

**Montague Mass in Motion Committee Meeting**  
Gill Montague Senior Center 62 5<sup>th</sup> Street Turners Falls, MA  
Monday March 27, 2023 3-4:30pm

***AGENDA and NOTES. Notes are italicized.***

This meeting will be held in-person at the location provided above. Members of the public are welcome to attend. Topics may start earlier than specified.

*Members present: Colleen Doherty (CD Facilitator), Roberta Potter (RP), Maureen Pollock (MP), Caitlin Kelly (CK), Eileen Dowd (ED), Eileen Mariani (EM), Roy Rosenblatt (RR). Member unable to attend: Gina McNeely (GM). Guest: Rachel Stoler (RS) from FRCOG.*

**1. 3:00 p.m. Brief overview of Open Meeting Guidelines and meeting Facilitation**

*Members were thanked for obtaining certification and being sworn in under MA Open Meeting Laws. Reminders that: all meetings of committee will be in-person; all materials have been posted to the town website; cautionary use of emails – no discussions with the exceptions of functional questions. Facilitator role is to move agenda along and help all to stick to agenda items. Facilitator may ask for clarification of statements to aid in accuracy of meeting notes.*

**2. 3:10 p.m. Committee members introductions including responses to the following:**

*-Name, relevant background. From your perspective what is a key issue/concern regarding our town becoming (more) “age friendly” for seniors?*

*-RP, Director of Gill Montague Senior Center and Council on Aging. How to increase seniors taking advantage of important resources and programs? Noted that a respectful way of approaching resource allocation is asking – “do you have...” rather than “are you eligible?”*

*-MP, Montague Town Planner. Concern of educating other services providers regarding the specifics of affordable housing for seniors. Also referenced the importance of neighbor helping neighbor programs throughout Franklin County.*

*-RR, long time and active town resident of Montague. Stated the importance of keeping people in their homes as they age. Noted the services provided by Footcare by Nurses.*

*-ED, resident of Turners Falls. Stated the importance of the “feeling of safety” within our homes. Noted having a list of those you can call to assist with household tasks. Mentioned the isolation that develops for seniors.*

*-EM, long time resident of Montague center. Stated loss of companionship as key concern. Encouraging and establishing a sense of community is imperative for seniors.*

*-CK, stated the need for accessible public buildings and food pantries. Noted food insecurity as a major concern in our geographic area. Also referenced her background in health literacy training for future reference.*

*-CD, resident of Turners Falls and volunteer at the Gill Montague Senior Center. Noted the need for health care advocacy including navigation of complex systems and health related resources.*

### **3. 3:30 p.m. Purpose and Main functions of the Mass in Motion (MIM) Committee**

*-Four main areas of focus. See chart.*

*-Facilitator outlined the following points: -Mass in Motion is a statewide grant; FRCOG obtained the grant and contracted with the town of Montague to establish an MMIM committee. Lifepath is also involved in the initiative- conducting and writing the Age and Dementia Friendly Survey. This hand out was sent to MMIM committee members prior to meeting.*

*-Facilitator referenced the MMIM Worksheet with the five items (priority issues, root causes, strategies, implementation, and resources) as the **key focus** of the committee. At present the main sources for completing the worksheet areas are the Lifepath survey and the good knowledge that committee members have of our community. Of Particular importance is the 8 Domains of Livability, located on page 3 of the survey. Facilitator asked committee members if they would consider focusing on one or more of the domains of interest to them. All agreed and the list includes:*

*-Social Participation: ED, EM, CK*

*-Housing: RR, MP*

*-Outdoor Spaces and Buildings: CD*

*-Transportation MP and GM*

*-Communication and Information: RP*

*-Civic Participation and Employment: CK*

*-Respect and Social Inclusion: ED*

*-Health Services and Community Supports: GM*

*Though members will be responsible for their respective areas, all members will contribute knowledge and suggestions during a future brainstorming session. The impact of social isolation and the need for case management and advocacy was stressed as paramount by committee members and will be an on-going theme moving forward.*

*-The Community Visioning Workshop booklet was referenced as another piece of information about our community, referencing pages 5-7.*

**4. 3:45 p.m. Regional Age- and Dementia-friendly Assessment Results and steps moving forward for Mass in Motion Age- and dementia-friendly planning.**

*Franklin Regional Council of Government (FRCOG) Guest: Rachel Stoler, Community Health Program Manager*

*-RS clarified her role (local focus and working with all ten towns involved in the survey and MIM committees) and that of Carol Foote of Lifepath (oversees the regional efforts of MIM).*

*-RS stated that the MIM is an ongoing long-term project with possible future funding.*

*-CD, Facilitator clarified that the MMIM committee members committed to 3, possibly 4 meetings with the goal being completion of the five areas of the worksheet. Perhaps we can refer to our current work as Phase One of the MMIM.*

*-Distributed three hand outs: Montague specific data from the survey, an Age-Friendly chart referencing the specifics of the project, and a Tree Exercise illustrating the social determinants of health and the root causes. All documents were sent to be posted to Town of Montague website.*

*-Emphasized the importance of food security for seniors.*

**5. 4:20 p.m. Agenda items for next meeting; Tasks before next meeting; Dates and times for next 2 meetings.**

*-Next meeting: Monday, April 24, 2023 at 1pm, Gill Montague Senior Center*

*-Tasks prior to meeting: begin to focus on your area(s) of Livability, using the MIM worksheet; review Montague specific data and formulate any questions and/or important points. RS will join us to respond to data.*

*-The need for low-income housing and factors associated with social isolation were identified as very important and worthy of future discussion at next meeting. Two of the eight Domains of Livability will be addressed: Housing and Social Participation.*