

September 7, 2022

To: Jay Grande

Cc: Elena Defoe

Re: Select Board Report

I am sending an update on what has been happening at the Senior Center. We have gotten through the summer. A lot of our summer participants have gone back. It was really a busy summer. A lot of people came this summer because they didn't come the two previous summers. We have had the bridge player that we have had to meeting summers back. The groups were smaller than what we had previously. We have a busy month of September. We have Falls Prevention activities due to September being Falls prevention month. We have a day of activities on September 20th when we have speakers and events throughout the day with topics that address the risk and cause of Falls. I have sent out to you the events/topics being covered. On September 13 and 14 there are a couple of topics that are going to be presented at the senior center addressing how medications could cause a risk of falling and a presentation of how to use a walker, cane and other assistive devices to prevent falls. I will also have folder to hand out with information on how to prevent falls. I invite you to attend any of these presentations. There is also a presentation on Advanced are Planning on September 19th.

In October, I might plan another gathering. This is contingent upon the weather as to whether we can have out on our deck. I am also attending a conference the end of October (in Falmouth). so I'm not sure if I can do it.

I will keep you updated on the happenings here at the Senior Center

Respectfully submitted,

Joyce Stiles-Tucker, Director

		Jun-22	Jul-22	Aug-22
Phone		249	191	250
Office visits		75	58	65
Exercise		127	91	176
Knitting		0	0	0
Painting		0	0	0
Ukulele Grp		49	44	73
Food Dist.		2	2	4
Fish Dist.		0	0	0
Party Bridge		26	38	24
Diabetes Grp		3	0	0
Tap Dance Grp		0	0	0
Playreaders		69	88	90
BSO-Symphony		0	0	0
legal Clinic	A. Bergeron	2		5
Elder Law assist	assist.			
SHINE		1	0	1
Shopping	errands	7	7	7
duplicate bridge		32	60	97
Picture This -S.Klein		9	0	0
Book Talk		0	0	0
Poetry reading		0	0	0
Fuel Assist		0	0	0
General info		16	11	20
medical equip		7	5	6
loan				
Home visits		0	0	2
Outreach		47	1	10
Referrals		8	6	8
Bus pass		4	1	0
reassurance calls		134	115	168
Wellness checks		5	8	12
Holiday meals		1	0	0
Vaccine info	info	0	0	0
Tax Assist		0	0	0
Home safety progam		0	0	1
Summer Get Together	Gathering	21	0	0
Tech Support		0	0	0
Food Coupons		0	0	10
Falls Prevention		0	0	0
Yoga		1	2	2
Total		895	728	