

# **2018 Report to Connections Advisory Committee**

By Walter Leutz, Evaluation Team

## **Table of Contents**

	page
1. <u>Introduction</u>	2
2. <u>2018 accomplishments</u>	
a. Growing community collaboration & support	2
b. New and expanded programs	
<u>Walking</u>	3
<u>Social participation and inclusion</u>	4
<u>Pilot food pantries</u>	6
<u>Finding meaning and purpose in life</u>	8
c. Information & communication	9
d. The Waltham Village	9
e. Research and evaluation	10
3. <u>Vision</u>	10

## **Attachments**

A: Results of survey of Bentley walkers	12
B: Flyers for December 13 International Tea	16
C: Results of survey at December 13 International Tea	20
D. Spring and Summer 2018 Connections Newsletters	25
E. Village survey for Bishops Forest Condominiums	29

## **2018 Report to Connections Advisory Committee**

### **1. Introduction**

Two years into a three-year grant from the Tufts Health Plan Foundation, Waltham Connections for Healthy Aging (Connections) is meeting its goals. We have created a growing coalition of activist seniors and community agencies that are working to make Waltham a model aging-friendly community, as well as a model for community involvement for seniors.

This report on the last year of activities highlights work in healthy aging domains of information and communication, social participation, inclusion, promoting physical activity, healthy eating, organizing a Waltham Village, and helping seniors find meaning and purpose in life. We have continued to evaluate and report on our activities to improve our work and let the community know about it.

### **2. 2018 accomplishments**

#### **c. Growing community collaboration & support**

Connections has continued to find new supporters among Waltham seniors and agencies. Agencies that have become more involved include WATCH, the Charles River Community Healthy Center, the African Cultural Center (Africano), and the Waltham Housing Authority. New senior Members have volunteered at our events and activities, bringing our total number of active senior Members to more than 30, including Chinese-Americans, residents of the Waltham Housing Authority, and increasing numbers of Latino-Americans. Brandeis students have served at events and also helped translate materials into Spanish and Chinese.

To foster social connections and programmatic involvement we held three working dinners of senior Members and the most active agency staff: March 12 at the CoA, June 11 at the Piety Corner Club, and October 3 at the CoA. We also had two three-hour retreats to assess progress and discuss the future: January 10 (10 senior Members and 7 agency staff) and November 5 (19 Members and 6 staff). The November retreat was invaluable for developing and building momentum for our 2019 Plan.

We are not a WHO/AARP age-friendly initiative, but we are moving in the same direction with our own model. We collaborate closely with city agencies, particularly the CoA and the HA. The Mayor regularly attends our events and praises the work of Connections. We're a go-to group for healthy aging in Waltham. We have been contacted by the Library and the Historical Society. At the request of the EOE, Connections brought together our agency partners to support the test of a new phone-based caregiver app, which is now being piloted in Waltham.

There has also been material support for Connections activities. In addition to the Tufts grant, 2018 has also seen smaller grants/contributions from the Zakim fund, the Junior League (to support teas); Newton-Wellesley hospital (to print newsletters), JF&CS (one for pilot food pantries and another for inclusion efforts at the CoA), and CHNA 18 (for teas). Donations of food for our events were obtained from Wegmans, Stop & Shop, Brothers, and Shaws.

d. New and expanded programs

Walking: Early in the year Bentley University expanded its support of healthy aging by increasing the days for walking in their field house to three mornings a week between 10 and 11 AM. Connections supports the effort by supplying a walk leader at each session to take names and contact information of walkers. The CoA uses the signups to maintain a list of walkers and uses its “robo-call” capacity to inform walkers of changes in the schedule. By January there were 60 seniors on the list, and by October there were 165. The most to participate in a day was 55. In the spring, Bentley opened its outdoor track to walkers. In June we organized a short ceremony to thank Bentley and took the photo below.



We evaluated the Bentley experience with a short survey of walkers. Complete results from 36 seniors who completed the survey are in Attachment A. Highlights include: 56% of respondents walk all three days, 55% walk between one and two miles, and 67% walk between 45 and 60 minutes. Fully 94% report walking more because of Bentley, 97% have met

new people, and 97% have told friends about the opportunity. In order of frequency, the things that people like about walking in the field house are the good temperature, avoiding cold/rain/heat, convenience, socializing, and easy walking. Only a few respondents cited things that could be better: more days and hours and more chairs for resting. In terms of demographics, 33% were age 65-9; 59% were 70-79; and 9% were 80 and above. Women were 69% of respondents. An indication that the walking opportunity is not doing well in reaching low-income seniors and people of color is that all respondents said they drove to the building to take the walk, and all who reported race were White.

At the request of the Massachusetts Healthy Aging Collaborative, we wrote up Bentley's sponsorship and Connections' walk management as a "best practice" in healthy aging.

We have also used Connections events, mailing list, and Facebook page to publicize other walking initiatives of Healthy Waltham.

Social participation and inclusion: Connections continued to organize and offer free social inclusion parties at the CoA. On April 13, we hosted a free lunch and open house for Latino seniors. Five Latino seniors and staff from WATCH joined the Connections Social Participation team to help plan and publicize the event, including translating a flyer and the CoA newsletter into Spanish, and naming the event a "Fiesta." The Fiesta included Latino food from a local restaurant, descriptions of CoA programming, a short Zumba Gold class, live music, and a tour of the Senior Center. Members of the Social Participation team did all the set up, serving, and cleanup. All presentations were translated into Spanish. All of the 40 participants were enrolled in the Senior Center, and some have started coming to Center activities.

Twenty-two participants responded to the satisfaction survey. Seventy-seven percent were satisfied "a lot (mucho)"; 59% learned a lot or "quite a bit (alguno)" about healthy aging; and 54% agreed that it was "an opportunity to connect with others." Nearly half said they wanted to hear about future events, and 7 (18%) said they would like to get involved with Connections.

On July 27 we hosted a similar event at the CoA for 40 Haitian-American seniors. The Social Participation team worked with an outreach worker from the Charles River Community Health Center to plan the event, translate the flyer into Haitian Creole and distribute it, sign up participants, and coordinate transportation from the Health Center to the CoA on the CoA van. We also translated the August CoA newsletter into Haitian Creole to distribute at the event. The Secretary of Elder Affairs attended the event.

Twelve participants responded to the satisfaction survey. Fifty-five percent were satisfied "a lot (anpil anpil)"; 45% were satisfied "quite a bit" (anpil);



64% learned a lot about healthy aging; and 64% agreed that it was “an opportunity to connect with others.” Four (36%) said they wanted to get the Connections newsletter, and 3 (18%) said they would like to get involved with Connections.

On December 13 we hosted a holiday tea for 100+ Waltham seniors at the CoA. With the help of a grant from JF&CS we produced flyers in English, Chinese, Haitian Creole, and Spanish (Attachment B). We translated the CoA’s December newsletter into Spanish and Haitian Creole. All were distributed through community partners to places where diverse Waltham seniors go. At the event a band of senior residents of The Mill sang and played Chinese music on traditional instruments (see photo below). There was also live Latin music. Food (mostly donated) included Empanadas, gyozos, samosas, sandwiches and cookies.



Seventy-two of the 100 participants returned surveys, which came in English, Spanish, Haitian-Creole, and Chinese versions. By looking at the names on the surveys (when provided), we could determine that some of the individuals from the immigrant groups filled out surveys in English. In those cases we put their responses with their group. This led to the following

number of responses by group: English – 35; Chinese – 17; Spanish – 13; Haitian – 7.

The results for the full sample of 72 show that the most common ways to hear about the Tea were the CoA newsletter (43%), the Connections newsletter (26%), and word of mouth (15%). A good majority (88%) were “satisfied with the event”: 70% said “a lot”; 18% “quite a bit.” Similarly, 85% said the event “provided me an opportunity to connect with others?” (59% said a lot; 26% quite a bit). Eighty-three percent said the event helped them “feel more part of the Waltham community?” (74% said a lot; 9% quite a bit). Fifty-one percent said they would like to hear about future events; 23% said they would like to get the Connections newsletter, and 10% said they would like to get involved. Unfortunately, many who said they would like to keep in touch did not leave any contact information.

There were some interesting patterns in the responses by group (Full results are in Attachment C). English survey respondents were much more likely to say the CoA was how they heard about the Tea, whereas other groups more often cited the Connections newsletter, word of mouth, and community agencies - WATCH and Charles River Health Center. Immigrant group surveys more often responded “a lot” to overall satisfaction and feeling more part of the Waltham community because of the event. In all groups, the mixed responses to the question about whether the Tea was “an opportunity to connect with others” perhaps reveals the limits of a large event for making connections.

We received 44 new contacts from the surveys, but again the response rate for leaving names differed by group:

- English – 14 of 35 (40%)
- Chinese – 14 of 17 (82%)
- Spanish – 9 of 13 (69%)
- Haitians – 7 for 7 (100%)

Relatively few of those who left names had email accounts and instead left phone numbers. We got only 13 email accounts as follows: English: 3; Spanish: 3; Haitian: 1; Chinese: 6. There were also very few mailing addresses. If we want to communicate directly, the phone is best for most who left contact information.

Pilot food pantries: In March JF&CS asked if Connections could demonstrate a way to support aging in place using State funds that needed to be spent by June 30. We discussed options and chose to pilot a food pantry for senior and disabled residents of the Waltham Housing Authority (WHA). Our earlier focus groups indicated that food insecurity is an issue for many tenants. Healthy Waltham said we could piggyback on their existing Waltham Mobile Market, which provides food monthly to 500 Waltham families. We chose two small WHA sites for the pilot: Grove Street

(Beaverbrook) for early May and Prospect St. (Winchester/Crane) for early June. We worked with the WHA leadership and staff on logistics, to enlist tenant organizations for support, and to encourage tenants to sign up through flyers and personal outreach. About 50 tenants signed up at each site.

For each pantry, Connections Members and staff from Healthy Waltham, the CoA, and the WHA loaded the food onto the CoA van on the day before the pantry and delivered it to the site (putting cold food in refrigerators). On the day of the pantry Members and staff laid out the food on tables for distribution, checked in residents, provided durable bags to carry the food, helped with hauling for those who needed it, delivered food to residents who had signed up but did not show up, and cleaned up. The photo below shows volunteers, resident leaders and Housing Authority staff at the Grove Street pantry.



After the first pantry we surveyed Members and staff who participated to learn what went well and what could be improved. Things that went well were preparatory organization and communications, having enough workers, having Spanish speakers to translate, and having support from tenants. Things that could have been better included quicker (or pre) set up of tables and labels for where food goes; pre-checking signup sheets for duplicates, and better enlistment of tenants for outreach, marketing and implementation. We also could have used more refrigerator and freezer space (each site had two fridges).

In May Healthy Waltham applied to CHNA 18 for support for more pantries in the fall but the application was not successful. In September we decided to go ahead with expanded pantries even without the funding and began discussions with the Greater Boston Food Bank and the WHA. By early November there was a plan for going forward that was endorsed at a meeting of ten senior Members (including WHA residents) and staff from Healthy Waltham and the WHA.

Finding meaning and purpose in life: An important ingredient of healthy aging is to continue to find meaning and purpose in life. For many seniors, lifelong learning – especially with others – is a path to meaning. To that end Connections has continued to collaborate with the Brandeis Osher Life-Long Learning Institute (BOLLI) to reach out to bring Waltham seniors to BOLLI and publicize special low-price memberships for Waltham residents.

On February 8, Connections organized and catered a free brunch at BOLLI for Waltham seniors with a guest speaker, Georgia Luikens, a Brandeis musicologist, on the work of Leonard Bernstein. We used our outreach system – the CoA newsletter, exercise classes at the CoA, a condo association volunteer list, the Tribune, Discover Waltham, our Facebook page, and the Connections and Healthy Waltham mailing lists – to publicize the event.

Approximately 75 seniors attended, and the feedback on 42 evaluation forms was positive: 95% were satisfied “a lot”; 77% learned “quite a bit” or “a lot” about healthy aging; and 90% said they had a chance to connect with others. We were able to add respondents to our mailing list: 90% said they would like to learn about future events, 41% wanted to get the newsletter, and 31% (12 people) said they would like to find out about how to get involved with Connections. We followed up with outreach to the latter group.

We held another “brunch and learn” for Waltham seniors on August 21. Ben Railton, from Fitchburg State, spoke on An Introduction to Contemporary African-American Writers: the Rising Generation. Thirty-five attended and 19 returned satisfaction forms. The response was positive, but not as positive

as in February: 72% were satisfied “a lot”; 50% learned “quite a bit” or “a lot” about healthy aging; and 77% said they had a chance to connect with others. We were able to add respondents to our mailing list: 84% said they would like to learn about future events, 63% wanted to get the newsletter, and 42% (8 people) said they would like to find out about how to get involved with Connections. We followed up with outreach to the latter group.

An outgrowth of the increased attendance of Waltham seniors at BOLLI is a new “interest group” called Waltham Matters. The group is led by three Connections Members, who since the spring have organized monthly Waltham-related events on fourth Fridays from 10:30 AM-Noon. The group provides a forum to discuss and explore the Waltham of past and present, to hear from historians and current civic leaders and activists, and to explore historic and cultural sites in Waltham.

Overall, the two-year collaboration with BOLLI to help increase membership of Waltham seniors has been successful. When we started in Fall 2016, there were 32 members from Waltham. By Fall 2018 the membership was 58 – an increase of 81%. This was likely due to the outreach efforts, the free events, a new and cheaper introductory membership for Waltham seniors, and greater publicity about a membership for nominal fee for low-income seniors.

#### c. Information & communication.

The Information and Communication team has continued to maintain the Connections mailing list and send newsletters and notices of events - e.g., walking groups, a special need for meals-on-wheels drivers - to seniors who have indicated interest in our efforts. The team produced and circulated Connections newsletters (See Attachment D) in the spring, summer, and fall. With financial help from Newton Wellesley Hospital, hard copies of the newsletter were inserted into the CoA newsletter in March, June, and December. The team also produced flyers for events – e.g., walking at Bentley. Flyers for the immigrant welcome lunches at the CoA were translated into Spanish (April), Haitian Creole (July), and Chinese, Haitian Creole and Spanish (December).

We are still working on a Connections website and expect to have it in the next quarter.

#### d. The Waltham Village

The Village team has been organizing in two Waltham neighborhoods: Piety Corner and Bishops Forest. In the spring, door-to-door canvassing in Piety Corner using city data on where seniors live yielded 66 connections with seniors and two meetings of those interested. By September there were 21 members of the Piety “hamlet.” Members are meeting regularly to find ways to solve problems together—

vendor vetting, transportation assistance, personal support for families in need, etc. The group is multi-generational, with members younger than 60 years old. There was a Hamlet block party in October.

A committee of residents of Bishops Forest has met regularly to talk about how the Village concept could fit with existing condo-community services and groups. The committee drafted a mission statement for a multi-generational Village and distributed an electronic survey to all residents in all 400 units in late July (see Attachment E). Two hundred surveys were returned, and there was substantial interest in many aspects of the Village concept. But there was also concern about looking like a 55+ community. In November organizers held three focus groups of current neighborhood leaders. Next steps are being discussed.

On June 23, the Village team collaborated with Villages in other communities to co-host a conference at Brandeis of the Community Network for Aging in Place. Kathy Burnes from JF&CS was the plenary speaker, and Village leaders from Waltham, Brookline, Nauset, and Reading led a panel discussion.

#### e. Research and evaluation

The Research and Evaluation Team has continued to collect data on participation, evaluate events, and provide feedback to Connections and the community.

We held a half-day self-evaluation retreat in January with 18 participants, about half senior Members and half agency staff. First the group reflected on what we have done well: organization and operations have been pulled together; we have expanded participation with agencies and senior volunteers; and the CoA role has been clarified and strengthened. Next we discussed what could be better: being clearer about what volunteers could do; better follow-up with some of the ethnic groups; more use of Brandeis students; and development of a template for what is needed for each event so that more Members can take the lead in events.

Walter Leutz led three presentations to the community about Connections operations and achievement: March 19 at the CoA, May 21 at BOLLI Waltham Matters, and July 24 at the Waltham Historical Society.

The research team regularly responds to individual requests for information about Connections by referring people to study reports posted on the Massachusetts Healthy Aging Collaborative website, mailing brochures and the paper on the 2017 focus groups, and meeting to discuss research and operations.

### 3. Vision

Connections has not had a formal mission/vision discussion since we first formed after completing the Waltham Healthy Aging Study in early 2016. But this year's accomplishments and direction provide elements of a vision. It could include:

- Civic engagement of seniors in partnership with public and private agencies.
- Free community events that include food, music, and intellectual engagement.
- Inclusion of diverse seniors in communication, community activities and services.
- Using the Connections coalition to address community needs, e.g., food security.
- Ongoing evaluation – including participatory self-assessments and planning - to improve our efforts and inform the community.

As discussed above, our participatory assessment and planning effort led to a detailed plan for 2019. We think it reflects this vision as well as paths to expand it.



## Attachments

### Attachment A: Results of survey of Bentley walkers

Analysis of surveys on walking at Bentley (May 2018)  
(n=36)

What day(s) do you usually come to walk?

Monday	2	6%
Wednesday	2	6%
Friday	0	0%
Two days	12	33%
All three	<u>20</u>	<u>56%</u>
	36	100%

How many laps do you usually walk? (10 laps to a mile)

5 to 10	6	17%
10 to 15	8	22%
15 to 20	12	33%
21+	1	3%
I don't count*	<u>9</u>	<u>25%</u>
	36	100%

\*(1 = 3-4 miles)(1 = 2.5 miles)

How long do you usually walk?

16-29 minutes	3	8%	
30-44 minutes	8	22%	
45-60 minutes	24	67%	(11 said 45 minutes)
Over 60	<u>1</u>	3%	(80 minutes)
	36	100%	

I'm walking more because of the Bentley opportunity.

Yes	34	94%
No	1	3%
no answer	<u>1</u>	<u>3%</u>
	36	100%

I've made new friends during the walks.

Yes	35	97%
No	<u>1</u>	<u>3%</u>



36 100%

I've told friends about the walking program at Bentley.

Yes 36 100%

No 0 0%

36 100%

I'm going to try the outdoor track in the summer.

Yes 18 50%

No 3 8%

Not sure 15 42%

36 100%

I think I'll keep walking inside this summer.

Yes 19 53%

No 2 6%

Not sure 15 42%

36 100%

I drive in a car to get to the walking.

Yes 36 100%

No 0 0%

36 100%

What do you like best about walking in the Bentley field house?

Clean, soft surface

Air conditioning (2)

Kind to knees, no rain, great winter alternative

Comfortable

Level, cool

No answer (1)

Cooling

Easy, enjoyable walking

Temperature controlled. Safe - no sidewalk cracks to fear

Getting exercise and socializing

Ease, easy (2)

Easy to get to. Hoping it will be cool in summer. Water and bathrooms available.

Warm

Even surface (2)

The opportunity. Availability

Fellowship

Friendly people

Everything

Summary of best things

Good/smooth/safe surface:

Avoid rain/cold/heat:

Good/controlled temperature

Socializing/fellowship/friendly people

Convenience/close by

Easy walking/good for body

Convenience  
 Inside  
 Perfect re weather  
 In winter the weather  
 Cool and dry (2)  
 Cool inside. Good weather  
 Nice and cool  
 Other walkers. Close by.  
 Inside. Close to my house.  
 meeting others. Smooth walking. Good weather.  
 The facility's temperature is great  
 Enclosed area to walk in all kinds of weather  
 Warm place in cold weather  
 Exercise  
 I never exercised regularly before this. Thank you!

What would make it better?

More days (4)  
 It's awesome  
 It's really good

No answer 15

Nothing, Love it just as it is (3)  
 Somebody else walk for me  
 AC in summer?  
 More days in winter  
 Longer period  
 Chair availability/more chairs to rest (2)  
 Perfect (3)  
 Earlier start  
 It is fine  
 Stronger AC

Summary of what could be better

More days  
 It's good/awesome/love  
 it  
 Earlier start/longer  
 hours  
 More chairs to rest

Age:

65-69	12	33%
70-74	11	31%
75-79	10	28%
80-84	1	3%
85-89	1	3%
90 & over*	<u>1</u>	<u>3%</u>
	36	100%

\*90-year old does 20 laps

Gender

Female	25	69%
Male	<u>11</u>	<u>31%</u>
	36	100%

Ethnicity

Caucasian	35	97%
No answer	<u>1</u>	<u>3%</u>
	36	100%

**Attachment B: Flyers for December 13 International Tea**

Èske ou ap viv nan Waltham, èske ou gin 60 ans ou plis?  
Koneksyon Waltham Pou Sante moun ki aje envite ou nan yon

## **Fèt Entènasyonal**



Tanpri Vini pou ou ka: pran pleziw, fe zanmi, rafrechisman ak amizman  
nan kominote Waltham ki gen plizyè kilti

**Vandredi 14 Desanm**  
**1-3 pm**



**Nan Waltham Council on Aging  
Senior Center  
488 Main Street, Waltham**



Evènman sa a gratis.

Plas limite tanpri rele Waltham Council on Aging nan, 781-314-3499,  
pou ou enskri. Gen chofè ki ofri nou tan lib yo ki disponib pou bay moun  
Woulib min plas limite. Rele Neighbors Who Care, nan 781-893-1860, si  
ou bezwen yon woulib.

Vini avèk yon zanmi-fè yon zanmi

*Tufts Health Plan* se yon nan moun ki sipòte Evènman sa a e  
kontribisyon jenere nan òganizasyon ki nan Waltham yo ak zanmi nou

*¿Eres un residente de Waltham con más de 60 años?*  
Waltham Connections for Healthy Aging lo invita a una

# ¡Fiesta Internacional!



Únase a nosotros para divertirse, hacer amigos, comer bocadillos y entretenimiento de nuestra diversa comunidad de Waltham

**Viernes, 14 de diciembre**  
**1-3 de la tarde**



En el Centro de Mayores en Waltham,  
488 Main Street, Waltham

El evento se ofrece de forma gratuita.

El cupo es limitado así que llame al Waltham Council on Aging,  
781-314-3499, para registrarse para el evento

Hay un límite de personas que pueden agarrar transporte.  
Llama a Neighbors Who Care, 781-893-1860, si lo necesita.

¿Y por qué no traes a un amigo? ¡O Haz un amigo en evento!

*Patrocinado por Tufts Health Plan Foundation y las generosas contribuciones de  
las organizaciones y amigos del área de Waltham.*





你是一位居住在 **Waltham** 的六十岁以上居民吗？

**Waltham Connections for Healthy Aging** 邀请您来参加

## 节日国际联欢茶会

为了娱乐，为了友情，为了缓解疲劳，请加入我们

2018 年 12 月 14 日，星期五，下午 1 - 3 点

在 **Waltham Senior Center**,

488 Main Street, Waltham



这场茶会是免费的，可使用的免费停车场位于 **Senior Center** 旁边。

由于座位有限，请通过 781-314-3499 联系 **Waltham Council on Aging** 报名参加此次活动。如果你需要接送，可提供志愿者接送，但数量有限，

请通过 781-893-1860 联系 **Neighbors Who Care**。



为什么不带个朋友来呢 — 交个朋友呗



本次活动是由 **Tufts Health Plan Foundation** 以及来自 **Waltham** 地区的慷慨的组织和朋友们共同赞助的。



*Are you a Waltham resident age 60 +?*  
Waltham Connections for Healthy Aging invites you to an

# International Holiday Party



Please join us for: fun, friendship, refreshments and  
entertainment from our diverse Waltham community

**Friday, December 14**  
**1-3 pm**

At the Waltham Senior Center,  
488 Main Street, Waltham



The event is offered free of charge.

Seating is limited so please call the Waltham Council on Aging,  
781-314-3499, to register for the event.  
A limited number of rides available through  
volunteer drivers. Call Neighbors Who Care,  
781-893-1860, if you need a ride.

**Why Not Bring a Friend—Make a Friend**

*This event is supported by the Tufts Health Plan Foundation and the  
generous contributions of Waltham area organizations and friends.*



## Attachment C: Results of survey at December 13 International Tea

December 13, 2018 CoA International Tea

Estimated guests: 100

Responses to survey: 72

Response rate: 72%

Total surveys		Number of <u>responses</u>	% of <u>respondents</u>			
How did you hear about the brunch?						
Word of Mouth		11	15%			
CoA/Senior newsletter		31	43%		No response	
Connections Newsletter		19	26%		7	
Flyer		1	1%		10%	
Email		8	11%			
Connections Facebook page		0	0%			
Other ( News Tribune, Twitter, Temple)		4	6%			
Total		74				
		Not at all	A little	Quite a bit	A lot	Totals
I was satisfied with the event		0	8	13	50	71
		0%	11%	18%	70%	100%
The event provided me with an opportunity to connect with others		2	8	18	40	68
		5%	12%	26%	59%	100%
The event helped me feel more part of the Waltham community.		2	10	6	52	70
		5%	14%	9%	74%	100%
		Future events	Ways I can get involved	Connections Newsletter		
I would like to learn about		36	7	16		
		51%	10%	23%		



# English surveys (n=35)

		Number of <u>responses</u>	% of <u>respondents</u>			
How did you hear about the brunch?						
Word of Mouth		1	3%			No response
CoA/Senior newsletter		28	80%			2
Connections Newsletter		6	17%			6%
Flyer		1	3%			
Email			0%			
Connections Facebook page			0%			
Other ( News Tribune, Twitter, Temple)		<u>1</u>	3%			
Total		37				
	Not at all	A little	Quite a bit	A lot	Totals	No response
I was satisfied with the event		7	8	20	35	0
	0%	20%	23%	57%	100%	0%
The event provided me with an opportunity to connect with others	2	5	13	15	35	0
	5%	14%	37%	43%	100%	0%
The event helped me feel more part of the Waltham community.	1	8	6	19	34	1
	3%	24%	18%	56%	100%	3%
	Future events	Ways I can get involved	Connections Newsletter			
I would like to learn about	21	4	8			
	60%	11%	23%			

# Chinese Surveys (N=17)

		Number of <u>responses</u>	% of <u>respondents</u>			
How did you hear about the brunch?						
Word of Mouth		6	35%			No response
CoA/Senior newsletter		2	12%			3
Connections Newsletter		7	41%			18%
Flyer			0%			
Email			0%			
Connections Facebook page			0%			
Other ( News Tribune, Twitter, Temple)			0%			
Total		15				
	Not at all	A little	Quite a bit	A lot	Totals	No response
I was satisfied with the event			1	15	16	1
	0%	0%	6%	94%	100%	6%
The event provided me with an opportunity to connect with others		2	4	7	13	4
	0%	15%	31%	54%	100%	24%
The event helped me feel more part of the Waltham community.		1		15	16	1
	0%	6%	0%	94%	100%	6%
	Future events	Ways I can get involved	Connections Newsletter			
I would like to learn about	6	1	6			
	38%	6%	38%			

## Spanish Surveys (N=13)

		Number of <u>responses</u>	% of <u>respondents</u>			
How did you hear about the brunch?						
Word of Mouth		4	31%			No response
CoA/Senior newsletter		1	8%			1
Connections Newsletter		1	8%			8%
Flyer			0%			
Hoja informativa		3	23%			
Connections Facebook page			0%			
Other (WATCH)		<u>3</u>	23%			
Total		12				
	Not at all	A little	Quite a bit	A lot	Totals	No response
I was satisfied with the event		1		12	13	0
	0%	8%	0%	92%	100%	0%
The event provided me with an opportunity to connect with others		1	1	11	13	0
	0%	8%	8%	85%	100%	0%
The event helped me feel more part of the Waltham community.	1	1		11	13	0
	8%	8%	0%	85%	100%	0%
	Future events	Ways I can get involved	Connections Newsletter			
I would like to learn about	8	2	2			
	62%	15%	15%			

### Haitian Surveys (N=7)

		Number of <u>responses</u>	% of <u>respondents</u>			
How did you hear about the brunch?						
Word of Mouth			0%			No response
CoA/Senior newsletter		0	0%			1
Connections Newsletter		5	71%			14%
Flyer			0%			
Charles River		5	71%			
Connections Facebook page			0%			
Other ( News Tribune, Twitter, Temple)			0%			
Total		10				
	Not at all	A little	Quite a bit	A lot	Totals	No response
I was satisfied with the event			4	3	7	0
	0%	0%	57%	43%	100%	0%
The event provided me with an opportunity to connect with others			0	7	7	0
	0%	0%	0%	100%	100%	0%
The event helped me feel more part of the Waltham community.				7	7	0
	0%	0%	0%	100%	100%	0%
	Future events	Ways I can get involved	Connections Newsletter			
I would like to learn about	1					
	14%	0%	0%			

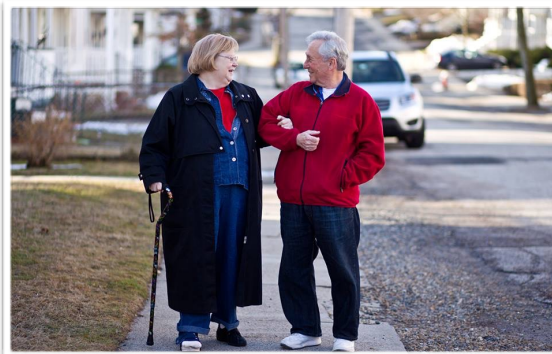
## Attachment D: Spring and Summer 2018 Connections Newsletters

# CONNECTIONS

News from Waltham Connections for Healthy Aging, Spring 2018

### Supporters

Brandeis University  
City of Waltham  
Healthy Waltham  
Jewish Family & Children's Service  
League of Women Voters  
Mount Auburn Hospital  
Neighbors Who Care  
Newton-Wellesley Hospital  
Osher Lifelong Learning Institute at Brandeis|BOLLI  
Springwell  
Tufts Health Plan Foundation  
Waltham Chamber of Commerce  
Waltham Council on Aging  
Waltham YMCA



### Healthy Aging in Waltham

What is an "age-friendly" community? It's a community that makes it easier for older adults to connect with agencies and services that are there to help, and that supports activities and engagement to improve quality of life for all. We are excited to announce that Tufts Health Plan Foundation will continue to sponsor Waltham Connections for Healthy Aging through Healthy Waltham. Waltham Connections is a coalition of local agencies, organizations, and senior citizens working to make Waltham an even better place to age. We welcome you to connect with us.

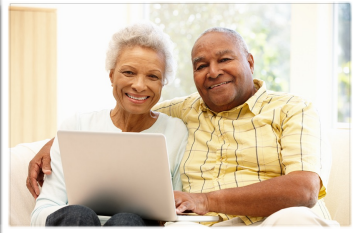
#### How you can get involved:

- Volunteer to deliver Meals on Wheels for the Senior Center
- Help Neighbors Who Care in their Thrift Shop or serve as a friendly visitor to an isolated older adult (please call 781-893-1860).
- Help organize events for Waltham seniors such as our Community Teas, weekly Walking Groups, and Waltham Village initiative.

(Continued other side)



**Waltham Connections**  
for Healthy Aging



(Continued from other side)

- Join a vibrant community of older adult learners at BOLLI, the Osher Lifelong Learning Institute at Brandeis University. Enjoy a free preview of our Waltham Special Interest Group "Waltham Matters." Call 781-736-2992 to inquire about special rates and scholarships for Waltham residents.

### Upcoming Events

- April 4, 5 PM Waltham Walks Kickoff at Waltham Common
- April 13, 12:30-4:30 PM - Latino Elders open house at the Council on Aging
- April 15, 9 AM - Brunch at the Chateau to support Neighbors Who Care (\$25)
- April 27, 10:30-noon - Waltham Matters Lecture at Brandeis BOLLI

### Ongoing Events

- Indoor Walking Club at Bentley University's Dana Athletic Center, 450 Beaver St., Mondays, Wednesdays, and Fridays 10-11AM. Stay tuned for outdoor walks this spring. To find the athletic center: enter Bentley campus at the light at Beaver and Forest streets. Follow road to bottom and enter from parking lot..

### How to get involved:

- Join our email list at: [connections@healthy-waltham.org](mailto:connections@healthy-waltham.org) to learn about upcoming events

- Follow us on Facebook:



@WalthamHealthyAging

#### Celebrate National Walk Day With Waltham Walks!

Wednesday, April 4, 5:00 PM  
Join Healthy Waltham and the Recreation  
Department at Waltham Common  
Learn about walking meet-ups  
In your neighborhood



#### Bienvenidos a la Fiesta!

Welcome party for Latino seniors 60+  
at the Waltham Council on Aging

Friday, April 13  
12:30-4:30 PM  
488 Main St., Waltham

Come enjoy free food - music - activities  
Tours of the senior center  
Please register by calling 781-314-3499

### Need Information?

Call the Council on Aging, your first resource for  
information about Arts... Benefits... Employment...  
Exercise... Meals on Wheels... Financial... Health Care...  
Home Care... Housing... Legal... Home repair... and more.

Call the Waltham Council on Aging /

The Senior Center

**781.314.3499**

[www.city.waltham.ma.us/council-on-aging](http://www.city.waltham.ma.us/council-on-aging)

Support was provided  
by a grant from:



[www.healthy-waltham.org](http://www.healthy-waltham.org) - 510 Moody St., Waltham, MA 02453 - 781-314-5647

# CONNECTIONS

News from Waltham Connections for Healthy Aging, Summer 2018

## Upcoming Events

- July 18, 5-7 PM, Open House at Africano, 703B Main St. (rear)
- July 27, 10:30 AM - Tour of Charles River Museum of Industry & Innovation, 154 Moody St., with BOLLI/ Waltham Matters. \$5
- July 27, 1:00-3:00 PM - Haitian Elders open house at the Council on Aging - Free food, information, tours
- August 21, 10 AM - Noon - Free lecture and brunch at Brandeis BOLLI, 60 Turner St.

## Ongoing Events

- Indoor Walking Club at Bentley University's Dana Athletic Center, 450 Beaver St., Mondays, Wednesdays, and Thursdays 10-11AM. Enter Bentley campus at the light at Beaver and Forest streets. Follow road to bottom and enter from parking lot. Bentley's outdoor track is also available to us this summer.



## Healthy Aging in Waltham

Waltham Connections is a coalition of local agencies, organizations, and senior citizens working to make Waltham an even better place to age. An “age friendly” community makes it easier for older adults to connect with services and activities that help improve quality of life for all. How are we helping? Recent activities include:

- Events at the Council on Aging such as the Waltham Connections Open House and Fiesta for Latino seniors (pictured above)
- Weekly walking programs for seniors at Bentley University
- Healthy food distributions at Waltham housing complexes
- Connecting older adults through a new Waltham Village initiative
- Partnerships with local groups and organizations
- A new Waltham Connections website (coming soon)

We welcome you to connect with us!

(Continued other side)



**Waltham Connections**  
for Healthy Aging



Volunteers distribute food at Waltham senior housing

### Volunteer Opportunities

Meals on Wheels volunteers are always needed! Contact the Council on Aging at 781-314-3499

Volunteer with Neighbors Who Care. Provide companionship to an isolated elder or volunteer at the Thrift Shop! Call 781-893-1860

### Supporters

Brandeis University

City of Waltham

Healthy Waltham

Jewish Family & Children's Service

League of Women Voters

Mount Auburn Hospital

Neighbors Who Care

Newton-Wellesley Hospital

Osher Lifelong Learning Institute at Brandeis|BOLLI

Springwell

Tufts Health Plan Foundation

Waltham Chamber of Commerce

Waltham Council on Aging

Waltham Village Initiative

Waltham YMCA

WATCH

### How to get involved:

Join our email list at: [connections@healthy-waltham.org](mailto:connections@healthy-waltham.org) to learn about upcoming events



Follow us on Facebook:  
@WalthamHealthyAging

Join a vibrant community of older adult learners at BOLLI, the Osher Lifelong Learning Institute at Brandeis University.

Enjoy a free preview of our Waltham Special Interest Group "Waltham Matters." Call 781-736-2992 to inquire about special rates and scholarships for Waltham residents.

We are excited to announce "Aging in Waltham," a new Waltham cable TV show hosted by Marybeth Duffy, Council on Aging Director. This program is full of great information for seniors. Check your local cable listing for air dates. You can also view past episodes online at the Waltham Channel, [www.wcac.org](http://www.wcac.org).

### Need Information?

Call the Council on Aging, your first resource for information about Arts... Benefits... Employment... Exercise... Meals on Wheels... Financial... Health Care... Home Care... Housing... Legal... Home repair... and more.

Call the Waltham Council on Aging /

The Senior Center

**781.314.3499**

[www.city.waltham.ma.us/council-on-aging](http://www.city.waltham.ma.us/council-on-aging)

Support was provided by a grant from:



**TUFTS**  
Health Plan  
FOUNDATION

[www.healthy-waltham.org](http://www.healthy-waltham.org) - 510 Moody St., Waltham, MA 02453 - 781-314-5647



## Attachment D: Village survey for Bishops Forest Condominiums

### A “Village” Community in Bishops Forest A Survey to Determine Interest

There is a growing movement **nationally**, statewide and within Waltham to create “Villages” to enable adults to remain in their communities as they age. Features of a Village, which is a membership organization, generally include member volunteers watching out for one another, exchanging support as needed (e.g., meals, rides, dog walking, babysitting), finding and sharing information about community activities and services, and regular get-togethers to foster social connections. In a Bishops Forest Village model, ALL residents, regardless of age, will find benefits that meet their needs and interests

To help us gauge the interest in a Village in BF, we are conducting this anonymous survey. You can complete this hard copy version today and put it in the management mailbox, or wait to complete the electronic version that we will email to residents tomorrow. If you live alone, complete one copy. If you are a couple, you may each complete a copy. We appreciate your taking a few minutes to complete it. When we have results we will share them with the community. Thanks!

1. Does the idea of a Village as described above appeal to you?  
[ ] Yes [ ] No [ ] Not sure
2. What interests you most about the Bishops Forest Community Village idea?
3. Is there anything you don’t like about the idea?
4. Most of the villages require an annual fee to participate. Would you be willing to pay a fee to join? [ ] Yes [ ] No If yes:
  - a. \$25 – 100
  - b. \$100 plus
5. Which BF groups do you currently participate in? (Indicate all that apply.)
  - a. Tennis \_\_\_\_
  - b. Pickleball \_\_\_\_
  - c. Neighbor Driving Neighbor \_\_\_\_
  - d. Book Groups \_\_\_\_
  - e. JULIETS \_\_\_\_
  - f. Men’s Group \_\_\_\_
  - g. Social Group Events \_\_\_\_
  - h. Volunteers Engagement Group \_\_\_\_
  - i. Bridge Players \_\_\_\_
  - j. New Mom’s Group \_\_\_\_
  - k. Other (Please specify) \_\_\_\_\_
  - l. None \_\_\_\_

6. Would you be willing to provide short-term assistance to a neighbor, e.g.:
- a. Meals after a hospitalization? ☐ Yes ☐ No
  - b. Rides to medical appointments? ☐ Yes ☐ No
  - c. Dog walking? ☐ Yes ☐ No
  - d. Shopping? ☐ Yes ☐ No
  - e. Babysitting? ☐ Yes ☐ No
  - f. Simple tasks such as changing a light bulb, etc. ☐ Yes ☐ No
7. Would you feel comfortable asking your neighbor for help with these kinds of things?  
☐ Yes ☐ No ☐ Not sure
8. Do you currently need assistance with any of the following:
- Driving? ☐ Never ☐ Sometimes ☐ Always
  - Preparing meals? ☐ Never ☐ Sometimes ☐ Always
  - Household tasks, e.g., cleaning, laundry? ☐ Never ☐ Sometimes ☐ Always
  - Babysitting ☐ Never ☐ Sometimes ☐ Always
  - Other (please describe) \_\_\_\_\_
9. Are you interested in learning more about volunteer opportunities at community organizations that could benefit from your skills and interests? ☐ Yes ☐ No
10. As part of a Village, would you be willing to share your skills and experience with others?  
 \_\_\_\_ Yes \_\_\_\_ No
11. If yes, please indicate which ones (check all that are appropriate)
- a. Teaching
  - b. Administrative
  - c. Fitness
  - d. Writing/editing
  - e. Theatre
  - f. Music
  - g. Arts/photography
  - h. Carpentry
  - i. Other \_\_\_\_\_
12. Tell us a little about yourself:
- a. Your age: \_\_\_\_
  - b. Can you fluently speak other languages? If so which ones: \_\_\_\_\_
  - c. Your gender
    - i. \_\_\_\_ Male
    - ii. \_\_\_\_ Female
    - iii. \_\_\_\_ Other

13. - What is your living situation? I live:

- ☐ Alone
- ☐ With a spouse/partner
- ☐ With other family

14. How long have you lived in BF? \_\_\_\_ years

15. Are you currently:

- a. Working full time for pay
- b. Working part time for pay
- c. Retired
- d. Volunteering full time
- e. Volunteering part time
- f. Not volunteering

16. What village do you live in?

- a. Arborview
- b. Highlands
- c. Hillcrest
- d. Lower Laurel Ridge
- e. Upper Laurel Ridge
- f. Morningside
- g. Overlook
- h. Wayside
- i. Woodbury
- j. Upper Woodbury

Thank you for responding to this survey. Your input is invaluable.

If you would like more information specific to the Village idea and your personal situation, please indicate what question(s) you may have and provide your name and email address below.

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