

## HEALTH AND HUMAN SERVICES

### REPORT OF THE COUNCIL ON AGING

The Weston Council on Aging was established in 1974. Located on the first floor of the Weston Community Center, the mission of the Council on Aging, in serving seniors 60 years of age and older is to:

- Foster a caring concern within the community as a whole for our seniors by encouraging community-wide support of and participation in senior affairs;
- Advocate for seniors and their families;
- Serve as an information and referral center, providing assistance with seniors' changing concerns, including coping with financial, social, health-related, educational, housing, and transportation needs;
- Develop and offer programs that meet the interests of Weston seniors, and
- Effect programs in conjunction with the Massachusetts Office of Elder Affairs and Older Americans Act.

Programs and services offered include comprehensive information and referral services, health and social services, as well as education and fitness programs.

The staff of the Council on Aging includes Eileen Bogle, Director; Candace Steingisser, LICSW; Jean Masland, RN and Theresa Levinson, RN who share the part time Community Nurse Position; and Frances Kelly and Yvonne Posa who share the Administrative Assistant position. The COA is supported by the invaluable contributions of the Council on Aging Board, the Friends of the Council on Aging and nearly two hundred dedicated volunteers.

#### Information, Referral and Outreach

In Fiscal year 2005, the Council on Aging responded to a total of 3,535 requests for information. Our busy front desk volunteers respond to callers and visitors, providing needed information. Other requests require more detailed assessment and evaluation and are referred to staff. Our Social Worker, Candace Steingisser, LICSW provided referrals, assessment, advocacy, casework and counseling to more than 700 residents. Her knowledge about resources and her skillful counsel are invaluable assets.

We are also committed to working with caregivers of seniors to provide education and support. As the Alzheimer's support specialist, Shirley Earle LICSW facilitates two Caregiver Support Groups each month for spouses and adult children of seniors with Alzheimer's disease.

Staff and volunteers respond to many matters pertaining to the complex issues of finances, legal matters, income tax preparation, and health benefits. Several important resources include our SHINE counselor, Nancy Baer, who volunteers weekly to meet with Weston residents to untangle questions about our increasingly complex health insurance system. The Rotary Fix-It program is yet another invaluable in-home service to the community. Our telephone reassurance and friendly visitor programs provide a link from the Council on Aging to seniors who may appreciate a regular phone call or visit from one of our volunteers.

#### Health, Nutrition and Wellness

Our Community Health nurses provide an important role. They, along with nurse and office volunteers, run the weekly Keep Well Clinic where consultation and blood pressure screening are available. In 2005, 710 seniors were served by this clinic. The nurses work closely with our social workers to assist in assessment or care management decisions. The collaborative work we do

among our own staff, other town departments, outside providers and support from the Recreation Center staff is critical to providing effective service to seniors. Community education to inform residents of the File of Life is just one example of our collaboration with the Police and Fire Departments. In Fiscal Year 2005, 258 residents accessed the podiatry services available through the COA.

Coordinating the Health Education Speakers Program is another very integral aspect of the nurse's role. Lectures are planned to reflect changing trends, new developments and resources in health and wellness and offer an opportunity to learn.

A nurse oversees the Medical Equipment Loan Closet which is a terrific community resource of donated medical equipment such as wheelchairs and walkers and other adaptive equipment. All Weston residents are welcome to borrow equipment from the Loan Closet. This popular service assisted 67 families last year.

In Fiscal year 2005, there were several changes in Nutrition program services. The most exciting change occurred in February 2005 in response to interest at the Brook School Apartments. Springwell opened a community lunch program on Mondays. Operating initially as a trial, Monday lunches have proven to be very popular. Limited participation at the Thursday and Friday lunches at the Senior Center resulted in the decision by Springwell to discontinue these lunches. In Fiscal Year 2006, the COA will collaborate with the Weston Public School's Lunch Program to offer lunch on Fridays. We will continue our Friday lunch guest speakers which has included the Town Manager, Superintendent of Schools, and the Police and Fire Chiefs.

Our wonderful cadre of dedicated volunteer drivers delivers hot meals five days a week as a support to anyone in need of in-home assistance. We are very appreciative of the donors, such as the Weston Scouts, who provide thoughtful donations to accompany our home delivered meals.

The Senior Center offers a registered dietician twice a month to assist anyone with concerns about a healthy diet. In Fiscal Year 2006, our dietician will be available to individuals who may experience difficulty preparing their own meals at home. To support the interests of healthy diets, Land's Sake Farm donates fresh vegetables during the harvest season. This popular weekly event is highly anticipated.

For individuals in need, our food pantry is available during COA hours with basic necessities. We are very grateful to the many donors who keep the pantry supplied throughout the year.

#### Education

Education is an integral aspect of the Senior Center. In 2005, we offered a wide range of lectures on legal, health related topics ranging from Social Security, vision, hearing and long term care planning. The Project Linus Knitting group meets at the COA during the year; sharing patterns, yarns and ideas toward the goal of providing handmade blankets and quilts to hospitalized children.

Susan Brennan, Director of the Weston Public Library, initiated a monthly book group discussion at the COA. This is a new and popular addition to the Great Decisions discussion group and instructional classes of Short Stories, Sing, Watercolor and Art. In Fiscal year 2006, we look forward to introducing several new programs: eating a healthy diet; presentations on the Medicare Prescription program (Part D), and the introduction of computer and digital photography classes.

#### Fitness

The Council on Aging offers many varied programs focusing on fitness and health. Strength training, balance, flexibility and wellness are emphasized in classes of yoga, tai chi, line dancing, Fit for the Future and Better Balance. In addition to the weekly Weston Walkers group led by

Elmer Jones, walking events sponsored by the state offices of Elder Affairs and Public Health attracted a group of spirited walkers. Another goal in 2006 is the launch of a walking group that walks several times each week.

#### Transportation

Transportation continues to be provided in a number of ways. Weston is very fortunate to have a strong FISH (Friends in Service Helping) Chapter. Organized in 1972, volunteers are recruited to assist seniors with transportation to medical appointments. In 2005, FISH drivers made 460 trips. Our Friendship Bus provides weekly shopping trips to local grocery stores and pharmacies as well as transportation to symphony and theater. COA daytrips are also popular events. Seniors have traveled to local museums, points of historical interest and events in the city. Transportation is also provided with subsidized taxi coupons within Weston and adjoining communities.

#### Intergenerational Programs

One of the fastest growing programs has been our intergenerational component. The Intergenerational Club of Weston High School bakes each month with Weston Seniors to provide food for the residents of Bristol Lodge. This connection has expanded to include a monthly event at the Brook School Apartments. Weston Community Children's Association programs are much anticipated throughout the year, and without doubt, the Women's Community League holiday baskets are one of the highlights of the holiday season. Led by Board member Laura Efron, new programs in 2005 in the Weston schools included senior citizen involvement in the Reading Program for grade 1, grade 3 oral history project and grade 4 immigration discussions. At the high school, World War II Veterans spoke to an American History class. For 2006, discussion is underway to establish intergenerational connections at the Middle School.

The support and generosity of the Weston community make it possible for the Council on Aging to fulfill its mission. We are grateful for the efforts of the Council on Aging Board and the Friends of the Council on Aging who make so much possible for Weston residents and the Council on Aging.

### **REPORT OF THE ELDERLY HOUSING COMMITTEE**

The Brook School Apartments celebrated a (thankfully) quiet 2005 with the wrap-up of final construction details on the spectacular new 24-unit building at Brook School Apartments, and the disbanding of the Building Committee. The Elderly Housing Committee wishes to thank the following members of the Building Committee for all the time and effort expended on this successful project: Bill Cress, chairman, Steve Charlip, Jack Heine, Harris Levitt, Michael Harranty, David Kane and Connie Davis. The project stands as a testament to their long hours and dedication. The Elderly Housing Committee appreciates all you have done.

Even with the completion and occupancy of the new building, the Brook School Apartments has a two-year wait list for subsidized units. Clearly, the need for affordable housing for the elderly and disabled is greater than ever.

We are pleased that we have been able to provide a market rate apartment to assist a victim of Hurricane Katrina. The Federal Emergency Management Agency (FEMA) through the local agency of the South Middlesex Opportunity Council (SMOC) has agreed to subsidize the unit's rent for the first 12 months; and the Selectmen have graciously agreed to subsidize the rent for another 12 months thereafter.

The creation of the Brook School Apartments as a self-supporting “enterprise fund” was approved by Town Meeting in 2005, to become effective in FY07.

The Elderly Housing Committee also wishes to thank committee member Mel Lurie for his many years of contribution to the Elderly Housing Committee. We will miss Mel’s thoughtful contributions (and his poems at Town Meeting). The Committee welcomes its newest member, Carol Ott, and looks forward to her valuable participation for many years to come.

## REPORT OF THE BOARD OF HEALTH

**Board of Health Members** - Nicholas Guerina, MD; Peter Taylor, PE; Carl Hirsch, MD

**Public Health Director - Appointed by the Board of Health** -- Wendy Diotalevi, R.S.

Health Agent - Beth Koch, Public Health Nurse - Colleen Tobin, BS, RN, BSN  
Administrative Assistant - Sharon Bonica

**Agents to Issue Burial Permits - Appointed by Board of Health**

Wendy Diotalevi, R.S. Sharon Bonica Nick Guerina, M.D.  
Beth Koch, Health Agent M. Elizabeth Nolan Peter Taylor  
Lisbeth C. Zeytoonjian

**Animal Inspector - Appointed by Board of Health** David Poirier

### Introduction

The Board of Health is responsible for the promotion and protection of public health. This is done through education and enforcement of environmental, public, medical and mental health laws and regulations.

The Board of Health provides enforcement of the State Sanitary Code under the Department of Public Health and the State Environmental Code under the Department of Environmental Protection. The State Sanitary Code includes permitting and regulating housing, food sales and service, pools, camps, lead, asbestos abatement, and surveillance and reporting of communicable disease.

The State Environmental Code includes permitting and regulating wells, septic systems, and ground water protection. The Board is committed to providing the highest protection of the public health possible with available resources.

Under the Department of Homeland Security all Local Boards of Health have been called upon to prepare their communities for all natural and manmade disasters.

### Public Health

Emergency Preparedness is a relatively new consideration, primarily mandated by the Department of Homeland Security, the Center for Disease Control, and the Massachusetts Department of Public Health. National standards for Public Health Emergency Preparedness have been established. Aggressive training programs have been designed and implemented and benchmarks set by these organizations. The Board of Health has invested many man hours over the past three years in training to properly prepare and implement an emergency plan for the community.

This year an Emergency Dispensing Plan has been prepared. This plan identifies Emergency Dispensing Sites (EDS) and procedures to provide for the delivery of medication within 48 hours of an incident to all residents of Weston. Implementation of this plan will require that the BoH develop and train an Emergency Response Corp (ERC). The ERC will be a volunteer organization

of Weston resident medical personnel and citizens and will staff the EDC in the event of an emergency.

The BOH provides vaccines to physicians through the state funded vaccine program by the Massachusetts Department of Public Health to insure vaccine availability for the members of our community. This year the BOH provided over 16,000 doses of vaccine valued at more than \$270,000.

Three flu clinics were held in the fall and winter of the 2005 flu season and over 400 doses of flu vaccine were administered to senior citizens and at risk populations of Weston. The BOH sincerely thanks the medical professionals and Weston citizens who graciously donated their time and talents to this very successful effort:

Nick Guerina, M.D.	Will Cochran, M.D.	Linda Perrin, R.N.
Peter Perrin	Janet Weinstein, R.N.	Elizabeth Kelly, R.N.
Patricia Wright, R.N.	Rosemary Martirosian, R.N.	Robin Jones, M.D.
Kathy Langenberg, R.N.		

In 2005 Weston participated in the Massachusetts Department of Public Health West Nile Virus surveillance program (MADHA). A total of 4 bird deaths were reported, 2 birds were found in a condition that allowed for testing by the MADPH and both tested negative for West Nile Virus. There were no human infections identified in Weston.

The BOH is responsible for ensuring that the health and welfare of farm animals owned by the citizens of Weston meets the standards of care required by law. David Poirier, Animal Inspector, has provided the following as an inventory of the farm animals.

28 Horses	8 Ponies	28 Pigs	15 Sheep
4 Llamas	28 Cattle	97 Chickens	

The Animal inspector also quarantined four dogs during the year for animal bites.

### **Mental Health**

The BOH provides mental health services to Weston's citizens through contracts with Human Relations Service in Wellesley, the Multi-Service Center in Newton and the Charles River Workshop in Needham.

### **Environmental Health**

All residential properties in Weston are served by individual septic systems. Title 5 of the State Environmental Code is a set of regulations established by the State Department of Environmental Protection that sets standards for the design and construction of septic systems. The BOH is responsible for the enforcement of this Code and invests approximately 80% of its staff time in the area of environmental health enforcing Title 5 of the State Environmental Code.

Enforcement of Title 5 consists of the witnessing of percolation and deep test holes, review of septic system plans, and inspection of the installation of new septic systems and wells. Title 5 Inspections of existing septic systems and renovation projects require research of existing files to establish abutting lot and site conditions. Renovation projects are all reviewed to ensure that the proposed work is in compliance with Title 5 of the State Environmental Code.

There are several large complexes that require sewerage treatment plants. These complexes have ground water discharge permits issued through the Department of Environmental Protection. Reports are forwarded to the BOH and are reviewed to establish that the treatment plants are operating within the parameters of the permit.

**Detail of Regular Services Provided by the BOH**

<b>Activity</b>	<b>2005</b>	<b>2004</b>	<b>2003</b>
Septic System Permits	106	142	156
Septic System Plan Reviews	221	265	281
Septic System Inspections/meetings	590	1047	480
Title V Inspection Reports/Reviews	164	376	334
Soil/Percolation Tests Witnessed	498	620	584
Septic System Installer's Licenses	56	40	47
Septic System Installer's Exams	10	2	5
Septic System Pumper/Hauler Permits	22	12	14
Renovation/Addition Permits	192	177	223
Renovation/Addition Permit Review/Meetings	300	259	276
Environmental Investigations	36	19	96
Well Permits/Review/Inspection	39	4	16
Communicable Disease Investigations	79	51	23
Emergency Preparedness Meetings	76	27	28
Community Health and Wellness Meetings/Trainings	57	26	58
Food Service Permits	48	48	42
Food Service Inspections	92	97	53
Camp Permits	9	8	8
Camp Inspections	25	15	18
Commercial/Residential Pool, Hot Tub, Beach Permits	26	19	14
Commercial/Residential Pool, Hot Tub, Beach Inspections	31	19	24
Body Work Permits	5	5	7
Housing Complaint Investigations/Court	4	51	24
Administration Meetings	43	18	28
Training Meetings	48	42	18
Burial Permits	115	105	112
Port-a-John Permits	69	45	25
Phone Calls	6000+	6800	6154
Research	3057	3062	897
Dumpster Permit	13	*	*
<b>Total Revenue for Calendar Year</b>	<b>\$161,136</b>	<b>\$162,350</b>	<b>\$142,455</b>

\* Totals unavailable

## REPORT OF THE EAST MIDDLESEX MOSQUITO CONTROL PROJECT

The East Middlesex Mosquito Control Project (the Project) conducts a program in Weston consisting of mosquito surveillance, larval and adult mosquito control, ditch maintenance and public education.

The risk of mosquito borne disease was the primary concern as 4 residents in eastern Massachusetts contracted EEE including 2 cases that were fatal and 6 eastern Massachusetts residents contracted West Nile Virus (WNV). Locally WNV was detected in mosquitoes in Weston while 2 Newton residents contracted WNV. In Concord a horse died from EEE. Mosquito populations were average for most of the season except for a peak in mid summer due to abnormally high numbers of *Cq. perturbans*, a species that emerges from permanent water marshes.

The adult mosquito surveillance program used traps to collect mosquitoes from as many as 4 Weston locations per night. Between June and September, information was used from 13 mosquito trap collections from 4 different nights. Selected trap collections were tested for West Nile Virus and EEE by the Mass. Dept. of Public Health.

The larval mosquito control program relies on the larvicides *Bacillus thuringiensis var. israelensis* (Bti) and *Bacillus sphaericus* that are classified by the EPA as relatively non-toxic. An April helicopter application of Bti controlled mosquito larvae at 260 wetland acres. Field crews using portable sprayers applied Bti in the spring and the summer to 17 wetland acres when high densities of mosquito larvae were found breeding in stagnant water. During the summer, Project personnel applied packets of *Bacillus sphaericus* to control *Culex* mosquito larvae at 1,403 roadside catchbasins.

The Project maintains waterways as a preventative mosquito control service that reduces the buildup of stagnant water in wetlands caused by obstructions in waterways. An excavator was used to maintain 3,234 linear feet of waterway near Linwood Ave., Colpitts Rd. and Center St.

To control adult mosquitoes, a formulation of resmethrin was applied to 1,268 acres at night by truck mounted aerosol sprayers when survey traps indicated high populations of mosquitoes. Advance notification of the spray program was done through notices in the Town Crier, on the Project's web site and via a recorded telephone message at 781- 893-5759.

The Project's public education program is designed to develop awareness within the public and the private sectors as to their roles in mosquito control. The Project serves as a resource to residents, municipal officials and the local media on controlling mosquitoes, breeding sites and mosquito borne diseases. A web page [www.town.sudbury.ma.us/services/health/emmcpc](http://www.town.sudbury.ma.us/services/health/emmcpc) provides residents with information on mosquitoes, control programs and related topics.

## REPORT OF THE HOUSING NEEDS COMMITTEE

Four proposals for CH 40B LIP condominium developments were examined by the Committee during the past year:

- \* 680 South Avenue: recommended to the Selectmen; approved and proceeded to construction. Four new affordable units were added.
- \* 809-811 Boston Post Road: recommended to Selectmen with significant financial support from Community Preservation funds; approved and proceeded to construction; two new affordable units were added.
- \* 823 Boston Post Road: recommended to Selectmen but not approved because of opposition by Historical Commission and Planning Board; in process of re-submission by developer to Zoning Board of Appeals as direct Ch 40B project.
- \* 22 Summer St: decision delayed by HNC because of questions regarding developer's control of property. Issue was pending in court at year's end.

Support provided in Legislature for interim financial support of new construction at Brook School apartments was successful; 13 new affordable units were added.

HNC was also instrumental in persuading Lee Barbieri, the developer of a retirement community on Highland Avenue, to set aside 10 % of the residences for sale as affordable units.

Two members resigned: Richard Batchelder and Jim Brenner. Sarah Rhatigan and Tom Timko were appointed to replace them by the Selectmen.

## REPORT OF THE YOUTH COUNSELOR

The position of Youth Counselor is under the aegis of the Board of Selectmen. Consultation and training opportunities are available at the Human Relations Service of Wellesley. The Youth Counselor provides counseling to young people, ages 11-21, who attend the Weston Public Schools or who reside in the Town. The Youth Counselor also consults with other personnel serving the Town's youth and their families. The Youth Counseling Office is located at the Weston High School.

David A. Cope, a Licensed Independent Clinical Social Worker, has a Masters Degree from Simmons School of Social Work and a postgraduate certificate from Boston University for advanced clinical work with substance abuse issues. Mr. Cope is also a professional mediator. He has served as the Youth Counselor since September of 1990. In 2005 he had 91 student clients for individual counseling and consulted to a number of parents to help them develop effective approaches to adolescent issues. Some of the issues Mr. Cope worked with are depression and suicidal ideation, self-harm, attention and organizational difficulties, substance abuse, eating issues, divorce and loss, family and peer conflicts.

Mr. Cope worked closely with school personnel to develop student intervention plans. He ran an ongoing discussion group for students who are new to the Weston School system to help them acclimate. Mr. Cope provided the High School's Peer Mediation services, which helps students resolve interpersonal conflicts.