

Wellness and Fitness

The goal of the COA Wellness and Fitness programs is to help seniors lead active, healthy and independent lives. These programs include:

- Flu Clinic - In November, the COA, in cooperation with the Health Department and Emerson Home Care, made sure that 245 seniors received flu shots.
- Wellness Clinics – 1,634 seniors received service at blood pressure, blood sugar testing, cholesterol testing, podiatry clinics and monthly educational programs.
- Senior Aerobics, Strength and Flexibility Training, Tai Chi and Yoga classes were attended by over 271 seniors a total of 3,442 times.

COA VOLUNTEERS

Three hundred and fifty COA volunteers provided 9,125 hours of service for the Town. Using a standard worth per hour established by the Points of Light Foundation, the service provided by COA volunteers was worth \$190,256. Volunteers are vital to the day-to-day function of the COA. They serve on the COA and Friends of the Aging Boards, as staff for the gift shop, as office volunteers, as income tax and medical insurance counselors and they assist in too many other ways to mention.

SUPPORT FROM THE EOEA FORMULA GRANT, COMMUNITY CHEST GIFT & THE FRIENDS

The Formula Grant from the Executive Office of Elder Affairs provides partial funding for COA Programs. In 2010, the grant totaled \$25,207 and subsidized the following positions:

- Wellness Clinic Coordinator
- Outreach Coordinator
- Program Coordinator

This grant also allows a small amount for volunteer recruitment, training and recognition.

Gifts from the Concord-Carlisle Community Chest made it possible to retain a Volunteer Coordinator who is instrumental in making sure our volunteers are trained and adequately supervised. The Town supported another 8 hrs/wk for this position. The Community Chest also funds the position of the Mental Health Worker for 8 hours per week.

The Concord Friends of the Aging is a private non-profit organization that does fundraising in order to support the programs and activities of the COA. The Friends sponsored several functions for seniors and offered financial support as they were able and are actively planning to purchase another COA van when it is needed.

HARVEY WHEELER COMMUNITY CENTER

The Harvey Wheeler Community Center serves as home for the Council on Aging and the Recreation Department's preschool and after school programs. However, it is also a true community center. During 2010, the building was used during the evenings and on the weekends by over 60 different Town departments, local not-for-profit groups and private individuals approximately 624 times. These groups include the Planning Department, Warner's Pond Committee, West Concord Task Force, Community Education, Community Chest, Youth Hockey, Concord Minutemen, Minuteman ARC, National Charity League and many more! Income from rental of HWCC totaled well over \$10,000.

COMMUNITY SERVICES COORDINATOR



Aileen Buford
Community Services Coordinator

The Community Services Coordinator position was established in 2005 by the Town of Concord. Predominantly funded by a grant from the Community Chest, the purpose of the under 20 hour a week position is to assist Concord and Carlisle residents, 60 years and under, in accessing information on a broad range of local, privately funded and State services including financial and fuel assistance programs.

The Community Services Coordinator continued to aid individuals and families in accessing needed services

on a variety of fronts. Referrals made to Concord and Carlisle residents over the course of the year went from 450 to approximately 554 in 2010.

Referrals were made to home mortgage counseling programs, job assistance agencies, counseling services, tax assistance programs, Concord Cares weatherization assistance, energy efficiency programs, fuel assistance, scholarship information, lower-income legal services, disability advocacy and support services and after-school and camp programs.

Emergency referrals related to housing, food assistance and utility assistance rose significantly in 2010 and the CSC provided short-term case management to those families and individuals in crisis, working closely with such agencies as Hugh Cargill Trust, Society for St. Vincent de Paul and the Clergy Laity Group to provide families in need with emergency financial assistance.

The Community Services Coordinator continued to collaborate with community agencies that provide assistance to Concord and Carlisle families. The CSC assisted with the Gaining Ground Farm's Food for Families program which served 45 families free organic produce between April and September and also continued monthly visits to Open Table, Inc. making contact with challenged Concord individuals and families and providing referrals to a variety of needed services. CSC also worked collaboratively with Concord Public schools to provide outreach to challenged families.

The Community Services Coordinator continues to be a point of contact in conjunction with Council on Aging, Police and Fire Departments for the Concord Cares Emergency Fuel Assistance Program, which provides 75 gallons of home heating oil to any Concord resident who is in emergency need. During the 'weatherization blitz,' free weather-stripping, plastic encasements for windows and insulation for light switches were installed by Concord volunteers free of charge.

Residents can contact the Community Service Coordinator by phone or schedule a confidential appointment, either in the office or their home, to discuss their particular referral needs.

For additional information or assistance, please contact the Community Services Office at 105 Everett St.

978-318-3034 or abuford@concordma.gov

HUGH CARGILL TRUST COMMITTEE

Walter J. Miles Jr., Chair
Patricia MacAlpine, Treasurer
Henry Devlin, Clerk,
Sandra Conrad
G. Peter Healey

CONCORDIANS HELPING CONCORDIANS

The Hugh Cargill Trust Committee continued to implement the mission of the Hugh Cargill Trust established over 200 years ago by Hugh Cargill. The Committee, acting on behalf of the Concord Board of Selectmen, received and evaluated all requests submitted for emergency financial assistance by Concord residents. The Committee determined the validity of the requests and recommended to the Board of Selectmen the amount of financial assistance to be awarded. Funds were distributed by the Board in accordance with the provisions of the Trust.

The Hugh Cargill Trust Committee met monthly and received and processed 144 requests for emergency assistance. Funds totaling \$16,670.14 were dispersed by the Board of Selectmen from the Hugh Cargill Trust. Receipts to the fund came from individual donations and investment income. No Concord tax dollars were used to operate this fund.

In addition to the Hugh Cargill Trust, the Board of Selectmen charged the Committee with overseeing the administration and accounting of four additional programs. Those programs were:

Concord Municipal Light Plant (CMLP). This program provides citizens of Concord, who are experiencing emergency financial difficulties, assistance in paying their electric light bill. As with the Hugh Cargill Trust, the Committee received and evaluated requests submitted by Concord residences. It then recommended to the Board of Selectman the worthiness of the request and the amount of the award. A total of \$14,002 was awarded from this program. This program is funded from a donation by the Concord Municipal Light Board.

Board of Selectmen Property Tax Assistance. This is the fourth year the Committee has assisted the Board of Selectmen in providing financial assistance to qualified individuals in meeting their real estate tax obligation. The Committee received, evaluated and made recom-