



***Implementation Report to
Community Health Network Area (CHNA) 15
August 2012***

Town of Lincoln

Healthy Communities Initiative

2012

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Introduction

In 2009 The Town of Lincoln initiated a *Healthy Communities* Assessment to evaluate the town's existing health-related services and to determine from residents what they considered to be Lincoln's assets and needs. An implementation plan was developed, outlining initiatives to address the identified areas of concern. Funding for these initiatives was provided through a grant from Community Health Network Area 15 (CHNA 15), one of 27 Community Health Network Areas in Massachusetts created by the Department of Public Health in 1992.

Healthy Community Principles define "health" and "community" in the broadest of terms to include physical, mental, social and spiritual health.

This final report serves to outline the initiatives and task forces that were created by the Healthy Communities Steering Committee as a result of town-wide interviews, questionnaires and open meetings held from 2009 through 2011. We are excited to share this report as it describes the level of passion, collaboration and commitment the Town staff and resident volunteers invested in this project. We are strongly encouraged by the new level of understanding and commitment to the *healthy community principles* that our Town has embraced.

The Healthy Communities Implementation Project Steering Committee (HCIPSC)

Jacquelin Apsler	<i>Co-Chair</i> , Resident, Executive Director Domestic Violence Services Network, Inc.
Daniel Pereira	<i>Co-Chair</i> , Resident, Parks and Recreation Director
Carolyn Bottum	Town Employee, Council on Aging Director
Lt. Kevin Kennedy	Town Employee, Police Department
Trish McGean	Resident, RN, BSN, Emerson Hospital Home Care Visiting Nurse
Barbara Myles	Town Employee, Library Director
Maureen Richichi	Town Employee, RN, Public Schools & Board of Health
John Ritz	Resident, Representative to the Disabilities Commission
Anita Scheipers	Assistant Town Administrator
Kitty Stein	Resident, Psy. D.



This Steering Committee, comprised of town residents and employees, was formed to act as a Liaison to town officials and residents, and branded the project *Healthy Communities Lincoln*.

The Steering Committee created three health-related initiatives and identified four specific community health issues to focus on for the town of Lincoln. One of the four successful Task Forces, Pressure on Children & Teens, has become a Collaborative with our neighbors in Sudbury.

The HCIPSC Initiatives

Public Awareness and Access to Health-Related Resources in Lincoln

- The Lincoln Wellness Clinic: A Monthly or Bi-Monthly Service Open to All Residents
- *The Pink Pages*: A Health & Wellness Directory
- The Lincoln Healthy Communities Website and Accessibility to Services

The HCIPSC Task Forces

Pressures on Children and Teens

- Sudbury and Lincoln Community Collaborative (to better coordinate and communicate youth and family services available to both communities)

Roads and Roadside-path Use and Safety

- Behaviors (Adding to the tension between multiple users)
- Conditions (Infrastructural improvements & inclusion in future planning)
- Development of the Outdoor Community (Making connections to go forward)

Tick-Borne Diseases

- Educational Campaign (T-B-D's up to and beyond Lyme Disease)
- Identification & Warning in the Field (Posting of signage)
- Information Sharing (Binders of tick-borne diseases compiled and placed)
- Mapping (Diagnosed cases on web-based Lincoln map)
- Tick Talks (Open public forums with guest speakers)
- Tick Tubes (Permethrin tubes made available at reduced prices)

Seniors and Other Vulnerable Residents

- Forums (Open public forums featuring expert guest speakers with a focus on staying in one's home)
- Transportation (A town-wide transportation survey, analysis and recommendations for the future)
- Information Sharing (Binders of information about health issues for elders and those with disabilities compiled and placed around town)

Initiatives:

Public Awareness and Access to Health Related Resources in Lincoln

The Lincoln Wellness Clinic: A Monthly or Bi-Monthly Service Open to All Residents

Services provided by: Emerson Hospital Home Care which assigned Committee liaison Trish McGean, RN, BSN, resident, to conduct the clinics.

This CHNA Steering Committee Initiative, held once or twice a month at either the Pierce House, Lincoln Woods (a large apartment complex including subsidized housing) or the St. Vincent De Paul Food Supplement Program at St. Joseph's Church, is funded through February 2013.

The Lincoln Wellness Clinics provide an opportunity for Lincoln residents of any age to visit with a nurse in a confidential, one-on-one setting. More than 80 townspeople have been seen at the clinics in the last 10 months, many are return visitors following up on specific care provided.

This project has encouraged people to take charge of their health and be proactive in their care by coming to the Lincoln Wellness Clinics. Many participants come to the clinic for wellness questions as opposed to illness-based questions.

Through publicity; sandwich boards throughout town, flyers, town-wide mailings and newspaper articles, and the relocation of the clinic to Lincoln Woods and the Food Supplement Program, the initial lower rate of participation greatly increased in the program to an average of 8-12 people per 2 hour clinic.

Participants ranging in age between 52 and 91 have utilized the highly successful Lincoln Wellness Clinics. The resource materials made available to these clients are pertinent to all age groups. In addition, notes are taken on each client so continuity is maintained for those who come in regularly.

This program has proven to be a success; every person that has come into this clinic has left with their questions answered and a renewed sense of empowerment by their decision to come. Most clients are appreciative of the free clinic and come in on a regular basis.

Going Forward

A proposal has been submitted to the Ogden Codman Trust for continuation of the clinic for two years following the expending of the Healthy Communities Funding under the direction of the Council on Aging (though the clinics will remain open to residents of all ages). When funding from all sources has been depleted, the Council on Aging will determine future need for the clinics and propose a plan to the Town for continued sustainability.

The Pink Pages - A Health & Wellness Directory

Committee Liaison: Jacquelin Apsler, Co-Chair, resident and Executive Director of the Domestic Violence Services Network, Inc. (DVSNI)

The Purpose of the Pink Pages

- To highlight and supplement Lincoln's goal to build a healthier community through community-based prevention, planning and health promotion in the broadest sense
- Raise awareness of an expanded, more inclusive concept of health and wellness
- Educate Lincoln residents as to the rich array of activities and resources available to them that promote all aspects of health and wellness

The Pink Pages, containing nearly 250 agencies, organizations and opportunities, was created to assist with and enhance the health and well-being of the Lincoln Community by informing Lincoln residents of the many health-related organizations and resources available to them within Lincoln and the surrounding communities. These listings span a wide variety of resources including cultural organizations, faith communities, environmental groups, basic services, health care resources, social services, transportation, and agricultural opportunities, among others.

The Healthy Communities Steering Committee created a new collaborative opportunity by asking The Friends of the Lincoln Library, publishers of The Lincoln Telephone Directory – a publication created and mailed to all residents of Lincoln for free - to include a comprehensive wellness guide within the Directory, to which they enthusiastically agreed. "The Friends" contributed their time to research, edit and make necessary corrections, formatted the database and oversaw the printing of both versions of *The Pink Pages* Directory. We appreciate all of the hard work they contributed to this mission.

Through this practical guide to a broad spectrum of healthy experiences available to Lincoln residents, our community as a whole has a greater awareness of and access to health and well-being resources in a variety of forms and venues. Additional copies of the Telephone Directory are available for sale throughout the year, a full size version of just *The Pink Pages*, printed on white paper for town members with impaired vision, and the inclusion of *The Pink Pages* database on the town's website, provide the highest level of town-wide access to this information.

In addition, partnerships were cemented with the Friends of the Lincoln Library, the Council on Aging staff and volunteers, Parks & Recreation staff, municipal staff, a wide variety of town volunteers, and the Healthy Communities Steering Committee. These partnerships will ensure the sustainability of the many initiatives funded and implemented by this grant.

Going Forward

The Pink Pages will live on as part of the Lincoln Phone Directory. If the Phone Directory is discontinued, *The Pink Pages* could stand on their own - funded by small grants and donations.

The Lincoln Healthy Community Website and Accessibility to Services **[www.WellnessLincoln.org]**

Committee Liaison: John Ritz, resident and Disabilities Commission Representative

The project website, originally intended as a home for the services directory, has expanded to include pages for each initiative. The Town IT department is currently engaged in implementation of a content management system that will support all the town pages. When this is ready, we intend to move our pages into this system.

Content and Updates

Content will be updated and enhanced within these pages through reader feedback and volunteer input. To insure this website is kept current, we will continually check the information listed on it. It is our goal to thoroughly maintain this site as each of the initiatives matures, so that the accumulated records and postings will not only attract new volunteers, but allow them to come up to speed on the history of the project and its initiatives.

Going Forward

Grant monies have been earmarked to maintain this modest webpage, which will be the public home for our efforts, until the Town of Lincoln transitions to its new webpage in 2013, at which time the Health Communities Project site will be maintained there. The town will cover all hosting costs, and the steering committee will maintain the information. This web presence is the most dynamic and flexible vehicle to document and communicate our ever-changing work.

Task Forces:

Pressures on Children & Teens

Task Force Members:

Katie Howd	<i>Co-Chair</i> , Sudbury Parent
Daniel Pereira	<i>Co-Chair</i> , Lincoln Parks and Recreation Director
David Bloom	Lincoln Sudbury Regional High School Wellness Department
Wendy Casey	Sudbury Parent
Lindsay Clemens	Lincoln Parent
Sharon Collura	Lincoln Parent
Lisa Kenney	Sudbury Parent
Sarah Greeley	Lincoln Sudbury Regional High School Wellness Department
Judith Lytel	Sudbury Parent
Michele MacDonald	Sudbury Parent
Greg Miller	Sudbury Parent
Stacey Mulroy	Assistant Director of Lincoln Parks and Recreation
Ilene Spiro	Lincoln Public Schools Gr. 5-8 Guidance Counselor

The Concern

Issues of substance abuse, bullying, sexuality and decision making, as well as the pressures associated with social, academic and athletic performance among peers, make the pre-adolescent through adolescent and young adult years challenging for parents and children alike.

In the Lincoln Community, these issues are exacerbated by the fact that our students enter a new school system in a different community for high school, a critical time in any individual's life. Students merge into our regional high school or head off to private school after 8th grade, which creates a big challenge for a parent to stay engaged in their child's life outside the home. Parents and students are asked to transition from a small, comfortable peer group to one much larger and entirely new. This can lead to terrific opportunities for growth and development, but can also lead to apprehension and feelings of disconnection. Sudbury youth and their parents experience much the same separation issues – in that parents are no longer a big part of their child's daily high school culture.

As a result of several round-table discussions held, we determined that the families of both Sudbury and Lincoln communities do not need *another* organization to provide support for the myriad issues identified; our communities need better-coordinated access to the *many* programs that already exist. In lieu of a Youth and Family Services Department that would provide such coordination, residents in our two communities have relied on familiar institutions (public schools, public safety) or word of mouth to access these programs.

Having an abundance of support groups is fortunate, but we still lacked a clear and coordinated way to inform our communities of the many terrific resources immediately available to them.

The Solution

We created a strong, high-level and sustainable, volunteer-based Collaborative to compile the wealth of youth and family support services in the Sudbury and Lincoln communities in to one comprehensive listing that communicates these services effectively and efficiently. With a well designed website, local families and professionals will have one place to access the wide array of services offered.

Members within the Collaborative will also benefit by our communities' increased awareness of their individual and specific areas of service; improving each member's communication and marketing, to result in improved delivery of services as well as to prevent unintended conflicts among event scheduling, fundraising efforts and outreach.

MISSION:

To provide Sudbury and Lincoln families with coordinated access to education, support, prevention and intervention services that help raise healthy, resilient youth.

Each service provider within the Collaborative will assign a member from their specific office or organization to participate in periodic general meetings and to serve on the Steering Committee and/or one of the three action committees: *Outreach, Communication, and Fundraising.*

The Collaborative shall include one representative from each of the following groups:

- Lincoln Sudbury Regional High School (LSRHS)
- Lincoln Public Schools K-8
- Sudbury Public Schools K-8
- Lincoln & Sudbury Law Enforcement
- Lincoln & Sudbury Park and Recreation
- Lincoln and Sudbury Clergy
- Community Connections (parent organization based at LSRHS)
- Sudbury-Wayland-Lincoln Domestic Violence Roundtable
- Domestic Violence Services Network, Inc. (DVSN)
- (perhaps Teen Center)
- (perhaps Senior Citizens)

The term for Steering Committee members is one year, with longer terms for some members in the beginning to allow for more continuity and an opportunity for staggering the turnover of committee members. Subcommittee chairs and co-chairs will serve alternating one-year terms.

The Steering and the Subcommittees will determine a meeting schedule for the next twelve months.

The Steering Committee consists of one representative from each of the following subcommittees:

Communication - This subcommittee is responsible for the establishment of a website, keeping the website updated, adding resources as they are submitted and maintaining a Collaborative calendar. In addition, this committee is responsible for branding, advertising and marketing for this group. They are charged with bringing forth a website proposal as

well as a proposal for branding, advertising and marketing in the fall of 2012. These tasks are key to building a strong foundation for our work in the 2012-2013 school year.

Outreach - This subcommittee is responsible for exploring resources that might be included in the Collaborative and recruiting new members for the Collaborative. Outreach will also coordinate Collaborative-initiated events.

Finance - The primary responsibility of this committee is grant writing and other methods of fund raising to provide the funds needed to support various initiatives of the Collaborative.

Though early in our planning stage, we have already improved conversation and connection between the two communities and are well on our way toward a strong coalition that will have a positive impact in support of our children, teens and their families.

Key Invitees for our Pressures on Children & Teens Collaborative

<i>Lincoln-Sudbury Regional High School:</i>	Scott Carpenter, Principal/Superintendent Lori Hodin, Coordinator of Safe School Initiatives Susan Shields, Wellness Department Coordinator
<i>Lincoln K-8 Schools:</i>	Sharon Hobbs, Principal 5-8 Ilene Spiro, Guidance Counselor
<i>Sudbury K-8 Schools:</i>	Stephen Lambert, ECMS Principal Betsy Grams, Wellness Curriculum Specialist Terry Miller, 7th Grade Guidance Counselor Jennifer Vlacovsky, SPS School and Family Social Worker
<i>Lincoln Police Dept.:</i>	Kevin Mooney, Chief of Police Kevin Kennedy, Lieutenant
<i>Sudbury Police Dept.:</i>	Scott Nix, Lieutenant
<i>Lincoln Parks and Rec. Department:</i>	Daniel Pereira, Director Stacey Mulroy, Assistant Director
<i>Sudbury Parks and Rec. Department:</i>	Nancy McShea, Director Jessica Bendel, Youth Coordinator Anna Wood, Teen Center Director
<i>Lincoln Interfaith Council:</i>	Rev. Roger Paine, First Parish in Lincoln
<i>Sudbury Interfaith Council:</i>	Rev. Tom O'Brien, Memorial Congregation Church Rabbi Judy Spicehandler, Temple Beth El
<i>Community Connections:</i>	Sarah Greeley, LSRHS Wellness Dept. David Bloom, LSRHS History Dept./Wellness Dept. Katie Howd, Sudbury Parent Michele MacDonald, Sudbury Parent

Lisa Kenney, Sudbury Parent
Sharon Collura, Lincoln Parent
Wendy Casey, Sudbury Parent
Greg Miller, Sudbury Parent
Judith Lytel, Sudbury Parent
Lindsay Clemens, Lincoln Parent

*Domestic Violence
Services Network, Inc.:*

Jacquelin Apsler, Executive Director

*Sudbury-Wayland-Lincoln
Domestic Violence
Roundtable:*

Susan Pettit
Deborah Kenealy
Joan Gaumnitz

Going Forward

This collaborative is moving forward quickly, and the 2012-2013 school year will be critical to its success. Branding efforts are underway and grant monies have been earmarked to help develop a website that will become the primary means to market and present our work, as well as serve as a critical tool for community members to access the information we coordinate.

Roadway and Roadside Path Safety Task Force:

This Task Force is comprised of two collaborative efforts: The Roadway Safety Task Force and the Roadside Path Safety Task Force.

The Roadway Safety Task Force Members:

Robert Wolf *Chair*, Resident
Robert Apsler Resident
Shah Carson Resident
Dan Pereira Resident, Parks and Recreation Director
Bill Stason Resident

This task force was formed to address issues of Roadway Safety for bicyclists and motorists in Lincoln, by advocating for improvements to our infrastructure, as well as modifications to behaviors around safe cycling.

Infrastructure Improvements

In the past, town decisions that affect both cyclists and motorists, such as establishing road sight lines, required signage, and road striping guidelines, were made without input from cyclists. We are working with the Town officials and Highway Department in Lincoln to bring forth a more coordinated approach to these designs.

Thanks to this improved working relationship with the Highway Department and other town officials, immediate infrastructural improvements have already begun. A simple, non-controversial improvement has already been installed: a stop sign at the Oxbow / Farrar / Campbell Road intersection at the Lincoln Wayland Border to prevent a head-on collision, either between cars or cars and bikes.

Behavioral Changes

Through events such as the *BikeWell* day (Figure 1), it is this committee's goal to bring together our town's many cyclists as well as visitors who enjoy the beautiful routes throughout Lincoln and neighboring towns in a celebration of safe cycling practices. We look forward to hosting more of these well-attended events.

BikeWell – A Cycling Event Held to Raise Awareness of the Cycling Community and Encourage Safe Practices in Cycling (Figure 1)

In collaboration with the Lincoln Family Association and the Lincoln Police Department, the BikeWell Bike Safety Day was held on Saturday, June 16, 2012 on Ballfield Road. Open to participants of all ages, this successful event educated, celebrated and promoted community cycling in Lincoln. The event encouraged safe cycling practices by raising safety awareness and skills, improving (and in some cases, providing) bikes and safety equipment.

Lincoln residents, their friends and family, and cycling groups known to ride regularly through Lincoln were 'invited' via 1) word of mouth and 2) distribution of BikeWell bracelets, 3) notices in the paper, on the town website, in the Park & Recreation mailings, 4) by road signs that appeared around town.



Figure 1

The event offered two adult Bike Rides that both started and finished at the Codman Pool Parking lot. The 40-mile ride was composed of two 20 mile loops that lead approximately 40 cyclists around the surrounding communities, while the 6 mile ride lead approximately 20 cyclists on a loop around Lincoln Center.

For younger riders, BikeWell offered a Bike Rodeo in the Hartwell School parking lot. The Lincoln Family Association and the Lincoln Police Department organized the rodeo, offering up to (10) different "stations" to educate participants to improve safety, and to develop bike handling skills. Included in the children's area was a bicycle safety check, helmet inspections (by Belmont Wheelworks), a mock town obstacle course, with a zip-zag course, figure 8's, 'stop on a dime' and a balance beam. This wildly popular event was attended by approximately 120 children and their parents.

In addition to the various activities, Belmont Wheelworks featured their wares and performed mini tune-ups and safety checks. At the end of the event, a delicious free lunch of roast chicken and cornbread was provided to all who participated.

Road-Path & Trails Task Force Members:

Catherine Popper	<i>Chair</i> , Resident
Ted Charrette	Resident
Hillery Maxymillian	Resident
Dan Pereira	Resident, Parks and Recreation Director
Brian Rogers	Resident
Joe Rosen	Resident

The Roadside Path Task Force was appointed to 1) determine opportunities to improve the safety of our roadside path systems, 2) to identify high impact opportunities for better pedestrian connections throughout the community, 3) to leverage existing recommendations included in prior Town plans and committees, and 4) to support projects that are consistent with Town character and aesthetics that have the least impact on abutters, and are environmentally sensitive.

As part of their process, the Task Force reviewed the Report of the Roadside Path Master Plan Committee from 1986, the Open Space and Recreation Plan for the Town of Lincoln from 2008, Comprehensive Long-Range Plan from 2009, and the Lincoln Roadsides, Lincoln Garden Club Roadside Committee from 2009. Based on the data collected, they developed a list of key issues and considerations to be used when addressing path maintenance, including:

- Balancing road/path usage and natural and historic vistas
- Utilize standards for right-of-way and bordering landscape areas
- Encourage cooperation between town, institutional partners, residents
- Clean up, repair and maintain historic stone walls
- Eliminate invasive species, and potentially add native plants
- Enhance appearance of lights, signage, fencing and guardrails
- Guide tree pruning by utility companies, site new trees appropriately
- Develop gateway intersections and road edges in key civic locations
- Improve safety with better visibility for motorists and pedestrians

Working with the Highway Department, Town Officials and Planners as well as residents and conservation organizations in town, the Task Force was also interested in furthering efforts to extend our existing path infrastructure. Based on their review of Town documents and current maps, they used the following criteria to prioritize potential paths:

- Do they provide access to major destinations (Ballfield Rd, Lincoln Center, Walden Pond, and the Mall) via the “hub-and-spoke” model?
- Do they connect heavily populated neighborhoods that might otherwise be isolated from pedestrian connection?
- Are they considered “manageable” projects to the Town in terms of cost and cooperation?

Three proposed roadside paths meet the above criteria:

1. Route 126 from Baker Bridge Road to Walden Pond (Figure 2)

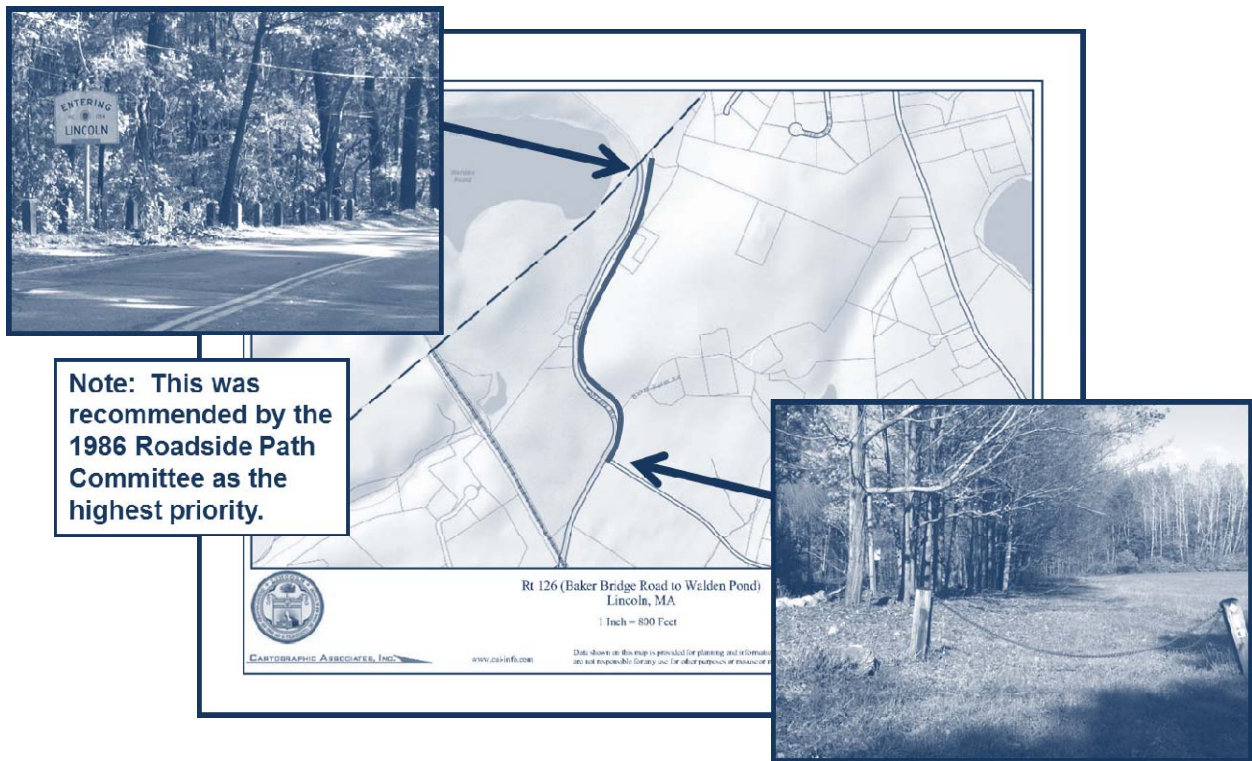


Figure 2

2. Weston Road from Conant Road to Lincoln Center (Figure 3)

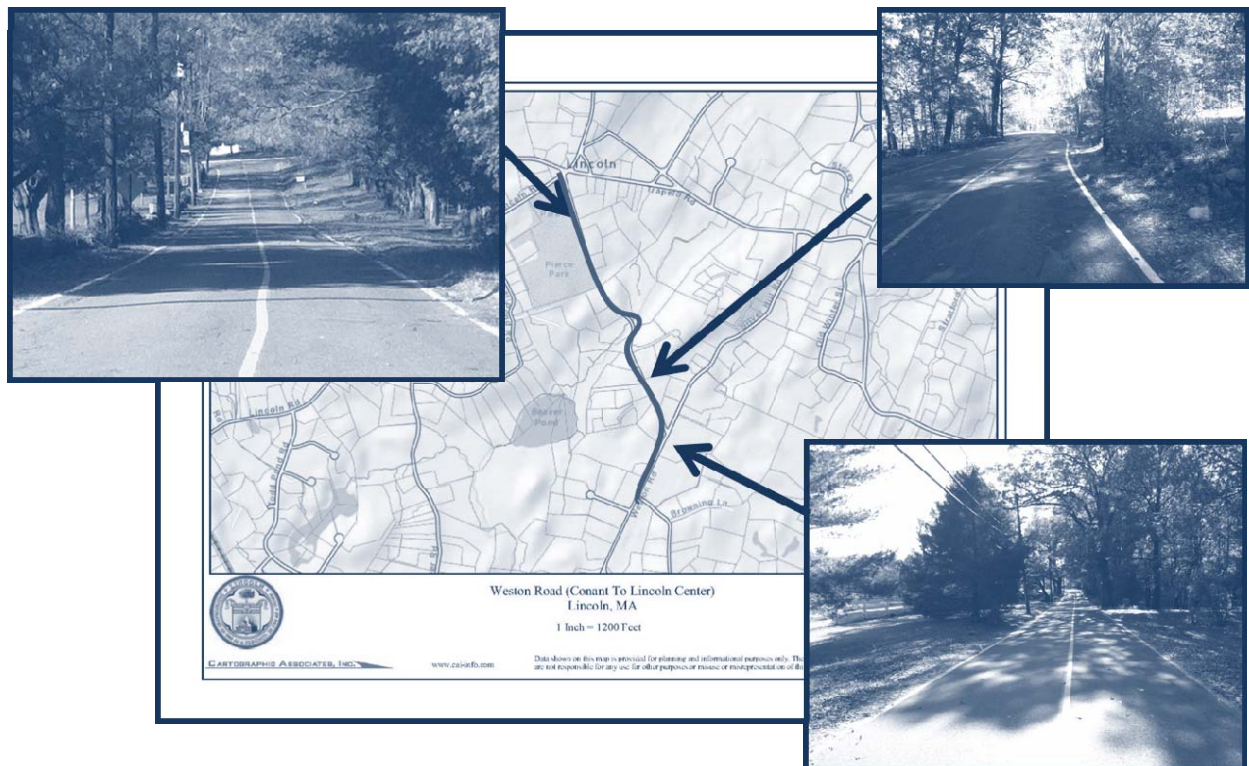


Figure 3

3. Lexington Road from Oak Meadow Road to Trapelo Road (Figure 4)

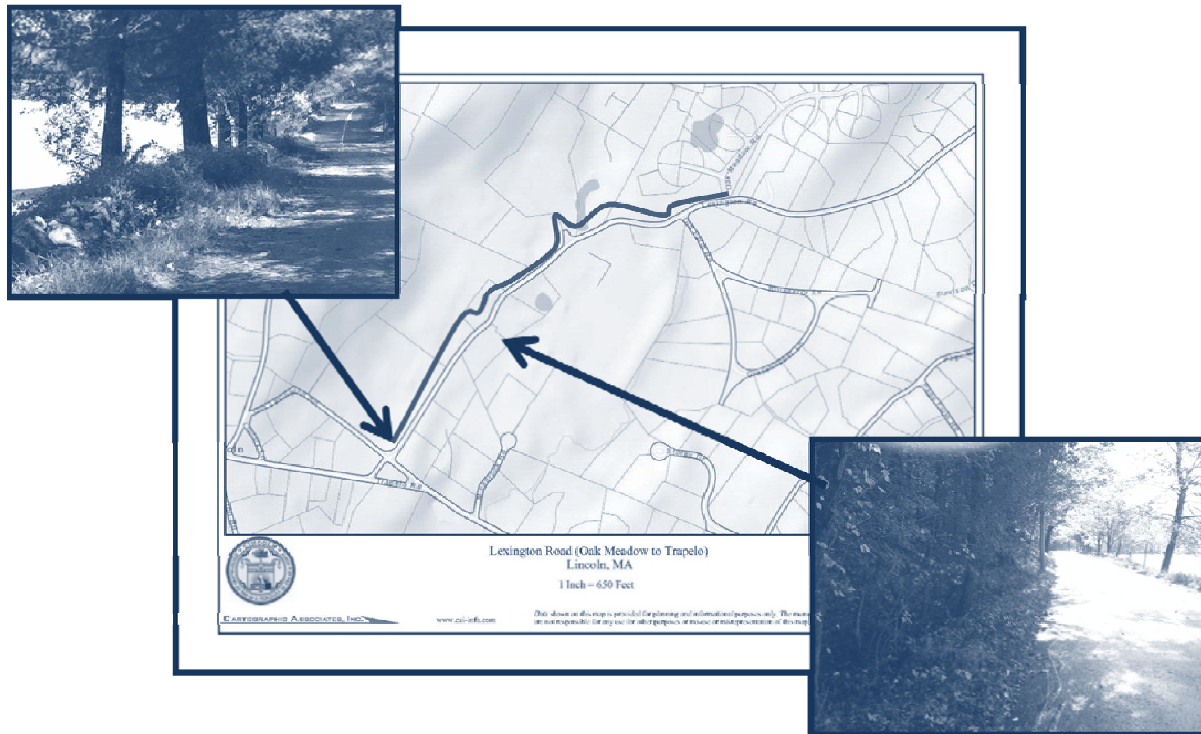


Figure 4

These recommendations have been brought to the Board of Selectmen as well as the Conservation Commission for review, and will receive further attention in the coming months.

Going Forward

Having accomplished reasonable short-term goals for their distinct efforts, both the Roadway Safety and Roadside Path Task Forces are now merging into a single organization, labeled “AccessLincoln”. This will be a volunteer driven, municipally supported initiative to promote safe outdoor environments where residents can lead active, healthy lives through:

- Responsible roadway recreation by acknowledging that Lincoln's roadways need to be safe, multi-use public assets that support cycling, walking, running, and horseback riding.
- Improving the safety of our roadside paths system by identifying high impact opportunities for better pedestrian connections, highlighting existing recommendations included in prior Town plans and committees, and supporting projects that are consistent with Town character and aesthetics.

They anticipate making a capital request for an engineering study on the Rt. 126 roadside path proposal, as well as continued communication and coordination with the Town of Lincoln Roadway and Traffic Committee, to ensure cyclists/pedestrian needs. Bikewell, or similar concepts, are likely to become annual events.

Town of Lincoln Tick Task Force

Tick Task Force Members:

Ruth Adams	Resident
Barbara Buchan	Resident
William Constable	Resident
Christie Foote-Smith	Resident, Drumlin Farm Director
Ari Kurtz	Resident, Agricultural Commission, Conservation Commission
Maureen Richichi	RN, Public Schools & Board of Health
Pat Phillipps	Resident
Anita Scheipers	Assistant Town Administrator
David Schmelzer	Wayland Resident

Project Mission

The town of Lincoln and surrounding towns are host to large numbers of roaming deer and a robust rodent population. As a result, the population of infected deer ticks is highly concentrated throughout the town's trails, as well as our own back yards.

The Tick Task Force (TTF) was organized to educate the public about the prevalence and dangers of tick-borne diseases, to empower people to take effective measures to prevent tick bites and to advocate for themselves and their families on finding proper diagnosis and treatment of tick-borne diseases. Through increased public awareness by residents and Lincoln employees who work outdoors, it is TTF's and the Town's over-arching goal to decrease the incidences of tick-borne diseases in Lincoln.

Completed activities

- A fall 2011 and a spring 2012 educational campaign was launched at the Lincoln Schools through distribution of myriad fact sheets and brochures detailing information about Lyme disease and other tick-borne diseases.
- Tick warning signs, provided free of charge by the Mass Department of Public Health were placed at the trail heads of all local recreation trails and at local farms.
- A comprehensive web page was launched at www.lincolntown.org with detailed resource information.
- A detailed information binder containing detailed facts and data on Lyme Disease, Anaplasmosis, and Babesiosis was sent to all area doctor offices to be used by physicians or placed in waiting rooms to educate patients. These materials were also placed in all Lincoln public town buildings – including the school nurses' offices of both public and private schools in Lincoln.
- A Tick Talk regional public forum was held in Lincoln with Dr. Tom Mather, URI Professor of Entomology, and New England expert on the prevention of tick-borne diseases. Approximately 95 people from Lincoln and surrounding towns attended.
- The sale of permethrin tubes ("Tick Tubes") at reduced pricing was made available to the public. Approximately 480 tubes have been sold to date.

- All DPW employees received training about ticks and tick-borne diseases.
- A collaborative project began with Eagle Scout candidate Matt Aranow for hand-delivery of the Mass DPH brochure Preventing Disease Spread By Ticks to all Lincoln households. This assistance from Matt saved the project over \$400 in postage and related expenses. Matt also conducted educational presentations for area youth sports teams and assisted the Conservation Department with creating additional educational signage for Lincoln trailheads.
- The Lincoln Library joined in these efforts by displaying excellent resource books, videos, and other materials for people to borrow.
- A large-scale Tick Map of Lincoln and surrounding communities has been created by the TTF (Figure 5). A pin is used on the map to display each incidence of Lyme disease or other tick-borne disease reported in the last two years. This map is used as a visual reminder of the high incidence rate of tick-borne diseases. As of this writing, we are working with WBUR's CommonHealth to make this map available on-line. Lincoln was featured on WBUR's multi-part series on ticks, tick-borne diseases and diagnosis in June 2012.



Figure 5

- TTF held a regional public forum to discuss specific medical issues of diagnosing and treating Lyme and other tick-borne diseases was held with Dr. Sam Donta MD, a regional expert on infectious diseases and (ret.) Prof. of Medicine, Divisions of Infectious Disease and BioMolecular Medicine Director, Lyme Disease Unit Boston University Medical Center, Boston, Massachusetts. Over 100 people from Lincoln and surrounding towns attended. A lightly-attended public planning charrette was also held to discuss additional measures that could be taken by the Town to reduce the incidence of tick-borne diseases in the future.
- The Tick Task Force sponsored a Children's Annual Trail Walk Passport by assisting with the printing costs of the "passport booklet" children get stamped for each local trail they walk. The passport will have age appropriate pictorial reminders of the presence of ticks, how to check for ticks and to seek adult assistance if any ticks are found.
- The Task Force will maintain high levels of visibility and public awareness through continually reporting all Task Force news and reporting incidences of tick-borne diseases on our Tick Map and the Tick Encounter web page that was launched in June 2012 and is kept on the Town's website. In addition, the Tick Task Force will maintain an information table for the public at all town-wide events, annual Town Meeting, for example. We will also make our materials available to other towns and other agencies to help them with their educational efforts. The Task Force also plans to continue its work with our local Board of Health.
- The Tick Task Force will also continue to manage the sale of tick tubes at a reduced cost and to maintain the currency and supply of published/printed information pamphlets on ticks and tick-borne diseases.

Going forward

The Tick Task Force is currently working to develop and distribute an FAQ sheet derived from questions and answers gathered by interviews and survey. The TTF will also maintain trail head signage and foster advocacy within the community and surrounding towns, continue to work with Lincoln town departments as well as work with non-profits and state legislators to raise awareness of the issues associated with diagnosis and treatment, and to promote the consideration of regional studies regarding diagnosis and treatment.

The Committee is currently honing a list of activities and talks to be held in 2012 & 2013 and will develop proposals to seek any necessary funding from the Town of Lincoln or from various grants from local foundations.

TTF will continue to work with WBUR on the mapping project.

The Lincoln Seniors and Other Vulnerable Residents Task Force

Task Force Committee Members:

William V. Gnichtel	<i>Chair</i> , Previous chair: Lincoln Elder Care and Housing Committee
Carolyn Bottum	Council on Aging Director
Lt. Kevin Kennedy	Lincoln Police Department
Trish McGean	Resident, RN, BSN, Emerson Hospital Home Care Visiting Nurse
Phyllis Mutschler	Resident, PhD
Barbara Myles	Director of the Lincoln Library
Selina Rossiter	Resident, LICSW
Kitty Stein	Resident, Psy. D

The Goal - the Needs, the Responses

It is the fervent wish of most Lincoln seniors to remain in their own homes, safely and with independence, and to avoid or defer as long as possible moving to a continuing care retirement community, assisted living facility, or nursing home. The goal of the Task Force was to respond to that desire to remain in our community and to provide a road-map for future related programs and services.

Transportation

An essential, indeed vital, component of achieving independent living is the availability of reliable transportation. The Task Force addressed that concern in considerable detail. An estimated 1,700 Town residents are over 60. Lincoln's senior population is growing as are its needs, particularly in respect to transportation. The 2010 report of Lincoln's Community Health Assessment and Planning Project has noted that: "Lincoln's seniors seem to experience social isolation due to a number of factors: the geographic distance of many homes from a road or neighbors, the high proportion of single family homes lead to more seniors living alone, and lack of a comprehensive public transportation system." Many medical studies have established that leading active social lives is crucial to maintaining the physical and mental health of the elderly. A significant factor in elders' social isolation is the diminishing ability to drive an automobile safely. Nighttime driving is a major challenge for many. The elderly are now likely to encounter further difficulty in maintaining their driving privileges due to a recently enacted law requiring drivers age 75 or over to appear in person to renew their driver's license and to take an eye test. The motor vehicle authorities may also assess at that time whether the applicant's general physical condition requires surrender of the license.

Transportation survey

As an essential preliminary to formulating transportation recommendations, the Task Force circulated town-wide a short ten-question questionnaire in survey/monkey format to elicit information about affected residents' transportation needs and difficulties. Younger residents were urged to engage in neighborly outreach and check in with fellow residents who might need copies or assistance in completing and filing the questionnaire.

Copies of the questionnaire with instructions were left at many locations, e.g.: Salon 160, Bank of America, Cambridge Trust Company, Library, First Parish, St. Anne's, Whistle Stop, Something Special, Wellness Clinics, The Groves, Lincoln Woods, Food Pantry, COA events, Ryan Estates, Public Safety Building, and the Task Force information table at the March Town

Meeting. The ministers of two of Lincoln's churches were asked to make an announcement from the pulpit about taking and completing the questionnaires. As further promotion for the transportation survey, the Task Force arranged for an interview with a *Lincoln Journal* reporter which led to a front page article in the January 12, 2012 edition.

Eventually, a total of 150 completed questionnaires were received. Some highlights:

- 15 residents said they had trouble driving after dark
- 32 would use a cheaper (e.g.:\$6 per trip in Lincoln) taxi service if available, at least 3 or more times per month.
- 21 wouldn't use car service "at this time" but expressed concern about future need.
- 7 said they either took a taxi to shop or did not go.
- 17 said they depended on others for transportation.
- 55 said that in the past month they had been unable to keep an appointment or shop or attend a social gathering due to lack of a satisfactory means of transportation.

The survey monkey results were tabulated in the form of colored pie charts plus response percentages and response head count (Figures 6-15).

1. How many people live in your household?

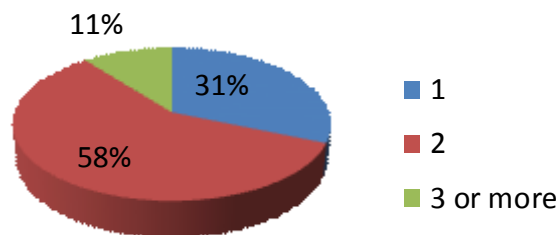


Figure 6

2. How many people in your household drive?

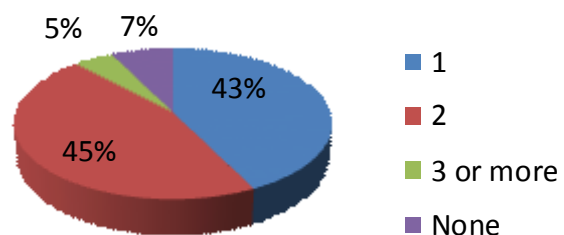


Figure 7

3. Do you currently drive a motor vehicle?

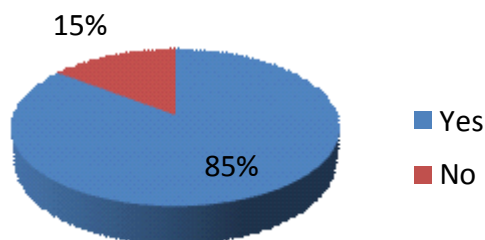


Figure 8

4. How old are the people in your household who need assistance with transportation?

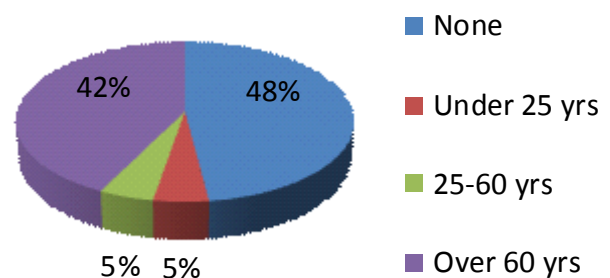


Figure 9

5. When you need to go to the grocery store, or run an errand, or go to an appointment, how do you get there?

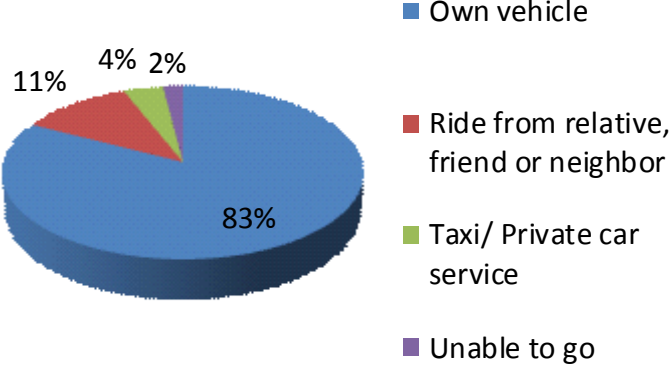


Figure 12

6. Who do you depend on for your transportation needs?

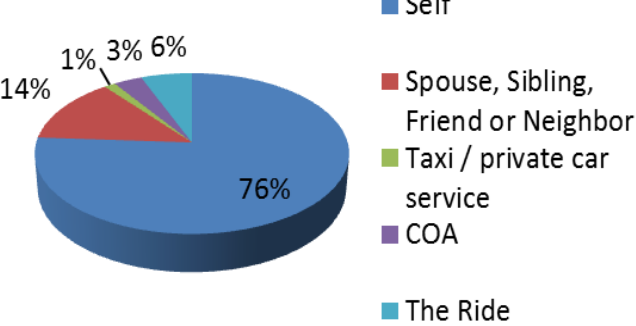


Figure 13

7. What time of day do you rely on others for your transportation? Check all that apply.

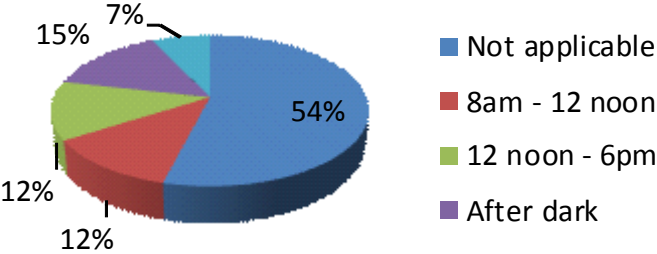


Figure 12

8. If Lincoln was able to provide an alternate means of transportation, would you use a car service to travel within the Town of Lincoln or to a nearby town at a cost of? Check all that apply.

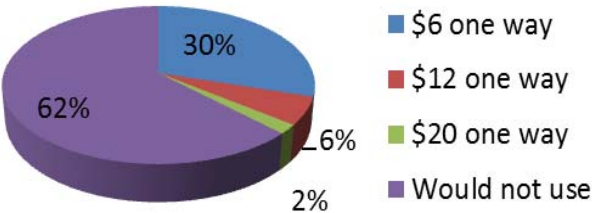


Figure 13

9. As a follow up to the previous question, if available, how many times per month do you or a family member anticipate using the car service?

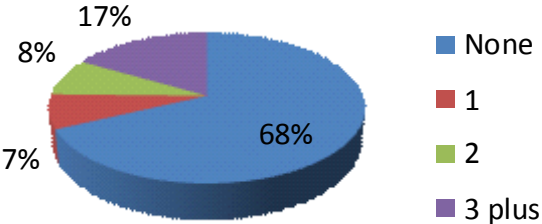


Figure 14

10. In the past month, have you been unable to make an appointment, go shopping, or attend a social gathering due to a lack of a satisfactory means of transportation?

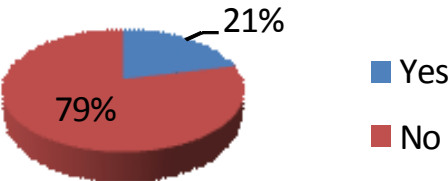


Figure 15

The Transportation Situation Now in Lincoln

Approximately 35 volunteers regularly on weekdays take residents without other means of transportation to local destinations for medical or other services, grocery shopping and the like. [Neither the private cars of volunteers nor taxi and limousine services are able to accommodate wheelchairs.] The Lincoln-Concord Coach limousine service charges for one way (not including tip) \$12 for a trip in Lincoln, \$22 if the trip is to a neighboring town, and \$82 for a trip to Boston. The Friends of the Lincoln Council on Aging subsidize seniors' Lincoln-Concord Coach trips to Boston and environs for medical services. Residents of the Groves have their own transportation arrangements. Lincoln residents with a doctor-certified disability may also use the RIDE provided by the MBTA which, for \$2 one way, will take passengers anywhere in the Boston area.

Transportation - Preliminary Conclusions

Lincoln does not have transportation arrangements in place that address socialization issues of elders and others without their own means of transportation. Aside from private taxi or limousine services, there is no availability in Lincoln for transportation for *ad hoc* socialization, that is, for destinations such as an evening bridge game or a weekend dinner party. As for the present reliance on volunteers and subsidized taxis, it is expected that these will become inadequate in a few years as the Town population ages with the baby boomer generation.

Transportation arrangements in other towns

The Task Force made preliminary studies of Weston, Bedford, Lexington, Concord, Wayland, Acton and Harvard. All, or nearly all, towns provide no transportation at night or on weekends, and, with one exception, no town provides transportation for *ad hoc* socialization, that is, for destinations not related to group activities, grocery shopping or trips for medical purposes.

Transportation Recommendations

1. Form a permanent committee to follow through on Task Force recommendations.
2. Canvass neighboring towns to find out how they are dealing with transportation problems of the elderly.
3. Consider joint arrangements with other towns, e.g., sharing vans or equipment.
4. Follow regional developments in transportation.
5. Negotiate more favorable rates with one or more local taxi and limousine companies, taking into account off hours and weekends.
6. Consider encouraging formation of Lincoln-based taxi or limousine company.
Lincoln already has adopted the necessary regulations.

Sunday Afternoon Forums

The Task Force arranged two Sunday afternoon forums, April 29 and May 20. Both were well-attended despite perfect spring weather. *The Lincoln Journal* provided excellent coverage to help boost attendance. Both were also publicized in the Council on Aging newsletter which goes to all households in Lincoln, Council on Aging newsletters from nearby towns, sandwich boards, flyers, cable television, and local newspapers from surrounding towns. The forums presented talks by experts on subjects of vital interest to seniors.

The first afternoon session discussed Medicare, Medicaid and long-term care insurance, basic financial components of achieving the goal of remaining at home. The agenda was as follows:

- **Welcome and Introduction by William Gnichtel, Task Force Chair**
- **Part I (*Elizabeth Killeen of SHINE*) Medicare and Medicaid - What You Need to Know** Eligibility, timely planning to obtain benefits under Medicare and Medicaid, which costs are covered and which are not under each, what are the different parts of Medicare, types of Medicare plans, how to choose a Medicare plan, when to sign up for Medicare and Medicaid, recent changes and updates
- **Part III (*Elizabeth Killeen of SHINE*) A Few Words about Long Term Care Insurance: Pros and Pitfalls** Various kinds of long term care insurance, range of covered expenses, what will it cost and what do you get for your premiums, who should seek long term care insurance, how to get more impartial information

"The take away from Killeen's presentation: Knowledge is power. After going through a variety of slides that explain the differences between plans and even the Affordable Care Act, her message was clear. Know your options."
Lincoln Journal, Vulnerable Residents Learn about Options

The May 20th session addressed the available community and in-home senior services, technological developments, ergonomics and monitoring systems, as well as reverse mortgages, managing finances and protecting assets. The agenda was as follows:

- **Welcome and Introduction, William Gnichtel, Chair of Task Force**
- **Part I: Bringing What You Need to You (*Kim Scott, Minuteman Senior Services and Carolyn Bottum of COA*)** The types of home care and community-provided care facilities available: range of services, cost, eligibility, state-subsidized program (Minuteman Senior Services), socialization, transportation.
- **Part II Technologies to Help You Stay at Home (*Steve Kessler, Easter Seals*)** Adaptive equipment, remote monitoring, sensors, video cameras, ergonomic environment, etc.
- **Part III Safeguarding Your Assets (*Kim Scott*)** Managing finances, paying bills, safeguarding assets from negligent or dishonest advisors, agents, family members or strangers, the Money Management Program, Protective Services
- **Part IV Reverse Mortgages and Other Home Equity Options: Are They Right for You? (*Dan Fahey, Homeowner Options for Elders of Massachusetts*)** What are reverse mortgages, for whom are they right, who should avoid them, getting counseling through the state program, other state protections for borrowers; other home equity or other options for raising living expenses.

Because the April and May forums were unable to fully address the topics of Medicaid and the future of Medicare and Medicaid, the Task Force is suggesting that forums covering these important topics be scheduled as soon as possible. The Task Force also recommends repeating the forums described above from time to time. The topics cover on-going works in progress and updating will be important as Lincoln's seniors increase in number.

Information Sharing

The Task Force compiled two binders of health information of interest to elders and those with disabilities and placed them in the Council on Aging and the Public Library.

Going Forward

The Council on Aging is currently acting on a number of the transportation recommendations by participating in a regional effort of many area Councils on Aging to share information about current services and explore how regionalizing might enable them to expand services. In addition, the Council on Aging plans to hold a forum on Medicaid and the future of Medicare and Medicaid in the near future (most likely the spring when education is not focused on annual Medicare changes that happen in the fall) and repeat the forums periodically.

Conclusions

Labeling this document a final report is inaccurate because the work is far from complete.

In 2009 the *Healthy Communities* concept was brought to Lincoln, and the first steps towards significant change were taken. The assessment process was methodical, educational, sometimes frustrating, but ultimately rewarding in that it helped us identify and validate concerns that had been often-mentioned, but never fully addressed. The opportunities afforded by the CHNA15 grant allowed us to systematically review our community from different perspectives and help us identify next steps to improve our overall community health.

In early 2011, again aided by a grant from CHNA 15, we began to address those concerns in a meaningful way. While diverse enough to impact all members of our community, the concerns were addressed consistently: educate and communicate. It was no surprise that there were no silver bullets found in our implementation plan, no easy fixes. Each concern required thoughtful consideration and commitment from a wide array of volunteers, and we have only begun to see the positive impact of their effort.

Over 40 residents and employees gave their time, energy and talent to this effort, and while the long-term benefits of their work are the ultimate reward, there a plenty of short-term benefits, such as increased awareness of the issues and the many new connections and collaborations that now exist, to justify their effort. Close working relationships between task force members now exist where they had not only 3 years ago.

We are excited about our ambitious plans for the future, including: 1) free clinics to promote overall well-being, 2) a directory and website to organize and promote the wide variety of health and wellness related services available to the community, 3) a long-overdue coalition between Lincoln, Sudbury and the High School we share, 4) an initiative to better plan and maintain our roadways and roadsides for recreational use, 5) a regionally recognized task force to prevent tick-borne disease, 6) a greater focus on transportation services for our seniors and vulnerable residents.

We thank CHNA15 for their sponsorship and support, as we could not have achieved so much without it, and look forward to our continued relationship in the future.