

HEALTH AND HUMAN SERVICES

REPORT OF THE COUNCIL ON AGING

The Weston Council on Aging was established by the Town Meeting on April 29, 1974 “for the purpose of coordinating and carrying out programs designed to meet the challenges of aging in coordination with programs of the Massachusetts Department of Elder Affairs.”

New Activities and Services: Stroke, Vascular Disease and Osteoporosis Screenings, New Adventures, Nutrition Survey, Great Decisions Discussion Series, Intermediate Bridge classes, and Fall Prevention and Balance class. Betsey Rampsey, RD expands our outreach program by providing free individual nutritional consultations in conjunction with our Keep Well Clinic

Continuing programs and activities include:

- ❖ Social events and trips - museums, concerts, house and garden tours;
- ❖ Health and nutrition - Meals on Wheels delivery, food pantry, Keep Well Clinic, medical equipment loan closet and podiatry clinic;
- ❖ Exercise- Yoga, Tai Chi, Line Dancing, Strength Training, and walks with Weston walkers;
- ❖ Classes and presentations- bridge, short stories, watercolor painting, health related talks including hearing loss, Medicare options, and vision loss;
- ❖ Financial advice and assistance - SHINE Program, Boston College Legal Assistance, Senior Service Program;
- ❖ Transportation - FISH (Friends in Service Helping) for medical appointments, Veteran’s Taxi for subsidized taxi service to adjoining communities, free weekly shopping trips for groceries in the COA Friendship bus, and low cost transportation to Huntington Theater and Boston Symphony.

Intergenerational programs: “Baking for Bristol Lodge” with Weston High School students and several programs during the year with Weston Community Children’s Association delivering pumpkins for Halloween and “Paperwhite Delights” in February.

Collaborative Relationships:

- ❖ Women’s Community League provides holiday goodies for the COA to deliver to homebound seniors;
- ❖ Rotary Club provides handy helpers for an in-home FIX-IT program for seniors;
- ❖ Land’s Sake provides free fresh produce to seniors during the summer months;
- ❖ Town departments provide jobs for the COA Senior Service Program;
- ❖ Friends of the Council on Aging provide financial assistance to eligible seniors who are having financial difficulties meeting the cost of assistance at home, eye glasses or hearing aids;
- ❖ The Weston health department provides a yearly flu clinic to seniors;
- ❖ Recreation Department maintains and manages our combined home at the Community Center;
- ❖ Weston Schools, Spiritual Organizations, and local donors support and fill our food pantry several times each year.

The **COA staff -- Personnel Changes:** Carol Sullivan, Administrative Assistant retired in February; Linda Thompson was hired for the new position of Program Coordinator. After four-

teen years of service, Director Marilyn Campbell also retired: Patricia Parslow was hired as the new Director in August 2003.

The staff which also includes Social Worker, Candace Steingisser, LICSW, and Community and Health Nurse, Jean Masland, RN, works with more than 200 volunteers. They advocate for and help meet the needs that are special to seniors in our town – for resources, sense of community and coping during vulnerable times.

FINANCIAL REPORT

<u>Council on Aging</u>	EXPENDITURES			APPROP
	FY01	FY02	FY03	FY04
Salaries	97,469	103,756	125,441	120,728
Sub-total Personal Services	97,469	103,756	125,441	120,728
Repair & Maintain Office Equipment	65	215	-	200
Printing & Advertising	-	695	379	600
Telephone	1,792	1,493	1,416	350
Postage	477	348	914	800
Office Supplies	1,119	1,556	1,257	1,600
In-State Travel	448	726	553	750
Dues/publications	666	738	705	750
Springwell	250	-	-	300
Transportation	11,721	10,645	11,234	2,715
Other Programs	1,432	1,825	2,936	2,500
Sub-total Expenses	17,970	18,242	19,395	10,565
Senior Work Program	3,000	-	-	-
Grand Total	118,439	121,998	144,836	131,293

REPORT OF THE ALCOHOL AND DRUG EDUCATION ADVISORY COMMITTEE

Members of the Weston Alcohol and Drug Education Advisory Committee (WADEAC) have historically represented the numerous organizations and professionals in the community. Even though changes within the committee this year have resulted in a smaller board, the assessment of the community’s alcohol and drug educational needs and the generation of ideas and interests for programming and resource material continues. This has occurred not only through the schools but also with other community organizations involved in the Wellness Initiative.

Financial support for educational materials to enhance new or existing programs in schools and community was offered.

This year WADEAC funded a number of new projects along with those it has supported in the past.

- ◆ A two day facilitation training program – “It Takes a Village to Raise a Child” curriculum, consisting of five 2-hour sessions that cover topics including decision-making skills, making ground rules, self-esteem, stress reduction, sexuality, eating disorders and substance abuse.

Funds were provided for necessary start-up materials and two Weston resident volunteers have run these parenting workshops. To date a total of 35 parents have participated which are now offered through the Weston Recreation Department.

- ◆ WADEAC sponsored Detective James McLaughlin, from the Keene, NH police department, a nationally known expert on the subject of preventing Internet crimes keeping children safe from “cyber predators”. Detective McLaughlin believes that the “key element in keeping children safe on the Internet lies in teaching parents what to look for and how to be aware of high risk situations.” This program, which was held at the Middle School’s Amy Potter Center, was open to the community and attended by approximately 50 people.
- ◆ For the ninth consecutive year WADEAC funded the 6th grade Health & Communication Forum, formerly known as Project Safeguard, a family-based prevention education program for 6th grade students and their parents and teachers. Organized by parent volunteers and the Director of Health & Physical Education for the Weston Public Schools, this program is designed to develop health related-refusal and decision-making skills. The forum took place in June at the Weston High School.
- ◆ This year, activities at the Whitman Tennis club were offered as an alternative venue to high school kids for the after-Prom party. WADEAC funded one of the food concessions.
- ◆ The Committee participated in a meeting with Town Manager Carl Valente regarding the Town’s Wellness initiative and the future role of WADEAC.

Finally, we would like to express our thanks to out going co-chairs Janet Bain and Joan MacClary for their years of hard work and the number of initiatives funded by WADEAC.

REPORT OF THE ELDERLY HOUSING COMMITTEE

Money spent and progress made
Implementing plans our town has laid.
Efforts great, budget met
Twenty four more units we will get.

Expansion’s messy, lots of noise
But our elderly handle it with poise.
Soon ‘twill be hushed and neat...
Landscaped with dear bittersweet.

Soccer field preserved throughout
For games to play, we’ll win no doubt!
As tenants watch and cheer and shout
Win? Why heck, ‘twill be a rout!

Thanks go out to William Cress
He’s guiding us like precision chess.
Our committee chair he’s been for years
He’s left that role, we’re left with tears.

But he’ll now focus on nitty gritty
As head of our building sub-committee.
Throughout he did us well equip
With expertise and leadership.

And though we’ll Bill so sorely miss,
Our committee’s depth has us in bliss.
For his replacement is a man divine
Please welcome our new chair, Jack Heine.

Experienced, he’s paid his dues.
He’s ready now to fill Bill’s shoes.
Our committee will sure nothing dread
‘Cause Jack will move us far ahead.

REPORT OF THE BOARD OF HEALTH

Introduction

The Board of Health (BOH) is responsible for the promotion and protection of public health. This is done through education and service as well as enforcement of public, mental, and environmental health laws and regulations. The BOH provides enforcement of the State Sanitary Code including housing, food sales and service, pools, camps, and the surveillance and reporting of communicable disease. Enforcement of the State Environmental Code covers wells, septic systems, air and water quality, lead, mercury, asbestos abatement and ground water protection.

As Public Health education is the first line of defense in maintaining a healthy community, many educational outreach efforts were made this year to increase the community's awareness of West Nile Virus, Lyme disease, sun exposure risks, poisonous plants and recreational safety. A training program was offered to all youth counselors at the recreation camps that highlighted these health risks and ways the counselors could protect the campers and themselves. Additionally a booth was set up at the annual Spring Fling sponsored by the Recreation Department. Videos, games and prizes were available to encourage youth and adults to stop and get the facts on how to protect themselves while enjoying the outdoors. We also met with the Weston residents at the Counsel on Aging and the Weston League of Woman Voters to provide them with an understanding of our efforts to promote Public Health in Weston.

Alice Koehn Benson has chaired the Wellness Committee. Boards of Health Members Marie Tobin, R.N. and Nicholas Guerina, M.D. and Public Health Director Wendy Diotalevi, R.S. have participated on this committee. The BOH has taken note of the serious implications of the 2000 Youth at Risk Survey (please see the web site for detailed information) and has been working with several town committees and other community resources to consider the implications of this study. There is a great need to formulate some strategies and focus our resources to address the concerns of our youth proactively.

Public Health

The BOH provides vaccines to physicians through the state funded vaccine program by the Massachusetts Department of Public Health to insure vaccine availability for the members of our community. This year the BOH provided over 22,000 doses of vaccine valued at more than \$417,600.

A flu clinic was held in the fall and 400 doses of flu vaccine were administered to senior citizens and at risk populations of Weston. The BOH sincerely thanks the medical professionals and Weston citizens who graciously donated their time and talents to this very successful effort.

Nick Guerina, M.D.	Patricia Hoban, R.N.	Beverly Shepard
Will Cochran, M.D.	Kathy Langenberg, R.N.	Mary Thielscher
Elizabeth Binney, M.D.	Jean Masland, R.N.	Candy Steingisser
Joyce Barken, R.N.	Gail Nozik, R.N.	Elaine Ellis, R.N.
Kathy Becker, R.N.	Linda Perrin, R.N.	Theresa Levinson, R.N.
Patricia Wright, R.N.	Patricia Parslow, COA	

In 2003 Weston participated in the Massachusetts Department of Public Health West Nile Virus surveillance program (MADHA). A total of 36 bird deaths were reported, 4 birds were found in a condition that allowed for testing by the MADPH and all tested positive for West Nile Virus. During this time a health alert was sent out through the web site, recreation department and the local newspaper to remind our citizens to wear protective clothing, insect repellent and minimize their outdoor activities between dawn and dusk. There were no human infections identified in Weston.

The BOH has made a budget request for a part-time public health nurse to conduct communicable disease surveillance and reporting. The Public Health Nurse would also conduct and coordinate public health outreach efforts and in conjunction with all other departments, staff and Boards, and develop programs to address issues of emergency preparedness and response.

The Weston BOH website continues to provide information on a variety of health issues including the Youth at Risk Survey, West Nile Virus, influenza, health information alerts and updates and septic and renovation questions. For additional information please visit the website at www.westonboh.org. The BOH thanks board member Dr. Nick Guerina for his continued development of and attention to this community health resource as webmaster.

The BOH is responsible for ensuring that the health and welfare of farm animals owned by the citizens of Weston meets the standards of care required by law. Paula Nicholas, Animal Inspector, has provided the following as an inventory of the farm animals.

47 Horses	28 Pigs
15 Sheep	45 Beef
11 Ponies	2 Llamas
15 Chickens	

Mental Health

The BOH provides mental health services to Weston's citizens through contracts with Human Relations Service in Wellesley, the Multi-Service Center in Newton and the Charles River Workshop in Needham.

Environmental Health

All residential properties in Weston are served by individual septic systems. Title 5 of the State Environmental Code is a set of regulations established by the Department of Environmental Protection that sets standards for the design and construction of septic systems. The BOH is responsible for the enforcement of this Code and invests approximately 80% of its staff time in the area of environmental health enforcing Title 5 of the State Environmental Code.

Enforcement of Title 5 consists of the witnessing of percolation and deep test holes, review of septic system plans, and inspection of the installation of new septic systems and wells. Title 5 Inspections of existing septic systems and renovation projects require research of existing files to establish abutting lot and site conditions. Renovation projects are all reviewed to ensure that the proposed work is in compliance with Title 5 of the State Environmental Code.

There are several large complexes that require sewerage treatment plants. These complexes have groundwater discharge permits issued through the Department of Environmental Protection. Reports are forwarded to the BOH and are reviewed to establish that the treatment plants are operating within the parameters of the permit.

In 2003 the systems at Jericho Village and Winter Gardens were repaired. New systems were approved and installed at Liberty Mutual and the Rivers School and a new system was designed and approved for Brook School Apartments.

Detail of Regular Services Provided by the BOH

Activity	2003	2002	2001
Septic System Permits	156	151	175
Septic System Plan Reviews	281	270	*
Septic System Inspections/meetings	480	498	350
Title V Inspection Reports/Reviews	334	145	*
Soil/Percolation Tests Witnessed	146	135	80
Septic System Installer's Licenses	47	76	*
Septic System Installer's Exams	5	5	*
Septic System Pumper/Hauler Permits	14	4	*
Renovation/ Addition Permits	223	158	180
Renovation/ Addition Permit Review/Meetings	276	*	*
Environmental Investigations	96	12	*
Well Permits/Review/Inspection	16	17	*
Communicable Disease Investigations	23	48	*
Emergency Preparedness Meetings	28	*	*
Community Health and Wellness Meetings/Training	58	5	*
Food Service Permits	42	51	65
Food Service Inspections	53	51	*
Camp Permits	8	6	7
Camp Inspections	18	6	7
Commercial/Residential Pool, Hot Tub, Beach Permits	14	13	16
Commercial/Residential Pool, Hot Tub, Beach Inspections	24	13	16
Body Work Permits	7	3	*
Housing Complaint Investigations/Court	24	9	*
Administration Meetings	28	14	*
Training Meetings	18	6	*
Burial Permits	112	*	*
Port-a-John Permits	25	*	*
Phone Calls	6,154 +	*	*
Research	897 +	430	*
Total Revenue for Calendar Year	\$142,455	\$141,353	\$64,452

* Totals unavailable

REPORT OF THE EAST MIDDLESEX MOSQUITO CONTROL PROJECT

The East Middlesex Mosquito Control Project conducts a program in Weston consisting of mosquito and West Nile Virus (WNV) surveillance, larval and adult mosquito control, ditch maintenance and public education.

The risk of mosquito borne transmission of WNV continues to be a local health concern. In 2003 there were 16 residents from Massachusetts that contracted WNV. The Project participated in the State's **Surveillance and Response Plan to Reduce the Risk of WNV Transmission and Human Encephalitis**. Frequent rains produced moderate mosquito activity during the summer with peak populations occurring in late August.

The adult mosquito/WNV surveillance program used traps to collect mosquitoes from as many as four Weston locations per night. Between June and September, information was used from 25 mosquito trap collections from eight different nights. Selected trap collections during the late summer and fall were tested for WNV by the Mass. Dept. of Public Health.

The larval mosquito control program relies on the larvicides *Bacillus thuringiensis var. israelensis* (Bti), *Bacillus sphaericus*, and methoprene, all of which are classified by the EPA as relatively non-toxic. An April helicopter application of Bti controlled mosquito larvae at 262 wetland acres. In addition, field crews using portable sprayers applied Bti in the spring and the summer to 45 wetland acres when high densities of mosquito larvae were found breeding in stagnant water. During the summer, Project personnel applied Altosid Briquets (methoprene) and *Bacillus sphaericus* to control *Culex* mosquito larvae at a total of 1,499 roadside catchbasins. The Project also provided *Bacillus sphaericus* packets to the Weston DPW to control mosquito larvae in catchbasins.

To control adult mosquitoes, a formulation of resmethrin was applied at night via truck mounted aerosol sprayers when survey traps indicated high populations. Advance notification of the spray program was done through a newspaper notice in the Weston Town Crier, notices on the Project's web site and via a recorded telephone message at 781- 893-5759.

The Project maintains waterways to the buildup of stagnant water in wetlands caused by obstructions in waterways. Waterways were excavated near Rt. 20 and Golden Ball Rd, near Linwood Ave. and at Radcliffe Rd.

The Project's public education program is designed to develop awareness within the public and the private sectors as to their roles in mosquito control. It is a resource for residents, schools, municipal officials and the local media on controlling mosquitoes, breeding sites and mosquito borne diseases.

For additional information on mosquitoes, Project control programs and related topics see www.town.sudbury.ma.us/services/health/emmcpc.

REPORT OF THE HOUSING NEEDS COMMITTEE

A principal activity of the Housing Needs Committee during the past year has been the review and recommendation to the Board of Selectmen of two redevelopment projects:

1. 809-811 Boston Post Road, a joint project with the Historical Commission, to preserve a 19th century farm house and to produce a mixed-income eight-unit condominium development with two affordable units. The development is supported with \$385,000 of Community Preservation Act funds from monies reserved for Historical Preservation and for Affordable Housing.
2. 175 Boston Post Road By-Pass, a private redevelopment project in which a single-family home would be converted into a mixed-income eight-unit condominium development with two affordable units. No public money is required.

The committee has continued to support its recommendations in hearings before various Town Boards and Committees, and has continued to work with developers to assist them in modifying their original proposals to mitigate a variety of concerns raised by citizens at those hearings.

The Housing Needs Committee continues its efforts to find sites suitable for affordable housing, and it expects to recommend other developments to the Selectmen during the coming year. Unfortunately, one of the searches in the past year – for a site on which to locate a gift of a single-family, three-bedroom ranch house – ultimately proved unsuccessful.

REPORT OF THE YOUTH COUNSELOR

The position of Youth Counselor is under the aegis of the Board of Selectmen. Consultation and training opportunities are available at the Human Relations Service of Wellesley. The Youth Counselor provides counseling to young people, ages 11-21, who attend the Weston Public Schools or who reside in the Town. The Youth Counselor also consults with other personnel serving the Town's youth and their families. The Youth Counseling Office is located at the Weston High School.

David A. Cope, a Licensed Independent Clinical Social Worker, has a Masters Degree from Simmons School of Social Work and a postgraduate certificate from Boston University for advanced clinical work with substance abuse issues. Mr. Cope is also a professional mediator. He has served as the Youth Counselor since September of 1990. In 2003 he had 122 student clients for individual counseling and consulted to a number of parents to help them develop effective approaches to adolescent issues. Some of the issues Mr. Cope worked with are depression and suicidal ideation, attention and organizational difficulties, substance abuse, eating issues, divorce and loss, family and peer conflicts.

Mr. Cope worked closely with school personnel to develop student intervention plans. He is the coordinator of the High School's Peer Mediation program, which trains students to mediate other student's unresolved interpersonal conflicts. He also visited freshman health classes to discuss conflict resolution and stress management.