

**Report to funders and Advisory Committee
From Waltham Connections for Healthy Aging
July 2020 – June 2022 (projected)
January 5, 2022**

In the spring of 2020 Waltham Connections was awarded a two-year, \$100,000 extension of our grant from the Tufts Health Plan Foundation starting July 1. Soon after we heard, the pandemic forced us into remote operations and shut down our volunteer-led food pantry, the walking group at Bentley, social activities, not to mention partner agencies, most importantly, the Senior Center. It also halted planning for a Waltham Healthy Aging Summit that we had proposed to Tufts. Tufts told us to delay, drop or alter proposed work as appropriate and to carry forward and use unspent funds as we saw fit. We have been very grateful for that flexibility.

Herein we report on what we have been doing with the Tufts grant funds as well as other grants we have received during the pandemic. We have structured the report by our Tufts grant years. We hope the report gives a window into how we work, what we've been doing, and how we've been supported.

July 2020 - June 2021

The Waltham Senior Civic Academy (WSCA).

We began planning for the Waltham Senior Civic Academy before the pandemic with a grant from Jewish Family & Children's Service. By May 2020 we realized we would need to offer the course remotely and began planning to do so with Tufts funds after the JF&CS grant ended in June. In the fall of 2020 we received a \$5,000 grant from the AARP Foundation to support the Academy, which allowed us to offer the course without using any more Tufts funds.

The WSCA was based on the Boston Civic Academy. Goals included helping participating older adults to learn how Waltham is doing as an age-friendly city and how the government works on issues of importance to them at local, state, and federal levels. A third purpose was to strengthen participants' skills and confidence in framing and advocating for these issues.

Between May and the start of classes in February 2021, our team of older adult volunteers (including two leaders who were paid for part of their time) developed the curriculum, adapted it to an on-line platform (Zoom), and recruited 28 presenters and 13 senior participants for a six-week course (3 hours/week) plus graduation. We offered the course only in English but tried to be inclusive by targeting outreach to low-income seniors. We also offered a free computer, wifi and training to seniors who did not have them and could not afford them (one took the offer and the class).

The evaluation found that seniors valued learning about their communities and developing advocacy skills. A few have been advocating, and we know that the pandemic is holding others back.¹

Welcome to the Digital Age (WDA)

The WDA program offered a free Chromebook computer, a year of free internet, and training to use both to 20 low-income Waltham seniors. We offered WDA in partnership with Tech Goes Home, a non-profit that has helped public school children get Chromebooks and internet during the pandemic.

Older-adult volunteers designed and implemented the WDA program, with help from two paid staff in marketing and Spanish course instruction. The Waltham Housing Authority, St. Mary's Apartments, and tenant leaders in both settings helped us market to tenants.

We reached and enrolled our targets of 20 low-income seniors, including 9 of 20 participants taking classes in Spanish and 55% residing in subsidized housing. It was a struggle to offer WDA during the pandemic, since most participants needed considerable face-to-face help to learn how their Chromebooks and wifi worked before they could get onto the online material and classes. Fortunately, the team was able to pivot from online to individual instruction, and all participants completed the course and were able to keep their computers and wifi. We heard wonderful stories about how pleased people were to have the connectivity.²

The program was supported by a \$14,808 grant from McLean Hospital (via CHNA 18) to combat loneliness among older adults. The bulk of the funds - \$12,958 - was for WDA. We used \$3,737 in Tufts funds to cover WDA costs beyond the McLean grant.

Mind, Body, Spirit (MBS)

The MBS program addressed the McLean interest in combating loneliness from another angle. We designed and offered a virtual (via Zoom), six-week program of Mind (Waltham history/journaling), Body (strength/gentle yoga), and Spirit (coping during COVID/mindfulness). Many of the sessions were offered by experienced Senior Center instructors. Sessions were designed to be interactive and give participants a chance to connect not only with the material but also with one another in the zoom sessions. Eleven seniors signed up and were very happy with the experience. Attendance was very good.³

¹ See attached email for the full evaluation. Also, in September we are presenting WSCA to the state MCOA conference and the AARP/Mass Healthy Aging Collaborative state meeting.

² See email attachment for the full evaluation. In September we are presenting WDA to the AARP/MHAC state meeting in a session with State Senator Adam Hinds, Chair of the Senate Committee on Reimagining Massachusetts Post-Pandemic Resiliency.

³ See email attachment for the evaluation of MBS. In September we are presenting MBS to the annual meeting of MCOA.

The balance of the McLean grant - \$1,850 – was spent on MBS, mainly for a paid coordinator/class leader. A small balance of \$538 was covered by Tufts funds.

Tufts funds through 6/30/21

We started the first year of the new Tufts grant with \$50,000 plus \$2,500 in carryover from the prior year. Besides covering the deficits of WDA and MBS, funds went to our Healthy Waltham and evaluation coordinators, plus modest spending on the food pantry, office and, overhead. With the AARP and McLean grants and heavy use of volunteers, we ran a pretty lean operation. We were also lucky to receive the AARP and McLean grants. We offered three good programs and spent only \$15,500 in Tufts funds. We ended the year with about \$37,000 in carry-over. On July 1 we received \$50,000 for year 2.

July 2021-June 2022

At the start of the new grant year, we decided to repeat two earlier programs – a second round of WDA and re-starting the Spanish-speaking outreach worker at the CoA, which we piloted in early 2020. We decided to support these programs with Tufts funds given the good outcomes and demand for both the first time they were offered.⁴

In June 2021 we applied to Springwell for federal Title III funds to support both WDA 2 and the outreach worker. In September we were awarded the Springwell grants: \$10,000 for WDA 2 for 20 more seniors and \$8,500 to bring back the outreach worker. We are using \$7,714 in Tufts funds to meet the federal matching requirements of the Title III grants.

WDA 2

Our plan is to staff the new round of WDA completely with volunteers. We plan to serve 12 seniors this fall and another 8 later. We will again offer the course in both English and Spanish. We have already developed our marketing plans and signed up with TGH for the new course. It will be offered in person at the Senior Center. As part of the grant we are also offering help to other Springwell communities interested in WDA.

Spanish-speaking CoA outreach worker

Using Tufts funds, in July we hired Mary Beth Figueroa to be the Spanish-speaking outreach worker for the CoA. Starting in October, the Springwell grant will pay most of her salary. Mary Beth also works at the Waltham Housing Department, so she knows the City as well as the Latinx community in Waltham. She will be at the Senior Center Tuesdays and is already answering inquiries, arranging services and events, and working with seniors directly and in groups. You may be hearing from her.

Plans for the rest of the year

⁴ An evaluation of the first outreach worker is attached to the email.

We are happy to announce the hiring of Elizabeth Letvin, who will fill the newly created position of Connections Program Manager. She started in September and we're planning on her working two days a week. Don't be surprised if she calls. She has to learn fast about Connections because we're asking her to lead development of the Waltham Healthy Aging Summit in the spring of 2022. The attachment has more details about our vision for the Summit.

In terms of the second-year budget, we project spending the \$18,500 from Springwell and another \$48,000 in Tufts funds. This covers the matching funds, Elizabeth, Healthy Waltham and evaluation coordinators, and Summit-related costs. If the projection holds true we will have about \$38,000 of Tufts funds to start a third year of the grant on July 1. But we would not be surprised if that is not how we end the year, given the possibility of new programs, reviving old programs, and new grant revenue.

We extend thanks to our senior volunteers, our paid staff, our agency partners, and our funders for their support for Waltham Connections during the pandemic. Key senior volunteers include Elaine Anderson, Laurel Brody, Joan Glasheen, Leslie Gore, Kathy Kuhn, Betsy Leutz, Walter Leutz, Laura San Juan, and Bill Wade. Paid staff include Karla Armenoff, Zoila Carrillo, and Kyra Frazier. Thanks also to agency staff working closely with us, including Maria DiMaggio (Healthy Waltham), Marybeth Duffy (Waltham CoA), Ann Callahan and John Gollinger (Waltham Housing Authority), and Sinna Pho (St. Mary's Apartments).

Attachment 1: Connections Budgets

Section 1:

Connections Budgets & Spending - FY 2021 (thru 6/30/21)

AARP Grant-Civics Academy

<u>INCOME</u>	Project Budget	Actual
AARP Foundation		\$5,000.00
<u>EXPENSE</u>		
Academy Director		\$3,210
Technical lead		\$1,238
Zoom account		\$16
Total direct		\$4,464
Indirect @ 12%		\$536
Total		\$5,000
Balance to Tufts		zero

CHNA 18/McLean- WDA

<u>INCOME</u>	Project Budget	Actual
McLean Hospital (via CNHA 18)		\$12,958
<u>EXPENSE</u>		
Senior volunteers		\$0
Paid Instructor		\$2,391
Paid Communications assistant		\$560
TGH contract (20 seniors @\$589)		\$11,720
Printing, mailing		\$235
Total direct		\$14,906
Indirect @ 12%		\$1,789
Total		\$16,695
Balance (to Tufts)		-\$3,737

CHNA 18/McLean- MBS

<u>INCOME</u>	Project Budget	Actual
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McLean Hospital (via CNHA 18)		\$1,850
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<u>EXPENSE</u>

Paid Coordinator	\$1,325
Presenter honoraria	\$500
Printing, T-shirts, & zoom	\$307
Total direct	\$2,132
Indirect @ 12%	\$256
Total	\$2,388
Balance (to Tufts)	-\$538

Tufts Health Plan Foundation

<u>INCOME</u>	Project Budget	Actual
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Tufts grant FY 2021	\$50,000
Carryover from FY 2020	\$2,500
Total	\$52,500

<u>EXPENSE thru 6/30/21</u>

Project Director	\$4,538
Evaluation Director	\$5,000
Deficit of WSCA	\$0
Deficit of WDA	\$3,737
Deficit of MBS	\$538
Connections Food Pantry (grocery gift cards)	\$400
Office - printing for Springwell	\$16
Total direct (incl indirect on SCA,WDA, &MBS)	\$14,229
12% Indirect on Proj & Eval Dirs, food & office)	\$1,194
Total	\$15,423
Est balance of Tufts FY 2021 funds	\$37,077

Tufts Year 2 \$	\$50,000
Total Tufts available for FY 2022	\$87,077

Section 2:

Connections Budgets & Spending (est) - July '21 June '22

Springwell/Title III - WDA 2

<u>INCOME</u>	Project Budget	Actual
Springwell		\$10,000
<u>EXPENSE</u>		
Volunteers		\$0
TGH contract (20 seniors @\$650)		\$13,000
Printing, mailing, etc.		\$295
Total direct		\$13,295
Indirect @ 15%		\$1,994
Total		\$15,289
Balance (to Tufts)		-\$5,289

Springwell/Title III - Latinx Outreach Worker

<u>INCOME</u>	Project Budget	Actual
Springwell		\$8,500
<u>EXPENSE</u>		
Outreach worker		\$9,100
Supplies, etc.		\$400
Total direct		\$9,500
Indirect		\$1,425
Total		\$10,925
Balance (to Tufts)		-\$2,425

Projected spending of Tufts funds**7/1/21-6/30/22**

Healthy Waltham Coordinator	\$4,560
Evaluation Director	\$5,000
Balance of Spanish outreach worker	\$2,425
Balance of WDA 2	\$5,289
MBS 2 facilitator (est)	\$1,400
Project Manager (10 months)	\$26,350
Outreach associates (4@500)	\$2,000
Discussion group supplies & food	\$1,500
Supplies/printing, etc.	\$1,650

Summit food, materials	<u>\$500</u>
Total direct	\$42,960
Indirect @12%*	<u>\$5,155</u>
Total	\$48,115
*excluding indirect already charged above	
Yr 1 carryover plus Yr 2 \$50k	<u>\$87,077</u>
Balance available for other initiatives	\$38,961

Attachment 2: Description of Healthy Aging Summit

- The Summit will be developed and coordinated by the Connections Program Manager, working closely with the Coordinating Committee.
- Recruit, hire, train, and manage organizers. We will search for bi-lingual community workers to serve Haitian, Hispanic, Chinese, and/or Ugandan seniors using flyers, Facebook postings, and volunteers from these communities. We will seek help from members of our Advisory Committee, community staff at WATCH and the community health center, and outside organizations as needed.
- Organizers engage and bring together diverse seniors through presentations at faith communities, social housing sites, Connections social events, and events with partner agencies. The organizers will make personal connections, obtain contact information of seniors, and invite them to discuss their experiences with Waltham services and activities. Organizers will develop an informal group of advisors who will help develop ideas for improvements and to advocate for same. Others will join the ranks of Connections volunteers.
- Engage City and private agencies in program/policy assessments. To prepare for the Summit, the Program Manager, working with the Connections Evaluation Team, will help interested City and private agencies assess their policies, practices and new opportunities (e.g., Community Compacts) re language inclusion, nutrition, transportation, and other services/activities for seniors. We will share and discuss the assessments with agency staff and report on them at the Summit.
- Design and hold Healthy Aging Summit. We will form a leadership team of diverse seniors and agency reps to design, organize, and follow up on the Summit. They will use the information organizers gather from seniors, agency assessments, materials from the MA Healthy Aging Collaborative, as well as Connections work to date to create the readings and program for the Summit. We will organize pre-Summit meetings of seniors to prepare them to participate fully in the discussions. We will translate materials and provide interpreters as needed.
- Follow up on Summit. The leadership team will follow up the Summit with a report to Waltham and by organizing discussions of key action items with relevant agencies. We will help agencies draft and implement new/revised policies and programs as resources allow.