss connected to depression and social isolation.</i></p> <p><i>*Hearing problems for seniors as well as for younger population.</i></p>	<p><i>* Little if any screening for conditions. Lack of transportation for food, health care appointments.</i></p> <p><i>*Lack of knowledge regarding resources.</i></p>	<p><i>*iPad for online shopping</i></p> <p><i>*Nurse position needed with possible outreach in different locations</i></p> <p><i>*Walk-in vax clinics</i></p> <p><i>*Education sessions on how to recognize and cope with dementia; support for individuals and families (through LifePath)</i></p> <p><i>*Educational programs on how to access over the counter hearing aids. *J. Fischer (Gfld.) audiologist develops individualized</i></p>

<p><i>Good hearing can be related to confidence level.</i></p> <p>*Addiction</p> <p>*Vision impairment</p> <p>*Lack of Primary Care Providers and Specialists</p> <p>*Medication Management</p> <p><i>*Problematic and lack of good seating, particularly on Avenue A in Turners Falls.</i></p>	<p>*Lack of connection of existing services. Medical professionals leaving area.</p>	<p><i>plans and has some walk-in hours. Hearing devices easily connected to phone (blue tooth).</i></p> <p>*Support to manage medications</p> <p><i>*Need for comfortable, functional, non-metal benches as well as increase the number of benches.</i></p> <p><i>*Shaded areas are essential.</i></p> <p>* An Age-Friendly town benefits all residents!</p> <p>*ALL town related initiatives must take aging into consideration</p>
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Montague Mass in Motion Domain: *Communication and Information*

Priority Issue (concern/problem)	Root Causes (reasons/why)	Strategies (solutions)
<p><i>*Senior Center Website under-utilized</i></p> <p><i>*Senior Newsletter on back of calendar lacking large-scale distribution</i></p> <p><i>*Town of Montague website not user friendly and important information is difficult to locate</i></p> <p><i>*Limited viewers of town TV station.</i></p> <p><i>*Not everyone can or wants to use the internet. PRINT form is the preference of many seniors.</i></p> <p><i>*Inertia is a possible reaction to numerous modes of communication.</i></p>	<p><i>*Needs update and on-going maintenance</i></p> <p><i>*Lack of capacity to produce Newsletter. <i>*Current staffing is one 16 hr. per week position.*Printing costs are high.</i></i></p>	<p><i>*Need multiple forms of communication</i></p> <p><i>*LifePath weekly sections in recorder and online newsletter are useful.</i></p> <p><i>*Town wants and needs to overhaul website.</i></p> <p><i>Utilize key locations for announcements: Food City, P.O., Town Hall</i></p> <p><i>*Consider using Montague Reporter insert (only \$150).</i></p> <p><i>*Select an effective</i></p>

		<p><i>communication channel and have everyone use it.</i></p> <p><i>*Hire a Town Communicator to produce print and online information.</i></p>
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7. 4:55pm Last meeting Focus:

PRIORITY ISSUES (concern/problem)	ROOT CAUSES (reasons/why)	STRATEGIES (solutions)	IMPLEMENTATION	RESOURCES

-What's Next if grant is continued???

Rachel Stoler reported that the MOU's for next fiscal year are in progress and will be the same amount of funds as this year.

*Last Meeting: **CORRECTION** Monday, June 26, 2023 12:30pm **Lunch will be provided.***