

HEALTH AND HUMAN SERVICES

REPORT OF THE ALCOHOL AND DRUG EDUCATION ADVISORY COMMITTEE

Members of the Weston Alcohol and Drug Education Advisory Committee (WADEAC) represent the numerous organizations and professionals that focus on Alcohol and Drug education in the community. WADEAC assesses the community's alcohol and drug educational needs and generates ideas for programming and resource materials.

In addition to the financial support for educational materials to enhance new or existing programs in schools and community, the Committee continues to seek out unidentified opportunities that reflect the Committee's goals.

This year WADEAC funded the following projects:

- A two day facilitation training program – “It Takes a Village To Raise a Child” had a curriculum consisting of five 2-hour sessions that covered topics including decision-making skills, making ground rules, self-esteem, stress reduction, sexuality, eating disorders and substance abuse. Funds were provided for the necessary start-up materials and two Weston resident volunteers have run these parenting workshops. To date a total of 43 parents have participated in the sessions and it continues to be offered through the Weston Recreation Department.
- For the tenth consecutive year WADEAC funded the 6th grade Health & Communication Forum, formerly known as Project Safeguard. This is a family based prevention education program for 6th grade students and their parents and teachers. Organized by parent volunteers and the Director of Health & Education for the Weston Public School, this program is designed to develop health related-refusal and decision-making skills. The forum took place in June at the Weston High School.
- An alternative venue to high school kids for the after-Prom party was again offered at the Weston Recreation Center. WADEAC funded one of the food concessions.

REPORT OF THE COUNCIL ON AGING

The mission of the Weston Council on Aging as established by Town Meeting on April 29, 1974, is to advocate for and help meet the needs that are special to the seniors in our town – for resources, a sense of community, and coping during vulnerable times.

To achieve this mission, the Council on Aging offers a wide range of programs and activities. Services encompass information and referral, health and wellness programs, social service outreach, transportation, social activities and education. Our staff is comprised of a full-time Director and a Social Services Coordinator, as well as a part-time nurse and administrative assistant. We strive to ensure that the programs of the Council on Aging reflect the needs of seniors in town.

In 2004 there were several staff changes. A new Director, Eileen Bogle, was hired in September. Theresa Levinson was hired in December, assuming responsibilities as Community and Health nurse while Jean Masland is on sabbatical. At this time, we are undertaking a search for an administrative assistant following the departure of Linda Thompson.

It is important to recognize the many volunteers who support the Council on Aging. They generously volunteer their time to work at the reception desk, provide office support, and assist in the "Keep Well" Clinic, deliver meals, offer friendly visiting, drive residents to medical appointments and so much more.

The many programs we offer are possible because of the collaboration between COA staff, volunteers, the Board of Directors and the Friends of the Council on Aging.

- ❖ Health and Nutrition services offered in 2004 include our health screenings at the weekly "Keep Well" Clinic, medical equipment loan closet, nutrition consultation, food pantry, lunch at the senior center and home delivered meals, health strategy lectures, Land's Sake Farm produce and a podiatry clinic.
- ❖ The Social Services Coordinator, Candace Steingisser, LICSW, provides information and referral, advocacy, casework and counseling. She assists people in helping identify needs, and secure help in the community. Alzheimer Caregivers Support Groups meet each month offering another important resource for families. Social service agency providers and legislators visit the COA to meet seniors and discuss available programs.
- ❖ Financial advice and assistance is available through the SHINE program, the Senior Service Work Program, income tax preparation assistance, as well as fuel and other sources of financial assistance. Legal assistance is provided through the Boston College Student Legal internship program.
- ❖ Exercise and fitness programs are offered to people of all levels of fitness and include yoga, tai chi, strength training, better balance, line dancing and Weston walkers.
- ❖ Classes on our schedule include bridge, art, short stories and watercolor workshops, and Sing. Lectures, global awareness discussion groups and trips all contribute to a lively selection of activities.
- ❖ Transportation is provided in a number of ways including handicapped accessible van transportation to medical appointments or car rides with FISH (Friends in Service Helping), free weekly shopping trips to local grocery stores in the COA Friendship Bus, low cost transportation to the theater and symphony on the Friendship Bus and subsidized taxi service to adjoining communities.

We are very grateful for the generosity of the community. This includes the Rotary Club which provides helpers for an in-home FIX-IT program for seniors. Among the groups who support the Council on Aging through the year, are the Intergenerational programs of the Weston Community Children's Association, the Women's Community League, the Weston High School "Baking for Bristol Lodge." The religious organizations of the community support us financially and through donations to our food pantry.

Intratown collaboration is a vital component of the Senior Center. Speakers from various town departments join participants at our lunch program to offer information and answer questions about town services. The Board of Health provides the annual flu vaccine clinic. We also acknowledge and appreciate the staff of Recreation Department who maintains and manages the Community center for us.

Working from a strong foundation, we look forward to 2005 and continued efforts on behalf of Weston seniors.

	-----EXPENDITURES -----			APPROP
	FY02	FY03	FY04	FY05
Salaries	<u>103,756</u>	<u>125,441</u>	<u>112,374</u>	<u>126,934</u>
Subtotal Personal Services	103,756	125,441	112,374	126,934
Repair and Maintain Office Equipment	215	-	479	200
Printing and Advertising	695	379	542	600
Telephone	1,493	1,416	201	350
Postage	348	914	481	800
Office Supplies	1,556	1,257	1,631	1,700
In-State Travel	726	553	790	800
Dues/Publication	738	705	783	800
Springwell	-	-	250	300
Transportation	10,645	11,234	2,715	2,715
Equipment	-	-	-	4040
Other Programs	<u>1,825</u>	<u>2,936</u>	<u>2,678</u>	<u>2,500</u>
Sub-total Expenses	18,242	19,395	10,550	14,805
Senior Work Program	-	-	-	-
Grand total	<u>121,998</u>	<u>144,836</u>	<u>122,924</u>	<u>141,739</u>

REPORT OF THE ELDERLY HOUSING COMMITTEE

The most spectacular news of the year is the opening of the new 24-unit building at Brook School Apartments in the fall of 2004. After all the years of planning and over a year of construction inconvenience, noise, dirt and parking confusion, it was most rewarding to see the new seniors and disabled residents begin moving in. Special thanks for all the time and effort of the Building Committee (composed of Bill Cress, chairman, Steve Charlip, Jack Heine, Harris Levitt, Michael Harrity, David Kane and Connie Davis), many Town residents and Town Departments, our Clerk of the Works Diane Harris, Project Manager Jim McCaffery of Spaulding & Slye, the general contractor, G&R Construction, and ICON architecture inc., the architects. The design that John Shields of ICON presented to us complements the existing buildings and campus beautifully, while providing much needed additional senior housing. Kudos to everyone involved with this project from its inception.

Another major hurdle for this new building came in the beginning of 2004 when we were informed that HUD would not be able to subsidize any of the new apartments due to budget cuts. The Elderly Housing Committee worked with the Community Preservation Fund Committee to fund the subsidy for 13 of the 24 new units. The plan was presented at Town Meeting in May and won Town approval. The details of this subsidy and related deed restriction are being finalized. HUD continues to subsidize 42 of the original 52 units as it has since the conversion of the old school buildings in 1979.

The committee would be remiss not to thank all of the current residents of Brook School for their patience, tolerance and general cheerfulness during this entire process. They put up with an enormous amount of disruption and inconvenience during the construction process which we hope they will agree was well worth it in the end.

And finally, we owe a deep debt of gratitude to Connie Davis, Manager of the Brook School Apartments, who went far above and beyond the call of duty by adding the demanding (if unofficial) roles of project facilitator, scheduler, coordinator, overseer, berater, placater, and punch list monitor to her already demanding "day job" - and who did so always with practical perspective, good humor, while always keeping the best interests of her current and future residents foremost in the plan. Thank you, Connie; we could not have done it without you!

REPORT OF THE BOARD OF HEALTH

Elected Board of Health Members -

Marie Tobin, RN; Nicholas Guerina, MD; Peter Taylor, PE

Appointed by the Board of Health:

Public Health Director - Wendy Diotalevi, R.S.

Health Agent - Beth Koch

Administrative Assistant - Sharon Bonica

Agents to Issue Burial Permits:

Wendy Diotalevi, R.S. Sharon Bonica Nick Guerina, M.D.

Beth Koch, Health Agent M. Elizabeth Nolan Peter Taylor

Marie Tobin, R.N. Lisbeth C. Zeytoonjian

Animal Inspector - Neil Storey, DVM

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 provides protection for wells, septic systems, air and water quality, lead, mercury, asbestos abatement and ground water protection.

Public Health

Emergency Preparedness is a relatively new consideration, primarily mandated by the Center for Disease Control, the MDPH and Homeland Security requirements. National standards for Public Health Emergency Preparedness have been established. Aggressive training programs have been designed and implemented and benchmarks set by these organizations. The Board of Health has invested many man hours over the past two years training to properly prepare and implement an emergency plan for the community.

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 19,000 doses of vaccine valued at more than \$297,800.

Four flu clinics were held in the fall and winter of the 2004 flu season and over 450 doses of flu vaccine were administered to senior citizens and at risk populations of Weston. This represents a 25% increase over the total doses administered for the 2003 season. The BOH sincerely thanks the following medical professionals and Weston citizens who graciously donated their time and talents to this very successful effort:

Nick Guerina, M.D.
Donna Dec, R.N.
Linda Perrin, R.N.
Patricia Wright, R.N.

Will Cochran, M.D.
B.J. Donovan DeVitt, R.N.
Janet Weinstein, R.N.

Geoffrey Binney, M.D.
Theresa Levinson, R.N.
Jacqueline Wolff, R.N.

In 2004 Weston participated in the Massachusetts Department of Public Health West Nile Virus surveillance program (MADHA). A total of four bird deaths were reported, two birds were found in a condition that allowed for testing by the MADPH and both 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 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. Neil Storey, DVM, Animal Inspector, has provided the following as an inventory of the farm animals

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

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 ground water 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.

Detail of Regular Services Provided by the BOH:

Activity	2004	2003	2002
Septic System Permits	142	156	151
Septic System Plan Reviews	265	281	270
Septic System Inspections/meetings**	1047	480	498
Title V Inspection Reports/Reviews	376	334	145
Soil/Percolation Tests Witnessed **	620	584	540
Septic System Installer's Licenses	40	47	76
Septic System Installer's Exams	2	5	5
Septic System Pumper/Hauler Permits	12	14	4
Renovation/Addition Permits	177	223	158
Renovation/Addition Permit Review/Meetings	259	276	*
Environmental Investigations	19	96	12
Well Permits/Review/Inspection	4	16	17
Communicable Disease Investigations	51	23	48
Emergency Preparedness Meetings	27	28	*
Community Health and Wellness Meetings/Trainings	26	58	5
Food Service Permits	48	42	51
Food Service Inspections	97	53	51
Camp Permits	8	8	6
Camp Inspections	15	18	6
Commercial/Residential Pool, Hot Tub, Beach Permits	19	14	13
Commercial/Residential Pool, Hot Tub, Beach Inspections	19	24	13
Body Work Permits	5	7	3
Housing Complaint Investigations/Court	51	24	9
Administration Meetings	18	28	14
Training Meetings	42	18	6
Burial Permits	105	112	*
Port-a-John Permits	45	25	*
Phone Calls	6800	6,154 +	*
Research**	3062	897 +	430
Total Revenue for Calendar Year	\$162,350	\$142,455	\$141,353

* *Totals unavailable*

** *Large increase due to improved method of capture and record keeping*

REPORT OF THE EAST MIDDLESEX MOSQUITO CONTROL PROJECT

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

Record rains in April and frequent rains during the latter half of the summer produced considerable mosquito activity. The risk of mosquito borne transmission of EEE occurred during the late summer and fall. Four residents from southeastern Massachusetts contracted the disease including two fatally. In Middlesex County isolations of EEE from two horses, mosquitoes and an alpaca provided a local health concern.

The adult mosquito surveillance program used traps to collect mosquitoes from as many as four Weston locations per night. Between June and September, information was used from 17 mosquito trap collections from eight different nights. Selected trap collections were tested for EEE and WNV by the Mass. Dept. of Public Health.

The larval mosquito control program relies on the larvicides *Bacillus thuringiensis var. israelensis* (Bti) and *Bacillus sphaericus*, which are classified by the EPA as relatively non-toxic. An April helicopter application of Bti controlled mosquito larvae at 258 wetland acres. Field crews used portable sprayers and applied Bti in the spring and the summer to 39 wetland acres when high densities of mosquito larvae were found breeding in stagnant water. During the summer, Project personnel applied *Bacillus sphaericus* to control *Culex* mosquito larvae at 1,268 roadside catchbasins.

To control adult mosquitoes a formulation of resmethrin was applied at night via truck mounted aerosol sprayers at 538 acres when survey traps indicated high mosquito 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 as a preventative mosquito control service that reduces the buildup of stagnant water in wetlands caused by obstructions in waterways. An excavator was used to maintain 1,580 linear feet of a waterway near Rt. 20 and School St.

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 to residents, municipal officials and the local media on controlling mosquitoes, breeding sites and mosquito borne diseases.

A web page www.town.sudbury.ma.us/services/health/em MCP provides residents with information on mosquitoes, control programs and related topics.

REPORT OF THE HOUSING NEEDS COMMITTEE

The Housing Needs Committee was instrumental during Calendar Year 2004 in assisting in production of 19 new units of affordable housing in Town, a gain of just under 10% in the supply of such housing.

1. The Committee continued its oversight of the 8-unit condominium development, including two affordable units, at 809-811 Boston Post Road, nearing completion of construction at year's end. This is a joint project with the Historic Commission providing renovation of an historically significant farm house, and received substantial support allocated by the Community Preservation Committee.

2. The Committee recommended, and the Selectmen approved, a 40-B LIP proposal (as subsequently did the State's Department of Housing and Community Development), to construct a 16 unit condominium development – four of which are set for sale as affordable units -- at 680 South Ave. The project was awaiting a hearing before the Zoning Board of Appeals at year's end.

3. The Committee was actively instrumental in helping win approval of a Home Rule Petition in the General Court to allow creative, alternative financing for constructing 13 new affordable rental units at Brook School Apartment – a course of action required when the State was unable to fulfill its agreement to provide project-based Section 8 subsidy for the project.

What is clear is that the Town is making progress in its goal, fully supported by the Selectmen, the Planning Board and the Zoning Board of Appeals, of adding affordable units to the Town's supply, despite the difficulty of meeting land and housing costs in Weston.

The Committee was pleased to vote to reappoint Richard Batchelder as its member of the Community Preservation Committee to the term expiring in 2007.

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 2004 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, self-harm, 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 coordinated the High School's Peer Leadership program, which brings upper classmen to freshman health classes to discuss issues of discrimination and to promote the schools culture of respect.