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From: noreply@salesforce.com on behalf of Chris Hamilton [chris@myseniorcenter.com]
Sent: Monday, January 04, 2016 12:45 PM
To: Lynne Stanton
Subject: MySeniorCenter Fun Facts: The BIG List

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myseniorcenter
» Network Fun Facts

2016

H A P P Y N E W Y E A R

Don't forget to schedule events for 2016!

Many events and series are scheduled on an annual basis (i.e. through December 31st). If you don't see any events on the touchscreen this week, it may indicate there aren't any events scheduled.



Print

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Over 23,000 people attended foreign language (i.e. non-English) classes at Senior Centers across the Network. That's a 53% increase from 2014! Much of the growth was in Chinese classes. This is an exciting trend!

We all love the "Top Ten" lists that come out at the end of each year, so we've created our own list in this issue of Fun Facts. The MySeniorCenter "Top 10 (ish) Lists" include Transportation Destinations, Trips, and Events. According to the data, 2015 was the year of working out, playing pickleball, taking computer classes and extended vacations. Sounds like fun! Let's have a look.

Welcome to...Fun Facts - the *BIG LIST* edition

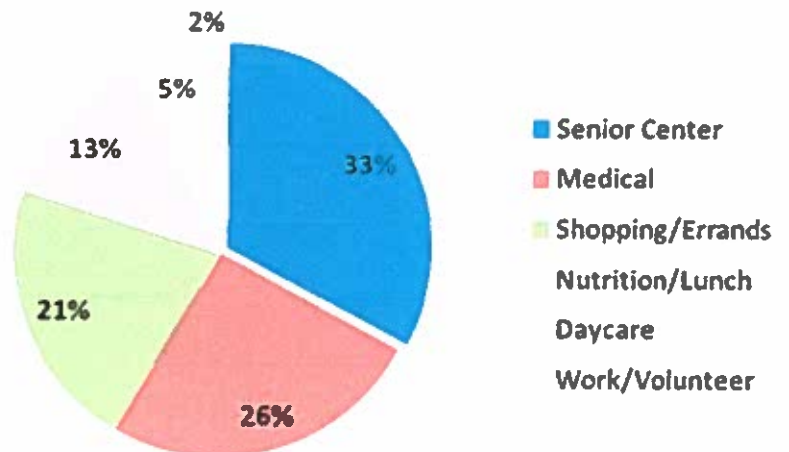
Enjoy!

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Magic Bus

You provided a lot of rides in 2015! There was a 12% increase in the number of rides per Center across the Network. Where did everybody go? Here are the Top Transportation Categories for the year:

Rides By Category



For the first time since we've been tracking rides, *Senior Center* rides were more common than *Medical* rides. Seems like a testament to the healing power of socialization!

Toes In The Water

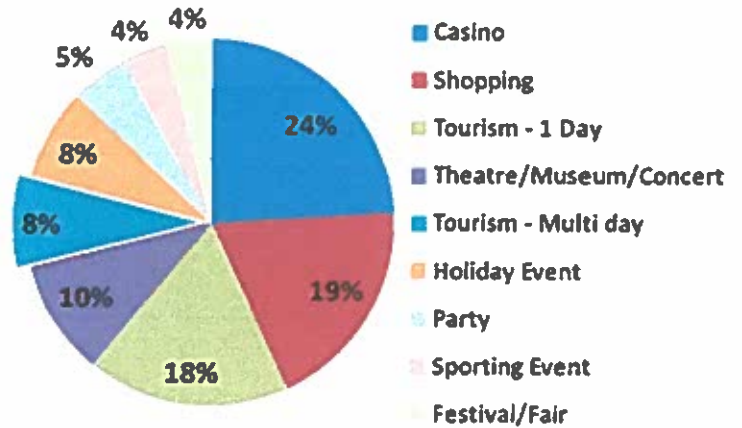
Although nearly 20% more trips required fees in 2015 than they did in 2014, trip

**Most Popular Language Classes

Spanish	32%
Chinese	26%
French	17%
German	12%
Sign	8%
Italian	3%
Portuguese	2%



participation increased about 5% across the Network. Interestingly, the number of multi-day trips nearly doubled! You must be providing some great vacation options :) This graph shows the Top 9 Trip Categories for 2015 (note that *Tourism - Multi day* is highlighted):



Card games continued to be very popular among members 80 and older. Playing cards is not only a great form of socialization, it's also fantastic for keeping the brain active.

+ Top Card Games

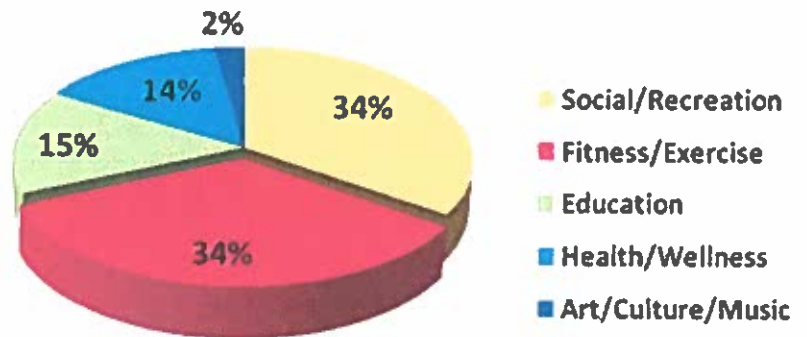
- Bridge
- Cribbage
- Pinochle
- Euchre
- Mah jongg/Mahjong
- Pitch/Setback
- Poker
- Whist
- Sheepshead
- Rummy



Shiny Happy People

Nutrition, in particular *Congregate Lunch*, accounts for a little over 20% of all activities across the MySeniorCenter Network. If we take *Nutrition* out of the equation, the true diversity of program offerings shows itself better.

Participation By Category



There are some important differences from the 2014 numbers. For the first time, Fitness/Exercise represents as large a slice of the pie as Social/Recreation. Centers

are good for the mind and body! Also: Health/Wellness  6%;

Education  6%

Learning To Fly

In the *Education* category we saw a trend that began in 2014 continue in 2015 - Foreign Languages, Brain Fitness, ESL/English and GED Prep all saw huge increases in participation. Computer classes continued to be the fastest growing segment. Check out the sidebar on the left for details regarding languages.

Health

The Health and Wellness Category continues to grow at Centers across the Network.

Health/Wellness Programs

- Blood Pressure
- Podiatry/Foot Clinic
- Nurse Visit
- Arthritis Help/Exercise
- Flu Clinic/Shot
- Glucose, Sugar, Diabetes
- Hair Appointments
- Bone Builders
- Nail Care



Logos

For the past 18 months, we've been highlighting eye-catching logos from across the Network to help others who are undergoing re-branding exercises. Thank you to all who have nominated your logos! Next month, we plan to put up a full album so you can vote for your favorites.



Last chance! If you'd like to nominate your logo or another Center's logo, [please send us a note and include a copy of the logo.](#)

Education Programs

- Computer Classes
- Brain Fitness
- Foreign Languages**
- Speakers/Brown Bag Lunch
- History
- ESL/English
- Religious Studies
- GED/GED Prep



Digital Revolution

Participation in computer classes continues to grow at an incredible pace. 60% of all Centers across the Network offered at least one computer-related class or club. Total participation more than doubled from 2013. On average, the Centers who offer a computer-related class saw a 12% increase in participation from 2014.

Computer Participants By Year



While using the computer lab is still popular, we've learned that many classes are taking a "bring your own device" format.

Come Together

Social and Recreation can be catch-all categories for many Centers and can include: brain classes, lunch, exercise, parties, etc. For the past 18 months, we've been working with a team from UMass Lowell as well as a committee of Senior Center Directors to bring some structure to naming conventions that Centers use for activities and categories. Later this year, we'll be publishing a code book with the results. Stay tuned.

Pickleball again had a huge increase in popularity in 2015. If you don't offer it or haven't seen it played, [check it out.](#) It's a total blast!

Art/Culture/Music

Chorus/Singing
Painting/Drawing
Knitting
Music/Band
General Art
Ceramics
General Crafts
Dancing
Quilting
Woodworking



Social/Recreation Programs

Card Games +
Bingo
Billiards
Pickleball
Coffee/Drop-in Socializing
Board and Table Games
Library
TV/Movie
Bocce



Look at the breakout of card games on the left sidebar for some interesting data!

I'm A Soul Man

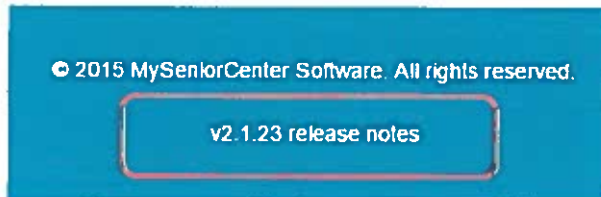
Fitness/Exercise drew 5.5% more participants in 2015. Weight training saw the most growth with 10% more Centers offering a class in that category. Nearly every Center we've spoken to has been working hard to add Fitness programs, space and equipment to satisfy the need. Here's an overview of the most popular programs in

Fitness/Exercise Programs

General Fitness/Exercise Room
Weight/Muscle Training
Yoga
Aerobics
Stretch and Flex
Zumba
Chair
Tai Chi
Line Dancing
Silver Sneakers
Walking
Pool/Water Exercises
Wii Games



Starting this week, when you access the login screen for MySeniorCenter, you'll see a link at the bottom of the page like this:



When you click on that link, you'll be able to see information about the latest upgrades as well as any links to relevant training videos.

Online Training Videos



In case you missed it, we've been updating our online training videos. You can click on Settings (top icon on the right when you're logged into the staff portion), then click Help, or from any computer, you can go to: www.mytutorialcenter.com. There are many videos available to help you learn the different

parts of the product. We will be continuing to add new videos and functionality to that section.

Feedback

If anyone has any suggestions for a future Fun Facts topic (either drill further into this one or a new topic), please don't hesitate to send us an email or give us a call: 866-739-9745.

2015:

There were many new dance classes in 2015! Looks like there will be lots of boogie woogie heading into 2016.

Summary

Congratulations on another year of offering great services to your community.

It's people like you that make this world a better place!

Presentation to Selectmen

12/28/2015

Good Evening Chairman Dunn, Members of the Board, Ms. Dembkowski and members of the public.

Members of the Council on Aging Board of Directors present are Laurel Puchalski, Secretary; Carl Much, Past Secretary and Dot DiChiara, Treasurer. Also present is Lynne Stanton, Director of the Council on Aging.

Absent are Ron Mertens, Chairman and Frank Sadowski, Vice Chairman.

My name is Anita Wright. I reside at 21 Ashcroft Terrace in Groveland. I serve as the Public Health Nurse for the town (since 1991) and have served as a COA Board member (1995-2015). I am both a Professional and a Senior Citizen. You may not know that our Board has 3 year term limits and following a one year hiatus you may serve again. My term was up as of June of this year. The Board was seeking a way to organize and ensure momentum is continuous regarding our goal of building a Senior Life Center. I was designated as Project Coordinator for a job that, as we move along, will ensure that momentum of continuity, a timeline and a spokesperson to represent the Board. It is in this capacity that I address you tonight.

For those of you on the Board of Selectmen, members of the public and those who may view this on the government access channel who do not know the chronology, collaborative efforts, data and activities of the COA BOD with respect to space needs and plans for a Senior Life Center, I will proceed with a quick synopsis of key efforts from 1995 to date. It is important to share the history so all can better understand the issues.

So, major proposals were presented to Selectmen and/or at Town Meeting in 1995, 2000, 2006, 2008, and 2014. In between, we engaged in countless meetings, discussions, research, tours of other senior centers and strategy approaches. All of this out of the COA, a 200 square foot office with 2 desks in Town Hall. We have been patient, played by the rules, and flexible, moving offices, sites and demonstrating creative use of any space we encountered. In 2006 we entertained a multiuse or combination facility and entered into discussions with the Groveland Housing Authority and Affordable Housing Committee. Financing was always intimidating and a spirit killer. Linking up seemed a viable avenue. But, despite our best efforts, it just never got off the ground.

I am going to focus on 2007 and going forward. In 2007, Town Meeting authorized \$5,000 for architect design plans for our dream Senior Center. The site agreed upon was the $\frac{3}{4}$ acre lot between the Public Safety Buildings and the River Pines Housing complex. The site is central to Town Hall activities, River Pines Housing, the Library, the Recreation area on the river and Public Safety. The completed plans were submitted in 2008. Around the same time we began dialog with the CPA, who, without consulting or informing us, distributed a town wide brochure that cited on page 3, the intent for Affordable Housing to possibly be linked to a "senior center". This, they had to know, was impossible, as CPA funds, derived from 3% of all property taxes, are specifically restricted to recreation, open space, preservation and community housing. It looked nice on paper and certainly furthered their agenda. It should be no surprise that Selectmen, Recreation, Affordable Housing, Open Space, Conservation, Finance, Historical and Planning Boards all control how the CPA expenses are directed. The VETO, which sat for 20 years in

heat and sunlight will get a \$35,000 resuscitation, a Rail Trail moves along for multimillion dollars by 2023, the River Pines Recreation moved sand mountains, Affordable Housing proposals abound. Hell, even the dogs of Groveland are welcome in the park. The only benefit derived from the CPA Funds that the senior population may use is the Cemetery upgrades.

Does anyone see a problem here?

The Council on Aging is a full town entity. It began in 1973 as an Elder Affairs Committee. By 1998 we proposed a Senior Life Center. The COA is the heart of Elder Affairs. Everything revolves around the psychosocial, socioeconomic and quality of life of our senior citizens.

At this writing, there are 6,381 residents of Groveland. 1,860 or about 29% of those are 60+. Of 4,630 registered voters, 1,600 or about 37% of those are 60+. Most are retired, on fixed incomes. It is estimated that 20+% would qualify for affordable housing. While most are active, many are disabled, infirm, have chronic illnesses, live alone and spend endless hours in a complicated health care world.

To the COA, each one counts, is vital and are beautiful threads in the fabric of our town.

These are the seniors who have paid a lifetime of taxes, including the bloated and obscene Pentucket Regional School assessments, and they continue to do so.

Don't get us wrong. We're all for affordable housing, recreation and quality of life, historical preservation and schools, but the elephant in the room is us. Nearly 30% of the population has been pushed aside, ignored, neglected and just plain overrun in the town's obsession to acquire funds for more "things".

Well, we don't move quickly, we aren't loud and we find the government access station conducive to sleep! But it is our time to shine, to get a piece of the pie.....43 years and nothing to show for it. It is just plain wrong.

And so, we came to you, the Selectmen, in June, 2015 to present the MVRTA expansion and to discuss our urgent need for space and to resurrect our plans for a Senior Life Center to be finished on our 50th anniversary. In the interim, we toured the Light Department which you asked us to consider as a site on October 29. On November 2 the Building Inspector submitted his findings which concurred with the conclusions of the COA BOD.

In late November I asked to be put on the 12/28/2015 Agenda - tonight's meeting. When I told Denise that it was to discuss the land behind Town Hall/Public Safety and the 2008 plans, she put her head low and shook her head "negative". It was then that I learned that the ¾ acre lot was promised to Affordable Housing in March of 2015 – 3 months before we met with you in June. And no one remembered? No one advocated for us?

To say we were shocked does not convey our feelings or describe the sense of betrayal. And, Mr. Adams, who made the request to you, had already met with our Director twice with Mr. Guptil. They did not mention our interest? No one spoke? No one asked any questions? Your minutes reflect no discussion...? But all of you knew and yet, you gave away a ¾ acre lot for 27 units at 10 million+ \$\$?

Mrs. Gorski, Mr. Dunn, Mr. D'Amore – that action was unconscionable. The request itself was a prime example of inexcusable greed. Both the request itself and your granting of it shows a callous disregard for the seniors and their needs. That decision was made without consideration of any facts, that ignored our long standing interest in the site and that you knew, or should have known, that we had skin in the

game, a stake in the matter. No determination of need was made, no alternatives were entertained. Under the circumstances, we are requesting that you withdraw that vote and reexamine it in the light of day.

In the meantime, Mr. Dempsey who “carries the goose that lays the CPA golden eggs” came before you December 3rd and expressed the first utterance of rational thought on the matter. That is in fact, a cluster of 27 affordable housing units on ¾ acre would be a cluster in every sense of the word. He further presented that some of the 61+ acres on Center Street, bought by the town for \$3.7 Million and managed by the CPA, would be a better venue for housing. He gave a very reasoned position.

So, rescinding that vote, considering Mr. Dempsey’s suggestion and awarding the ¾ acre site back to the COA from the Affordable Housing , which we believe was appropriated to them in error, would rectify the problem.

In examining how this happened we came to many conclusions and wish to offer several recommendations:

- Consider involving Town Counsel to review these events.
- If it’s in the Selectmen’s purview, order of immediate cease and desist on any or all activity on the ¾ acre site until all the parties can sit and discuss the issues and rights , seek equitable resolution of conflicts and restore damaged relationships.
- That the Selectmen develop a master plan flow chart that marks trends/actions on all developments, transactions, construction and capital investments. This should be portable and used to cross reference data.
- That the Selectmen or appointee undertake an immediate review and evaluation of office space and usage. Several contiguous offices are underutilized and/or used as storage. Several flips or consolidations can be envisioned. The COA must have more space to conduct business, meet clients’ expectations and improve working conditions.
- Offer the Light Department building to Affordable Housing. The advantages include proximity to center of town, the bridge, bus routes , hospital and healthcare , as well as shopping and job opportunities.
- Consider temporary manufactured offices and storage facilities as was done at the Bagnall School until expansion was secured.

In conclusion: I have gone to great pains to present our situation in the context of time. You have taken great pains to listen. I know some of this is uncomfortable to hear, it is equally uncomfortable to experience. We are most willing to work to a solution going forward. But I can assure you of this, we are not going away. This time the ball stays in the air. And, if it requires marshalling 2000+ seniors and supporters to fill town meetings or town voting booths, it will be done.

The Senior Citizens of Groveland deserve better. The town was built on their backs, those past, present and future. It is time to honor and respect them by providing a space of their own.