

July 6, 2023

To: Tisbury Select Board

Cc : Jay Grande, Town Administrator

Elena DeFoe, Administrative Assistant

Select Board

From: Joyce Stiles-Tucker, Director

Tisbury Council on Aging

Re: Monthly Report- July 23

I am sending an update on what has been happening at the Senior Center.

We are starting a Matter of Balance Class on Monday, July 10th and will go each Monday morning for 8 weeks. It will end August 28. It is a class that focuses on balance and strengthening. We have 15 signed to take the class and we have waiting list of about 8 people. There might be another class in the Fall. The class might not be at the Tisbury COA but in one of the other Senior Centers. The class is very successful and many people interested in taking the class.

A small Health Fair is planned for August 31 at the senior center from 2-4 pm . We will have various screenings such as Blood Pressure, Glaucoma, Glucose, and hearing test/screenings. I am also inviting agencies to come and have tables with information on what they provide for services to older adults. I hope to get a good response both from the general public and from the agencies who I have provided to participate.

In September the Councils on Aging along with Healthy Aging will have events for Fall prevention Month. The exercise class, we have on Tuesday and Thursday mornings will have a session focusing on how to do if you fall. Other things that we focus on is making your home safe to prevent falls. Some examples are removing scatter rugs, cords out of the way, putting in grab bars, railings, better lighting. More information is forthcoming.

Lastly, candidates will be interviewed for my position as Council on Aging Director.

I will be retiring in October. My last day will be October 20, 2023. I have certainly enjoyed serving our older adults in the Town of Tisbury. I have seen many changes/challenges in meeting the needs of our older adult population such as the need more of housing, access to health care, transportation needs, and other programs that help the caregiver with caring for a loved one. In going forward, I am hoping to see us continue to meet the needs of our older adults in our community.

Respectfully submitted,

Joyce Stiles-Tucker, Director