

Councillor Wolf questioned the funding and Ms. Fleming responded that this was an important program and that they could try to identify people to be visited and that an outreach position could be combined with another staff position into a 30-hour position.

Councillor Russell discussed a neighborhood-type program that she knew of, whereby "do not disturb" signs were hung and that if the signs were not taken in within 30 hours, the neighbors could look in on that person to see if they were alright.

Ms. Fleming stated that she would meet in September with the tenant organizing groups to provide support and show what is available, adding that there is division amongst these groups, but that they could be good with the support of the Council on Aging and the Cambridge Housing Authority.

Councillor Wolf questioned housing issues and people-placement.

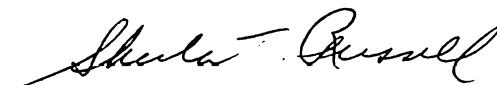
Ms. Fleming responded that the big problem was that of those difficult to place. Specifically, those with psychiatric and emotional-type problems and cited the case of a man living in a Shelter, Inc. residence for a year, rather than for a short stay, and the problem of maintaining a balance of people and not overloading one location with those persons difficult to place. She stated that the Council on Aging tries to give people a chance and that organizations are leery; she further stated that congregate housing also tries to maintain a balance so that it does not become a "dumping ground"; that something between a shelter and public housing is needed.

Councillor Russell discussed the restructuring of properties owned by the Archdiocese of Boston and the potential for housing in same, perhaps at some time in the future.

Ms. Fleming informed the Committee that a contact sheet of people to give referrals to had been comprised and with this list, the correct person for a given situation could be called directly and that the Council will look into any requests. She discussed nursing homes and staff treatment of the elderly and the well-meaning, condescending attitude encountered by the elderly and also, how sometimes, their minds can be clouded and the reality of what is actually going on can be quite different from their perceptions. She discussed, too, the treatment of a woman presently visited by volunteers, who lives with her family and how the family would talk around her rather than to her, and that the volunteer finally got the woman to "open up" and tried to involve the family in speaking to her.

At 10:52 a.m., the hearing adjourned on motion of Councillor Russell. (Attachments enclosed).

For the Committee,



Councillor Sheila T. Russell  
Chair.

Councillor Russell added that there is also a problem at Clarendon Avenue.

Ms. Fleming stated that they have a new program, a Community Health Care program with a trained staff member helping with medical and insurance bills for elders who are confused with the many types of insurance and HMO's available these days, and that this staff member can be sent to Rindge Towers with regard to health care.

Councillor Wolf noted that it is good to get people out, if you can provide something useful.

Ms. Fleming then informed the Committee that the Council on Aging is sponsoring three health forums to be held September 16, 17 & 18th, relative to "de-mystifying" all the existing health plans and that on September 27th a Health Fair will be held to explain City resources, and City clinics available and to provide a wise-shopping attitude for people, and that they will try to involve the Rindge Towers' people at that time.

Councillor Wolf noted that there will soon be a building on Mass. Avenue to handle the same thing. She further stated that this hearing came about as a result of a development in Central Square by Schochet Associates and that the City Council expressed concern over the Rindge Towers, at which time the developers stated that conditions there were improved. She added that they had seen the conditions and know that the developer has problems and is trying to keep his business going and they stated they would like to do something about it.

Councillor Russell, as an aside, stated that at least in the past, the fire apparatus and the Police Department always seemed to be summoned to the Towers and mentioned that there is presently a five year waiting list for people to get into Rindge Towers.

Ms. Fleming interjected that she wanted to alert the Committee to a minor incident relative to a woman who fell at a construction site near the Inman Square drug-store and badly injured herself. She stated that there was no warning ribbon at the site and that no one was present at the time.

Councillor Wolf, in connection with this matter stated that she had just seen two elderly persons having difficulty crossing at a construction site at Mt. Auburn St. between Putnam Square and Banks St., and questioned the rules on Police details covering construction sites.

Ms. Fleming stated that she will get in touch with Pat Daley of the Fitzgerald Community School. She added that the Fitzgerald Community School does not include Rindge Towers and will try to win their enthusiasm to include them in their programs.

Councillor Wolf alluded to the fact that there must be many children from the Rindge Towers who go to the Fitzgerald School.

Ms. Fleming advised the Committee that the Council on Aging has a Home Visitor Coordinator back on-line, and that about fifty people have been visited, and that the Council was interviewing for a person to go into the homes and make calls on elders who are home-bound and alone.

She stated that she would meet with Geriatrics and the Somerville/Cambridge Elder Services to request that they reinstate a meal service, and also with CASPAR, the alcohol program, and hopefully, they will put their collective heads together to see what can be done. She further stated that, at present, she has no staff person who can go, but that she will look for money to provide for a housing specialist.

Councillor Wolf stated that the Geritological Institute can be applied to for an intern to go to Rindge Towers, and that it would be a high priority.

Ms. Fleming stated that the elderly are "aging" in their residences, and that with neglect, that there is alcohol and drug abuse and that action is indeed needed. She stated that the State will have funds and both she and the Director of the Alcohol Agency are working on an elderly alcohol and drug abuse program.

Councillor Wolf noted that there is a program, but questioned whether that was enough.

Ms. Fleming, in response to Councillor Wolf, explained that the present program is not enough and that elderly alcohol abuse goes on with people unable to help and that home help-aid is a good, but not realistic solution; that those persons who have recently started to abuse drugs and alcohol can, in more likelihood, be helped more than long-term abusers.

Councillor Wolf stated that it was important to hone-in on this problem and on this particular point of assisting new abusers who can still be "reached", rather than the chronic ones, and expressed the need for a differential program.

Councillor Russell questioned whether the Cambridge Housing Authority has sources of funding.

Ms. Fleming responded that the CHA people do not have enough money.

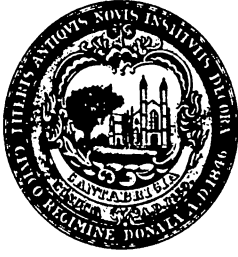
Councillor Wolf spoke of the need to coordinate these groups and to utilize social workers.

Ms. Fleming responded that with elderly services, they could get a foot in the door to identify the seniors with problems.

Councillor Wolf described the plight of older persons and alluded to various programs to assist them in which the elderly can only come for help during specific hours of the day, and that, as such, the more vocal abusers can be identified.

Councillor Russell commented that in places where people can move about and get around more and where their location is perhaps a little less isolated, the situation is better than with these people being "cooped-up" in their apartments, where more quiet and subtle abuse and depression is more likely to prevail.

Ms. Fleming stated that she would meet with appropriate staff at the CHA and their agencies for HUD applications.



# NEWSLINES

THE CAMBRIDGE COUNCIL ON AGING

51 Inman St., Cambridge, MA 02139

AUGUST 1986

Telephone 498-9039

## THE LONG TERM CARE SYSTEM

### The Long-term Care Crisis

In America today, the demand for accessible, affordable, quality long-term care far exceeds the availability of such care. Media reports of families whose assets and stamina have been drained by caring for a family member stricken with Alzheimer's disease, cancer, a heart condition, or some other chronic ailment have become almost common.

Medicare's prospective payment system, with its incentive for hospitals to move post-acute patients quickly into non-hospital settings, has exacerbated an already critical situation. The House Select Committee on Aging estimates that one out of three married couples will become impoverished within 13 weeks if one spouse should require nursing home care.

Looking to the future, it's easy to predict that the need for long-term care is going to expand. Life expectancy is increasing. The older population is growing rapidly, especially among those 85 and older. Because the "young-old" are more healthy and health-conscious than ever before, we can expect to see a decline in the need for acute care and a rise in the need to care for those with chronic illnesses.

### What is Long-term Care?

The words "long-term care" conjure up images of nursing homes and institutional facilities, of frailty and the loss of independence and control over one's life. But in actuality, long-term care can often be the way to preserve one's independence and decision-making power.

In brief, long-term care refers to a range of programs and services developed and coordinated to meet the physical, social, and emotional needs of older persons with non-acute illnesses or disabilities that interfere with their independence and ability to perform the activities of daily living. These non-acute, non-hospital services are designed to meet needs over a period of time and may be delivered in an institutional facility, community-based setting, or in a person's home.

Long-term care services may be provided by professional health and social service providers: by volunteer, religious, cultural and civic organizations; or by family and friends. These may range from in-home supportive services to inpatient hospice care for the terminally ill.



**The Long-term Care System**

At present, there is no truly comprehensive long-term care system operating consistently around the country, nor is there a national policy on long-term care.

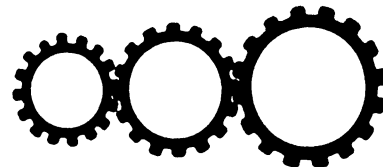
Ideally, a comprehensive system should include preventive health services, medical treatment, rehabilitation or therapy, and supportive health and social services. Since most of us prefer to remain at home and maintain our independence, the system of long-term care should be flexible, able to respond to a variety of individuals and to changing needs over time.

While meeting the challenge of developing this ideal range of services, we also need to concern ourselves with improving the accessibility and quality of existing services. These are:

- ~ Institutional facilities such as nursing homes, hospitals, and outpatient clinics.

- ~ Community-based services such as nutrition programs, senior centers, adult day care, respite care, hospice care, and transportation.

- ~ In-home services such as chore services, home delivered meals, emergency response systems, home-maker/home health aides, friendly visiting, and telephone reassurance.



**Work and Life Series**

Work is central to the life of all Americans whether in a factory or office, on the road or at home. Everyone can relate to the issues and joys work has brought to them.


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<p><b>FLORIST</b> ACROSS FROM YOUVILLE HOSPITAL 1540 CAMBRIDGE ST. CAMBRIDGE, MA 02139 BUS. 547-8086 RES. 728-1180</p>	<p><b>University Monument Works, Inc.</b>  Since 1935 Monuments &amp; Lettering Visit Our Indoor Showroom 1055 Cambridge Street 547-3898 Cambridge, MA 547-2040</p>	<p><b>Senior Citizen Bulletin Readers</b> <b>Are Loyal Customers!</b></p>
<p><b>KEEFE FUNERAL HOME</b> Over 30 Years Of Personalized Family Planning Pre Need Planning &amp; Counseling Available 2175 Mass. Ave-Cambridge, MA Telephone 547-5544</p>	<p><b>General Optical Co.</b> Eye Exams Arranged Free Parking In Rear <b>Dispensing Opticians</b> 2038 Mass. Ave. Cambridge, MA 02140-864-0204</p>	<p><b>WILLIAM T. HICKEY &amp; SON FUNERAL HOME</b> If you desire information about the pre-arrangement of a funeral, feel free to call and discuss it with us at any time. <b>547-1500</b> 175 Huron Ave., Cambridge, MA</p>
<p><b>The Cambridge Hospital</b> 1493 Cambridge Street, Cambridge 498-1000</p>	<p>With full-service offices and X-Press 24s conveniently located throughout the community. <b>BayBank</b> <b>Something Better</b> Member FDIC</p>	<p><b>WILLIAM T. HICKEY &amp; SON FUNERAL HOME</b> If you desire information about the pre-arrangement of a funeral, feel free to call and discuss it with us at any time. <b>547-1500</b> 175 Huron Ave., Cambridge, MA</p>

Beginning in September, a discussion group will be organized at the North Cambridge Senior Center that will focus on the broad theme: "Work and Life." Areas to be covered in the ten sessions planned include changes in work and work methods over the last century, attitudes toward work, the meaning of "success," personal values, youthful beginnings and maturing in the workforce, and work in the retirement years. Helpful readings, art work, photography, music and narrations will stimulate a new look into the way changes in work have affected the quality of participants' lives.

This program is part of the Humanities Series of the National Council on the Aging and has received excellent reviews from the older adults who have been involved in similar discussion groups around the country. The Council on Aging and North Cambridge Senior Center are pleased to sponsor "Work and Life" for Cambridge residents.

If you are interested in joining the discussion group on Tuesday and Thursday afternoons in September, please contact Helen Hall at 868-0800 or Helene Corry at 495-0110. Space reservations are necessary.

**WHAT'S UP AT PRIME TIME**

Is a Job   
in Your Future?

In 1985 the AARP conducted a survey of adults 55 and over looking for a profile of older workers. They found a diverse group with attitudes toward work and retirement that varied depending on their personalities, needs and interests.

When the data collected in the survey was analyzed, researchers found that one in four (25%) of the 55+ population were working full-time. Another 10% worked part-time. Only 2% were disabled or

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considered themselves unemployed. An interesting 10% were women who worked in their homes. Nearly 50% of the people surveyed considered themselves retired.

Men were more likely to be working than women. Workers enjoyed a higher income than retirees and viewed their financial futures with more optimism. Workers considered themselves more mobile than retirees.

If you are interested in possible employment to earn extra money or fill some idle hours, the Prime Time Employment Program at 15 Pearl Street is waiting to hear from you and offer assistance. Call us at 868-0800.

## Senior Profile

Dr. David Dow

If you want to know where to find it in Cambridge, ask Dr. David Dow. Give him almost any street and number, and he's able to visualize the building, and sometimes give you a brief history of it.

The reason for this gazetteer-like knowledge of Cambridge isn't difficult to find. Dr. Dow was the official Medical Examiner for 25 years. He was apt to be called out any time, day or night, to examine the victim of a fatal accident or unexplained death. There's hardly any corner of Cambridge he hasn't explored, and sometimes under the most trying of circumstances. As in the sudden death of the Harvard professor. "Bubonic plague" was Dr. Dow's diagnosis, and he was **right!** It was the only case of Bubonic Plague in the history of Cambridge. Dr. Dow calls this "an interesting fact," and laughs gleefully. He was the only one who was able to spot it.

But for all his wide-ranging knowledge and experience of Cambridge. Dr. Dow has always remained close to the center. The

geographical center of Cambridge is its Common, and for the past 80 years, except for a stint in the Navy during World War II, he's lived nowhere else but within one block of this center.

The great-grandson of a doctor, the son of a doctor, David Dow practiced medicine for 45 years in the same office: 1587 Mass Ave. During that time he's seen medicine change radically. The kind of medicine his ancestors practiced and the kind he himself practiced in the beginning, was centered on obstetrics. His father, travelling by horse and buggy, brought many babies into the world -- right in their mother's home.

David Dow did likewise, without the horse and buggy, until "modern" ideas took over and frowned on the practice of home birth. Is it any wonder then, that of all the terrible things Dr. Dow has had to witness over his lifetime, the most tragic he can remember is crib death?

There have been dramatic changes in the practice of medicine over the years, and disease itself has changed. Polio and Scarlet Fever are no longer the scourge they once were. He recalls the first time he used Penicillin. It was D-Day, and the wounded teenage boys were being brought back to his LST boat from the beaches of Normandy.

One thing has not changed, Dr. David Dow has been happy being a doctor. He is one of those rare individuals who likes taking care of sick people, and as he's quick to point out, helping them get better. Though he has been involved with forensic medicine and police work as the Medical Examiner, he is utterly opposed to the death penalty. Why? He's old enough to have lived through the Sacco-Vanzetti scandal, and remembers.

Most years Dr. Dow can be seen marching in the Alumni Parade at the Harvard Commencement. This year was his 59th Reunion.

# Calendar of Events

August 4, Monday

11:00 a.m.

\*Limber Longer Program, June  
Hall Instructor. VFW on Huron  
Avenue. Fee: \$1.50

1:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave, BINGO, Call  
Helen Black to register - 876-  
1653

1:00 p.m.

\*North Congregational Mutual  
Aid Group regular planning  
meeting

August 5, Tuesday

1:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave - Talk on Heart  
Care

August 6, Wednesday

9:00 a.m.

\*Energetics Walking Club, meet  
at 51 Inman Street

9:30 a.m.

\*Bus trip to Provincetown -  
Sponsored by the Morse/Peabody/  
Tobin Community Schools. To  
register call: Morse, 498-9064;  
Peabody, 498-9065; Tobin 498-  
9055. Fee: \$15.00 includes  
bus transportation to pier and  
boat cruise.

August 7, Thursday

10:00 a.m.

\*North Cambridge Senior Center  
- Drop-In Bridge with Bridge  
Teacher Connie Parks.

2:00 p.m.

\*North Cambridge Senior Center  
Drop-in Social time, games

August 8, Friday

9:00-5:00 p.m.

\*North Cambridge Senior Center,  
Betty Morrison, Housing  
Specialist, will be available  
to answer your housing  
questions.

August 11, Monday

11:00 a.m.

\*Limber Longer Program, June  
Hall Instructor VFW on Huron  
Avenue Fee: \$1.50

1:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave, Bingo, Call  
Helen Black to register, 876-  
1653

1:00 p.m.

\*North Congregational Mutual  
Aid Group Bliss Mattson,  
Observatory Hill Library, will  
do a book review.

August 12, Tuesday

1:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave - Slide Show on  
Scottish and English Gardens

August 13, Wednesday

9:00 a.m.

\*Energetics Walking Club, meet  
at 51 Inman Street

10:15/10:30 a.m.

\*Bus trip sponsored by the  
Fletcher, Roberts, and  
Longfellow Community Schools,  
to Johnny Yee's, West  
Yarmouth. Fee: \$16.00  
includes lunch, transportation  
and show. Register by calling  
Ann Lindsey, 876-4856;  
Katherine Doherty, 354-1616; or  
Roslyn Shoy at 498-9054.

August 14, Thursday

10:00 a.m.

\*North Cambridge Senior Center  
Drop In Bridge with Bridge  
Teacher Connie Parks

2:00 p.m.

\*North Cambridge Senior Center  
Drop In Social time - games

August 15, Friday

9:15/9:20 a.m.

\*Haggerty Community School Bus  
Trip to Hampton and Rye Beach  
New Hampshire. Fee: \$20.00  
includes lunch and  
transportation.

## Calendar of Events

August 18, Monday

11:00 a.m.

\*Limber Longer Program, June  
Fall Instructor. VFW Huron  
Avenue, Fee: \$1.50

1:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave, Bingo. Call  
Helen Black to register, 876-  
1653.

1:00 p.m.

\*North Cambridge Congregational  
Church Mutual Aid Birthday  
Celebrations for August  
Birthdays.

August 19, Tuesday

12:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave Summer Luncheon,  
register at the Center

August 20, Wednesday

9:00 a.m.

\*Energetics Walking Club, meet  
at 51 Inman Street

August 21, Thursday

Bus times vary

\*Annual Mayor's Harvard Yard  
Picnic - 11:00 a.m. Rain Date:  
August 22. Secure tickets  
through the Community Schools,  
Council on Aging, 51 Inman  
Street or 15 Pearl Street.

10:00 a.m.

\*North Cambridge Senior Center  
2050 Mass Ave Drop In Bridge  
with Bridge Teacher Connie  
Parks.

2:00 p.m.

\*North Cambridge Senior Center  
Drop In Social, games

2:00 p.m.

\*North Cambridge Senior Center  
Talk on Medicaid



August 25, Monday

11:00 a.m.

\*Limber Longer Program June  
Hall, Instructor. VFW Huron  
Avenue Fee: \$1.50

12:00 p.m.

\*Special Luncheon at 700 Huron  
Avenue Meal Site. Fee: \$.75  
Register by calling 354-6614.

1:00 p.m.

\*North Cambridge Senior Center  
2050 Mass Ave, Bingo. Call  
Helen Black to register, 354-  
6614.

August 27, Wednesday

9:00 a.m.

\*Energetics Walking Club, meet  
at 51 Inman Street

12:00 p.m.

\*Bus trip sponsored by  
Harrington Community School  
Down East Oyster House,  
Gloucester. Fee: \$22.00  
includes lunch and  
transportation.



August 28, Thursday

10:00 a.m.

\*North Cambridge Senior Center  
Drop In Bridge with Bridge  
teacher Connie Parks

1:00 p.m.

\*North Cambridge Senior Center  
Talk on Medicaid

2:00 p.m.

\*North Cambridge Senior Center  
Drop-In Social time, games

## Notes from the Mutual Aid Group

by Terry Romanoff, Coordinator

Our group will be attending, during  
August, a home concert and we'll be  
a TV audience on Channel 4's  
"People are Talking!" Should be  
lots of fun!

Happy August Birthdays to members Mary Anderson, Sadie McIsacc, Marguerite Sugrue, and Natalina Resmini.

Welcome back to members Lillian Fitzgerald and Natalina Resmini. Lillian has returned after a long recuperation and Natalina just returned from a vacation in Diecimo, Italy. We've missed them and are glad they're back with us.

Hearty congratulations to member Marion Nelson. Marion's picture was in the Chronicle receiving her Certificate of Recognition from the Cambridge Region of the American Red Cross for her volunteer activities. We're very proud of Marion for dedicating her time and talents in volunteering for this worthwhile cause.

Please refer to the August Calendar of Events for our other group activities, or call me at 498-9039 for more information.

## F.Y.I.

For Your Information

by Terry Romanoff

**FYI-** Please be advised of the new Massachusetts Generic Drug Law which went into effect July 1, 1986.

"The provisions of this new law directly affect prescribing practices by requiring the Massachusetts Department of Public Health to adopt a new one signature-line format for prescription blanks. This measure will increase the use of generic drugs by requiring pharmacists to fill prescription orders with a generic drug when one is to be used," said Secretary Rowland.

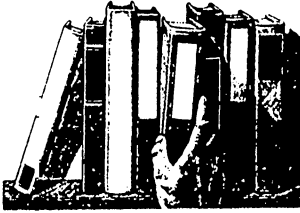
Currently, the standard prescription blank has two signature-lines: one indicates that use of the generic drug is permitted; the other indicates that the brand name must be used. The new law removes the brand name line. Unless the practitioner writes in his own handwriting the words "no substitution," use of the generic equivalent becomes mandatory.

For prescriptions written after October 1, 1986, only the one-line prescription form will be accepted by pharmacists as a valid prescription.

**FYI-** As of April 20, 1986 the Medicare Balance Billing Act Chapter 475, became effective. What this means is that a physician cannot charge you more than the reasonable charge. The "reasonable charge" is what medicare determines to be reasonable for the treatment or service that has been provided. The importance of this law is that balance billing now pertains to all seniors who have medicare, not just those with Medex. This act pertains to Part B of your medicare and applies only to medical doctors (MD) or Doctors of Osteopathy (D.O.)

**FYI-** Boston University's Goldman School of Graduate Dentistry, located at 100 East Newton Street in Boston's South End, is offering low-cost dental care services to senior citizens who are not covered by Medicare. Anyone over the age of 65 in need of dental care -- from a routine check-up to a full set of dentures -- may qualify for this subsidized dental care program. These low-cost services are made possible by a grant from the National Institutes on Aging. Since funding for this program is limited, appointments are being scheduled on a first-come, first-served basis on weekdays from 9 A.M. to 4:30 P.M.. For further details on subsidized dental care, call the Goldman School of Graduate Dentistry at 638-4741.





## FOR YOUR BOOKSHELF

Rachael Stark

Jane Porcino's "Growing Older, Getting Better: A Handbook for Women in the Second Half of Life" provides a sobering look at how things are, and an inspiring look at how they could be, for middle aged and older women in America. She looks at work, family relations, friendship, marriage, divorce, widowhood, re-entry to school, caring for elderly relatives, money, grandchildren, housing, menopause, exercise, health, alcohol abuse, insurance and more. She provides a realistic review of financial, social, and health problems that exist for older women. What is most useful about the book, however, is the variety of options and differing points of view offered about how to live with and solve these problems.

The text contains facts, figures, opinions, and lots of quotes from women ranging from 40 to 100. Every chapter includes resource lists of books, individuals, self help groups, and organizations. "Growing Older, Getting Better" is practical, encouraging, sobering, and useful. It is a reference book that can be drawn on for help and ideas in tackling many of the problems of older women. In Cambridge, it is available at the main branch of the Cambridge Public Library on Broadway near Harvard Square, at New Words Bookstore on Hampshire Street near Inman Square and at other area bookstores.

Jane Porcino

1983 Growing Older, Getting Better: A Handbook for Women in the Second Half of Life.  
Reading, Massachusetts:  
Addison Wesley Publishing Co.  
\$10.95.

**Cambridge Council on Aging**  
51 Inman Street  
Cambridge, MA 02139

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Cambridge, MA 02139  
498-9039

The Council on Aging is the Elder Services Division of the Department of Human Services. The eleven members of the Council are appointed by the City Manager. This citizens panel helps assess the needs of the city's elders and advises on city policies and programs. The Council meets regularly on the first Tuesday of each month.

The Advisory Committee is made up of representatives from elderly clubs, housing developments and drop-in centers from all parts of Cambridge. The Advisory Committee provides input to the Council and promotes exchange of information among affiliated groups. There is not enough space to list advisory members but the roster is available upon request.

Informational Referral Individuals with questions or concerns can contact the Council on Aging for an up to date information source and help getting the services they need.

Informal Counseling "Talking it Over" with a knowledgeable person can be helpful in getting through some of the rough spots and hard decisions that getting older can involve. For persons whose counseling needs extend beyond short-term problem solving, the Council will provide referrals.

Chore Corps Program Provides trained, screened, and supervised high school students to do household chores and errands for 3 hours or more per week. Cost for program is \$4. per hour. For more information, and application, call 498-9039.

Services to Families The Council has recently begun a program, The Family Support Project. The project offers services in support of families who care for, or are concerned about an older relative. The goal is to provide families continued access to available services through information and referral, outreach, educational programs, support groups for caregivers, and short-term individual/family counseling. (Alzheimer's Support Groups, Adult Children of Aging Parents, etc.)

Transportation The Council provides financial support of SCM, Inc. SCM provides pre-scheduled van transportation to eligible Cambridge residents for a small fare. Elders and persons with handicaps should call SCM for more information at 391-1191.

The Senior discount program offers Cambridge residents over 65 a 25% reduction in taxi fares. Senior Cab Coupons can be purchased (at \$7.50 for a book worth \$10.00 in cab fares) at some Bay Bank/Harvard Trust locations in Cambridge.

Community groups are also eligible to use the Council on Aging bus for a fee of \$40 for up to four hours. The bus holds 19 passengers and must be scheduled through the department ahead of time. For further information call the Council on Aging.

Mutual Aid and Outreach The Council's staff of outreach workers makes home visits to provide information, referrals and other short term assistance to people who can't come to the office.

Recreation and socialization are also available through Mutual Aide & neighborhood groups that meet regularly. Activities range from projects, speakers, slide shows, music to special informational & educational sessions.

Home Visitation & Friendly Telephone Calls Volunteer home visitors make regular calls on elders who are homebound and alone. Visitors are carefully matched with the people they visit so that the experience is positive for both.

A friendly phone call from a Volunteer offers friendship to homebound persons and others who are lonely or in poor health.

Recreational/Health Services The Council on Aging offers a variety of social, recreational and health activities: Limber Longer, Walking Clubs, Line Dancing, Ceramics, day and overnight trips, senior chorus, and other educational and social events.

No. Cambridge Senior Center This new Senior Center located at 2050 Massachusetts Avenue offers a wide range of social and recreational programming. Human Service providers are available on site to assist seniors. Special events and unique programs are regularly scheduled. The Center is open to all Cambridge Seniors (495-0110).

Homematch is a program that provides referrals and placements for home sharing. Both providers and seekers register and are matched. People who wish to offer their home to others in exchange for modest rents and services are matched with individuals seeking housing. Our objective is to meet the clients needs as often as possible without regard to city boundaries.

The Housing Assistance Program serves elders and people with disabilities who are looking for affordable housing. Services include listings of available housing, placement, referrals, transportation and help in dealing with forms, interviews and landlords. Offices are located at the Committee of Elders, 15 Pearl Street, Central Square - 868-0800.

Prime Time, also located at 15 Pearl Street in Central Square, is an employment program for Cambridge residents 55 years of age and over. Counseling, resume development, interviewing assistance, referrals to employers and follow-up are provided. Prime Time lists part-time, full-time and temporary jobs and concentrates on Cambridge employers in developing job opportunities. For more information, call 868.0800.

Newsletter "Newslines" is published monthly and can be received through the mail or obtained at various local sites. It contains news of interest, events and information on programs, services and benefits.

Discount Programs The Council offers Buylines Discount Cards; good for discounts in specified local retail stores located in various sections of Cambridge. Park free stickers are available for free parking in municipal lots. Through the Massachusetts Association for Prevention of Blindness, the Council offers free eye exams. Silver Savers applications are also available through the Council on Aging. For further information on these discount programs call the Council 498-9039.

## SPECIAL PROJECTS

Mental Health Outreach Project provides a mental health outreach worker to work with senior center participants and staff to identify elders in need of mental health services.

Home Small Repair Service provides on site minor home repair and maintenance to elderly Cambridge homeowners in the Riverside/Cambridgeport Neighborhood. Repairs are limited to ordinary repairs which do not require a permit or license. The homeowner pays for both labor and materials. In some cases homeowners are eligible for reimbursement through the RCCC.

Furniture Bank In many cases the Council is able to provide furniture that is donated to individuals and families in need. If you have donations or specific needs for furniture contact the Council.

In addition the Council on Aging provides financial support to the Committee of Elders, Somerville Cambridge Elder Services and SCM, Inc. (transportation agency for elders and persons with disabilities.)

## COUNCIL ON AGING MEMBERS

Mary A. Samp, Chairperson  
Pauline Hollingsworth, Secretary  
Oliver Cox  
Michael Haran  
Aurora Ofria  
Raymond D'Arcy

Julia Ruiz, Vice-Chairperson  
Emily Lewis, Treasurer  
Evelyn Godinho  
Paul Ryan  
Natalie Frohock

## COUNCIL ON AGING/ELDERLY SERVICES DIVISION

Dolly Fleming, Division Head  
Director, COA

Edmond Ayres  
Housing Program Developer  
Charlotte Clarke  
Outreach Counselor  
Helene Corry  
Sr. Center Manager  
Paula Duncan Doherty  
Social Services Coordinator  
Helen Hall  
Prime Time Coordinator  
Rachel Stark, Temp. Social Services Coordinator

Donna Johnson  
Special Services Coordinator  
Dorothea Johnston  
Housing Assistance  
Edward McClung  
Mental Health Specialist  
Elizabeth Morrison  
Housing Assistance Director  
Theresa Romanoff  
Outreach Worker  
James Tingle  
Outreach Worker

### Senior Aides

Eleanor Carney, Sr. Center Assistant  
Muriel Cox, Housing Program Assistant  
Mary DiSessa, Spec. Services Assistant  
Ida Peters, Prime Time Assistant  
Ruth Shea, Housing Program Assistant

### Senior Service Corps

Estelle Sheridan, Prime Time Assistant

# City of Cambridge

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September 8, 1986

## *In City Council*.....

**The** Elder Affairs **Committee** met on Tuesday, August 5, 1986 at 10:13 a.m. in the Ackermann Room, City Hall, to discuss alcoholism within elderly housing developments, specifically at Rindge Towers and to review a status report from the Director of the Council on Aging. Councillor Sheila Russell, Chairperson of the Committee, presided.

The hearing began with a discussion between those present as to who owns and manages Rindge Towers. Councillor Wolf stated that Federal Management, which is a subsidiary of the Schochet Development Corp., manages Schochet's rental properties.

Dolly Fleming, Director of the Elderly Services Division of the Council on Aging, stated that to her knowledge, before she assumed her post, the Council on Aging had some involvement with Rindge Towers, and that the problems there were deplorable.

Councillor Wolf questioned when this involvement with Rindge Towers was.

Ms. Fleming responded by stating it was during the years 1982-1984. She further stated that the level of alcoholism and depression at this location was very severe and that it is still not uncommon, and expressed concern with the level of alcohol abuse and the problem of organizing those people involved.

Councillor Sheila Russell inquired as to whether this project was over.

Ms. Fleming responded that this particular program was over and that the Council on Aging is trying to provide support through the Cambridge Housing Authority to the residents of the LBJ Apartments to begin another one.

Councillor Wolf stated that many people in elderly housing are subsidized by Section 8 programs and that there are three buildings comprising the Rindge Towers, one of which is run by Mr. Wasserman and two by Federal Management.

A discussion arose between Councillors Wolf and Russell as to the number of elderly and immigrants present in these buildings. It was noted that there are 523 children there and that there have been problems with illegal aliens at this location.

Councillor Wolf raised the point that there is also another issue, that of more people actually living in an apartment than the apartment would allow through the Zoning Ordinances. She further stated that they are working on the maintenance of the buildings, but that there are still many problems.

At this time, Ms. Fleming stated that the Council on Aging has a "game plan" and is glad that they are applying for HUD money and added that an in-house person is needed who would be dedicated to the buildings and who would know the tenants.

# REPORT

**Committee on Elder Affairs**  
Re" alcoholism in elderly housing develop-  
ments, specifically at Rindge Towers.

In City Council,  
September 8, 1986

*Placed on File*