

Town of Essex Council on Aging Community Survey

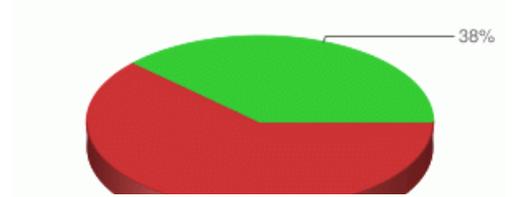
Responses: 221

Section I: Demographics & Living Situation

1. Please select your gender:

Answered: 216 Skipped: 5

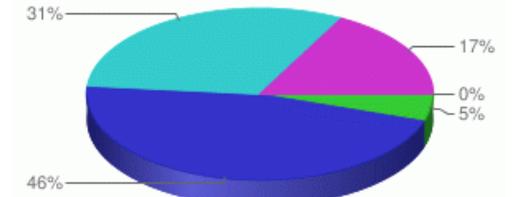
- Female (134)
- Male (82)



2. What is your age range?

Answered: 219 Skipped: 2

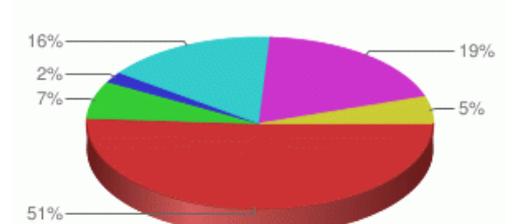
- Younger than 45 (1)
- 45-59 (12)
- 60-69 (101)
- 70-79 (68)
- 80+ (37)



3. What is your marital status?

Answered: 220 Skipped: 1

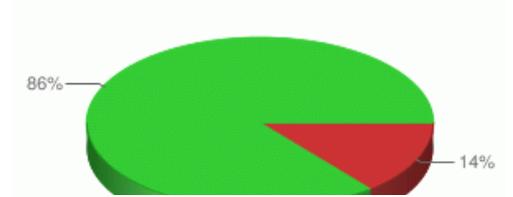
- Married (112)
- Never married (16)
- Separated (4)
- Divorced (36)
- Widowed (42)
- Living together as though married (10)



4. Are you a veteran?

Answered: 218 Skipped: 3

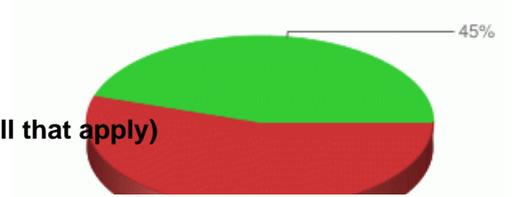
- Yes (31)
- No (187)



5. Are you fully retired from paid employment?

Answered: 219 Skipped: 2

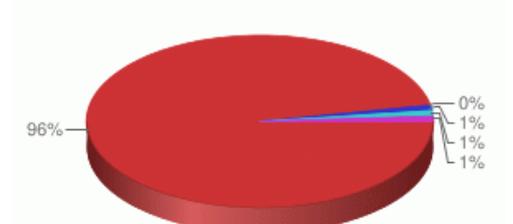
- Yes (120)
- No (99)



6. Which of the following best describes your race/ethnicity? (Check all that apply)

Answered: 217 Skipped: 4

- White/Caucasian (211)
- Black/African American (1)
- Asian (2)
- Hispanic/Latino (2)
- Other (3)



7. Please specify if you selected "Other" in the previous question.

Answered: 4 Skipped: 217

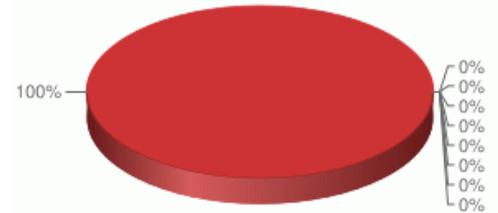
Italian/British Isles
"human" race

White/Native American
I am an American!

8. What is your primary language spoken at home?

Answered: 219 Skipped: 2

- English (218)
- French (1)
- Spanish (0)
- Chinese (0)
- Arabic (0)
- Albanian (0)
- Vietnamese (0)
- Russian (0)
- Other (0)



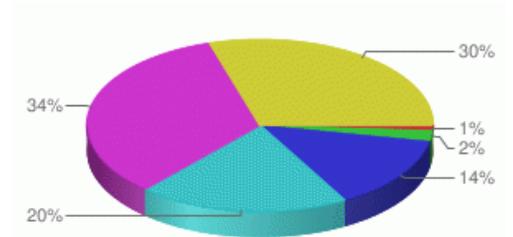
9. Please specify if you selected "Other" in the previous question.

Answered: 0 Skipped: 221

10. What is the highest grade or year you finished in school?

Answered: 219 Skipped: 2

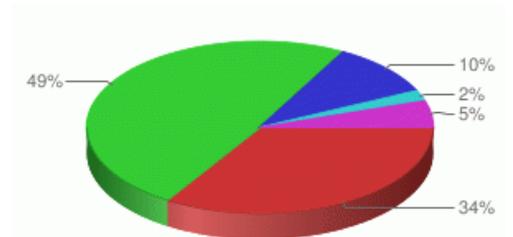
- 8th grade or less (3)
- Some high school (4)
- High school diploma or GED (30)
- Some college (43)
- College degree (74)
- Post-graduate degree (65)



11. Please indicate your level of agreement with the following statement: "I have adequate resources to meet my financial needs, including home maintenance, personal healthcare, and other expenses."

Answered: 218 Skipped: 3

- Strongly Agree (74)
- Agree (106)
- Disagree (22)
- Strongly Disagree (5)
- Not Sure (11)

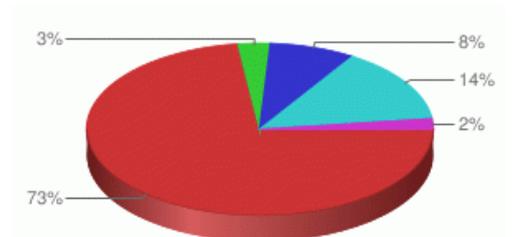


Section II: Current Housing

12. Which option best describes your current place of residence in Essex? (Check only one)

Answered: 220 Skipped: 1

- Single-family home (161)
- Condominium (7)
- Apartment complex, including subsidized apartment housing (18)
- Multi-family home (2,3, or more units) (30)
- Other (4)



13. Please specify if you selected "Other" in the previous question.

Answered: 4 Skipped: 217

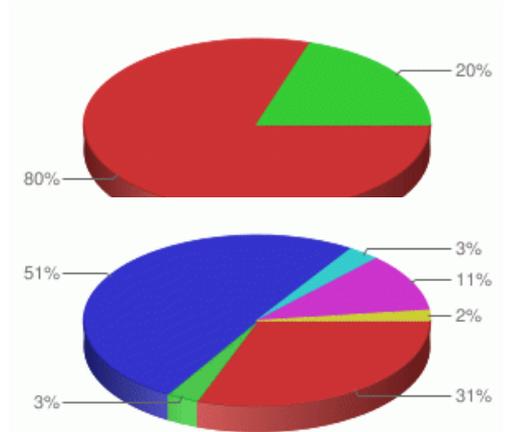
In-law apartment at daughter's home

Apartment
 Chebacco Terrace state Elderly Housing
 My apartment with daughter and son-in-law.

14. Do you and/or your spouse/partner own the residence you live in?

Answered: 216 Skipped: 5

- Yes (173)
- No (43)



15. Who do you currently live with? (Check all that apply)

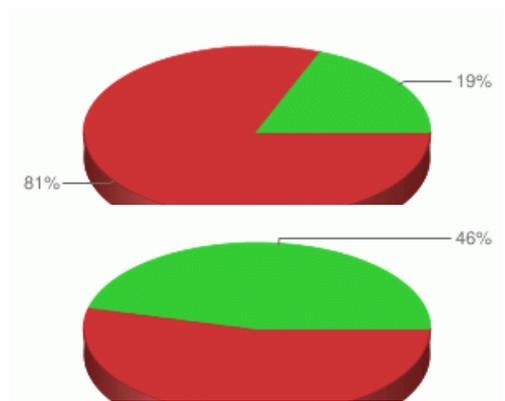
Answered: 218 Skipped: 3

- I live alone (75)
- With another relative (7)
- With a spouse/partner (122)
- With my parent(s) (6)
- With my child(ren) (26)
- With someone else (4)

16. Does your current residence need home modifications or changes to improve your ability to live in it over the next 5 years?

Answered: 212 Skipped: 9

- No (If no, skip to question #18) (172)
- Yes (If yes, continue to question #17) (40)



17. Can you afford to make these changes to your home?

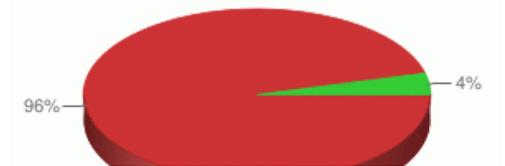
Answered: 48 Skipped: 173

- Yes (26)
- No (22)

18. Do you live in Essex year-round?

Answered: 212 Skipped: 9

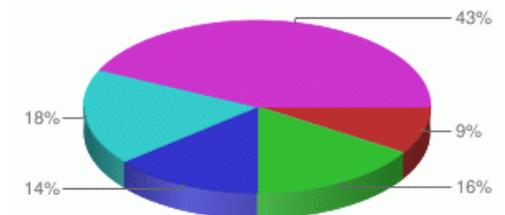
- Yes (204)
- No (8)



19. How long have you lived in Essex? (Check only one)

Answered: 216 Skipped: 5

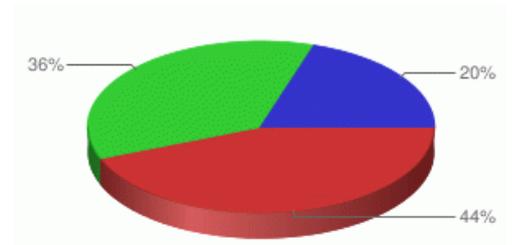
- Fewer than 5 years (19)
- 5-14 years (35)
- 15-24 years (30)
- 25-34 years (39)
- 35 years or longer (93)



20. Do you have family in Essex or in surrounding towns?

Answered: 216 Skipped: 5

- Yes - in Essex (95)
- Yes - in surrounding towns (77)
- No (44)

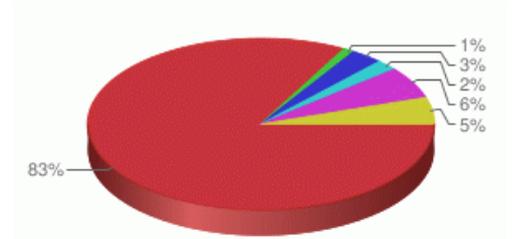


Section III: Health and Caregiving

21. Are you a primary caregiver for:

Answered: 218 Skipped: 3

- N/A - I am not a caregiver (182)
- Grandchild (2)
- Adult child (6)
- Spouse (4)
- Parent (14)
- Other (10)



22. Please specify if you selected "Other"™ in the previous question.

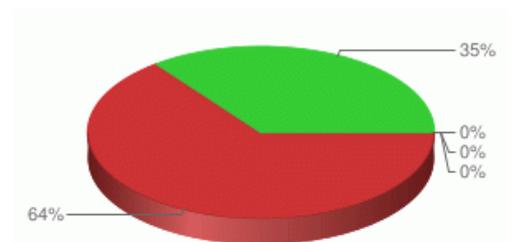
Answered: 9 Skipped: 212

- Part time caregiver for grandchildren on Weekends
- Husband and I care for husband's mother
- I am a secondary caregiver for my grandchild
- In-Laws
- Part-time caretaker for grandchild
- 2 days/week from 8am-6pm I care for my grandson
- Dog
- I care for a grandchild one day a week

23. Do you receive monetary assistance for being a caregiver?

Answered: 208 Skipped: 13

- No (134)
- I am not a caregiver (72)
- Yes - to a grandchild (0)
- Yes - to a parent (1)
- Yes - Other (1)



24. Please specify if you selected "Other"™ in the previous question.

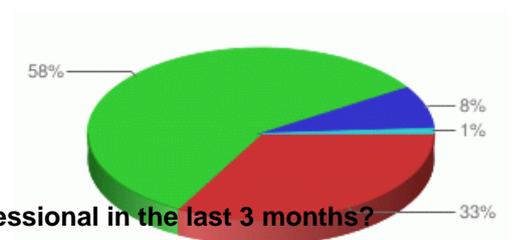
Answered: 1 Skipped: 220

- Adult child

25. How would you rate your overall physical health?

Answered: 219 Skipped: 2

- Excellent (72)
- Good (126)
- Fair (18)
- Poor (3)



26. How many times did you visit a medical doctor or health care professional in the last 3 months?

Answered: 220 Skipped: 1

- No visits (58)
- 1 or 2 times (110)
- 3 or more times (52)

27. Do you have access to fresh fruits and vegetables?

Answered: 218 Skipped: 3

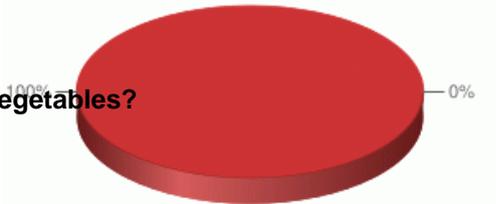
- Yes (if yes, skip to question #29) (217)
- No (if no, continue to question #28) (1)



28. What is the main reason you do not have access to fresh fruits or vegetables?

Answered: 2 Skipped: 219

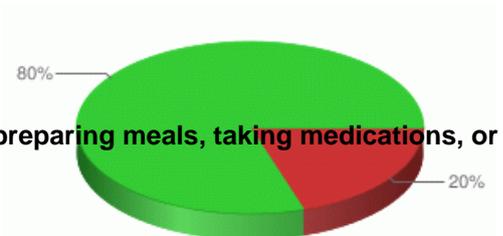
- Have access but find it expensive
- Mostly really good bananas and canned peaches etc.



29. Do you require help with activities around the house (e.g., doing routine chores like cleaning or yard work)?

Answered: 218 Skipped: 3

- Yes (43)
- No (175)



30. Do you require help with daily activities (e.g., using the telephone, preparing meals, taking medications, or keeping track of bills)?

Answered: 218 Skipped: 3

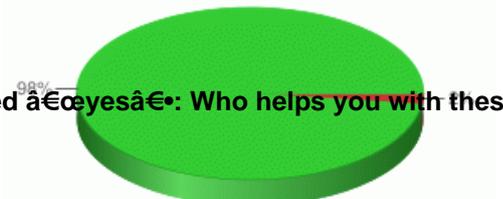
- Yes (7)
- No (211)



31. Do you require help with personal care activities (e.g., taking a shower or getting dressed)?

Answered: 217 Skipped: 4

- Yes (4)
- No (213)



32. Referring to the activities in questions 29-31 for which you answered a "yes": Who helps you with these activities? (Check all that apply)

Answered: 172 Skipped: 49

- N/A, I don't require any help (130)
- I pay someone to help me (18)
- Family/friend pays for my care (0)
- A family member helps me (21)
- A friend or neighbor helps me (2)
- I receive services from SeniorCare (5)
- I need help, but I have no one to help me (1)
- Other (0)



33. Please specify if you selected "Other" in the previous question.

Answered: 1 Skipped: 220

PACE

34. Do you receive services from SeniorCare?

Answered: 218 Skipped: 3

- Yes (14)
- No (204)

35. Within the past year, have you provided unpaid care or assistance to a spouse, relative, or friend who is disabled or frail?

Answered: 216 Skipped: 5

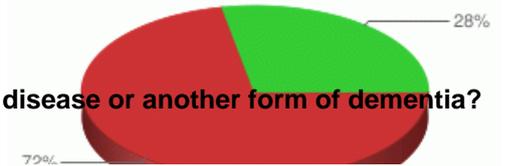
- No (if no, skip to question #38) (156)
- Yes (if Yes, continue to question #36 and #37) (60)



36. Does this person for whom you provide care have Alzheimer’s disease or another form of dementia?

Answered: 63 Skipped: 158

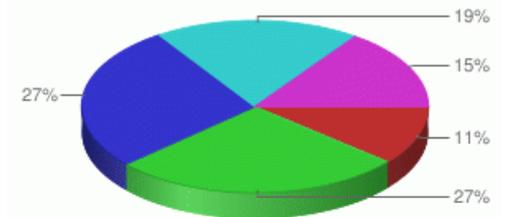
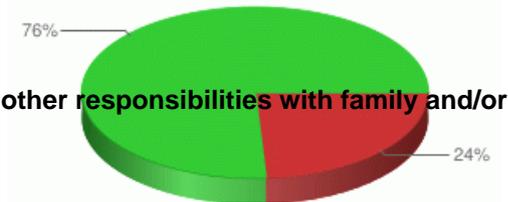
- Yes (15)
- No (48)



37. How challenging is it for you to care for this person and meet your other responsibilities with family and/or work?

Answered: 62 Skipped: 159

- Very challenging (7)
- Somewhat challenging (17)
- Neither challenging nor easy (17)
- Somewhat easy (12)
- Very easy (9)

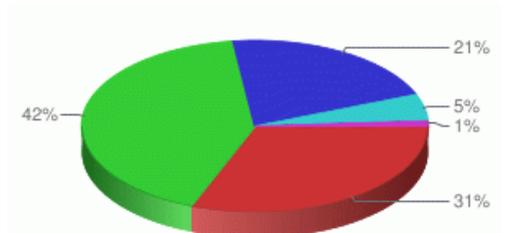


Section IV: Social and Emotional Well-Being

38. Over the last month, how often did you feel sad, depressed, or “ædown in the dumps”?

Answered: 218 Skipped: 3

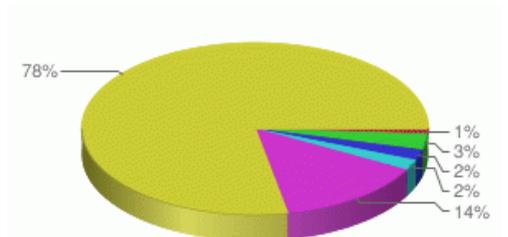
- Never (68)
- Rarely (92)
- Sometimes (46)
- Often (10)
- Always (2)



39. How often do you talk on the phone, email or get together with family, friends, or relatives?

Answered: 218 Skipped: 3

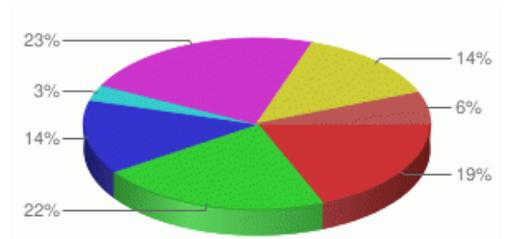
- Never (2)
- Very rarely (e.g. only on holidays) (7)
- Every two to three months (5)
- Once a month (4)
- Two or three times a month (30)
- One or more times a week (170)



40. Outside of the Essex Council on Aging Senior Center, in what other types of local programs, services, or activities do you participate? (Check all that apply)

Answered: 166 Skipped: 55

- Volunteer programs (65)
- Recreational/exercise/health programs (76)
- Educational/cultural programs (50)
- Nutritional/meal programs (9)
- Social activities (79)
- Faith-based activities (49)
- Other (21)



41. Please specify if you selected "Other"™ in the previous question.

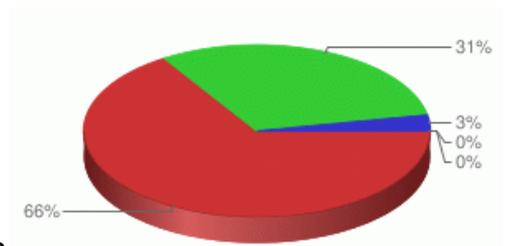
Answered: 21 Skipped: 200

- Therapy, group
- Walks and birdwatching
- I don't participate in ECOA.
- NONE
- Shopping, driving
- PACE
- None
- I have a very part-time job tutoring at the Academy at Penguin Hall.
- Spiritual i.e. Yoga
- Horticultural society, library book club, artist group
- Town government, Fire Dept, Boating/fishing etc.
- Nothing too busy
- Part time work at NSMT
- Daily Job
- none
- Memorial Day Committee
- Essex Merchants Group, Essex Cultural Council
- travel, no paying building management
- Dog shows and dog clubs
- Library Programs
- Big Brother

42. How safe do you feel in the neighborhood where you live?

Answered: 218 Skipped: 3

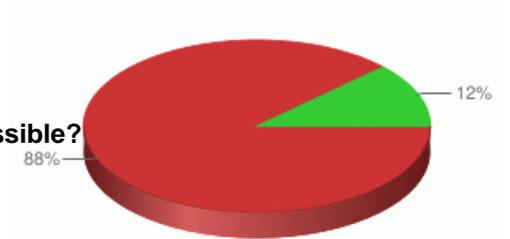
- Completely Safe (144)
- Very Safe (67)
- Somewhat Safe (7)
- Slightly Safe (0)
- Completely Unsafe (0)



43. Do you feel a sense of belonging in the community where you live?

Answered: 211 Skipped: 10

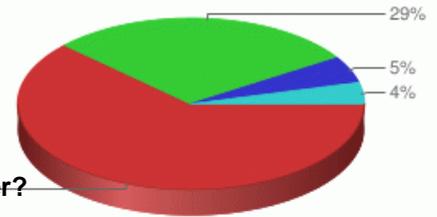
- Yes (186)
- No (25)



44. How important is it for you to remain living in Essex as long as possible?

Answered: 215 Skipped: 6

- Very Important (134)
- Somewhat Important (62)
- Slightly Important (11)
- Not at all Important (8)



45. What are your greatest concerns about living in Essex as you grow older?

Answered: 144 Skipped: 77

Ticks, mosquitos, etc.

Far from shopping

Being able to afford living in Essex

Isolation

being able afford maintenance of home and being able to continue activities like shoveling snow and mowing lawn

Transportation when I can no longer drive. Maintenance of home and yard when I am older.

driving

The size of town government is huge and costly. The tax rate is ridiculously high which may force an exodus. Put price tags on each service that comes up for a vote and let residents shop with economy in mind. And reduce the numbers of employees in town hall. Really appalling.

the taxes are high

Getting transportation when I no longer own a car or can drive. I do not want to lose my independence.

That high taxes will drive us to move. No grocery stores (or drug stores) in town.

Cost of living

Will I be able to continue to live where I am. Will continued increase in taxes put too much of a financial burden on my son and brother. Condition of our grade school. We need better places for police and fire departments.

No market, adequate housing for seniors on a budget, rising taxes

Transportation to services and activities.

Isolation with no transportation out of Essex

Long term financial independence

I am unsure what public transportation is provided, if I could not drive I fear isolation from other points of business and interests.

transportation

Meeting people

I have a wonderful family who lives near and they check up on me. They shovel and plow my driveway, they offer to pick up groceries during snow storms. I worry that when I get older they may move. I couldn't live alone in the winter without their help.

maintaining my independence and good health

No concerns, retiring to Florida soon.

Property taxes and budget cuts may affect transportation for seniors.

Having to go out of town for shopping

Transportation in case I am unable to drive because of illness or injury.

Town is full of bullies happy to humiliate others.

Expense, lack of services

The speed of traffic on Rt 133

Once on fixed income, property tax rate rises too much to afford living in Essex.

tax bill

I am concerned PACE continues = TRUMP

Reliance on my own transportation/car and my ability to drive or find alternative transportation for my personal needs and social life.

The outsiders that move into town because they think its nice place to live. They they live here run for office and want to change things. Pushing the tax rate up. They they move out town go some place else to screw that place up. Leave the town to people who know how Essex should be.

Being able to afford the taxes! Shouldn't there be a "senior break" ???

Increase in living expenses (taxes, etc.)

If I have to give up driving getting around will be more difficult. No handy stores to walk to and no sidewalk in my end of town.

Having no support system. My legs are weak.

Lack of assistance especially with transportation

The property taxes in this town are out of control. The size of the town government and the budget (especially the endless capital projects) cannot be supported by a town of 3600. The select board appears to care not one scintilla about reducing the size of government or the taxes. I fear having to sell our house in the future simply because we won't be able to afford to live in it.

Finding an affordable house with one-floor living.

ability to get to shopping and medical appointments

taxes increasing

Being able to afford it.

taxes

That correct, helpful services will be available. That there will be more communication with the seniors of this town than there is now. Are there activities, classes, trips, lectures available for seniors?

I would like to be where there are more stores and food close by

transportation

It would be hard to live here if I couldn't drive. I would have to hire more help with the yard in the future.

taxes on my home

have not thought about it

Isolation. Senior benefits needs

no laundromat no grocery store

The easily accessible bus service if I no longer drive

Need as service on Cape Ann such as The Ride to get to activities

Cost

My biggest concern and one issue that would make me leave is our ever rising taxes & water bills. I am finding it harder & harder to pay them as do a lot of fixed income individuals do.

Cost of living and transportation

Taxes/expense

as a lake resident, there's always been a slight disconnect from the rest of town both in physical living and the concern of those governing

Cost of taxes and cost of living. Very few regular activities for seniors locally.

cost

That the money I've saved for retirement won't last through my life time.

cost of living

Town taxes

Need a real downtown for citizens not antique-y outer loopers

cost of living - taxes, etc.

It is impossible for me to live here as I grow older. I can't afford the taxes

Aging

I have no concerns

i have not thought it through yet!

I don't have any yet.

Declining agility may bring problems in handling the stairs in my home. May need to move to another community.

Too expensive!! Husband claims so we have to live in Essex but can't afford it.

Not enough stores for food

no concerns

Lack of public transportation

I hope to continue to drive myself. So far my eyesight is excellent and I have no signs of mental disability such as confusion, memory loss.

Cost
Highest taxes in Cape Ann. Town services marginal at best.
isolation, need to drive to go shopping (food)
Taxes, sewer and water costs
big storms!
Maintaining my health - being able to keep working
Having enough money - especially for taxes
My eyesight
Concerned that Essex will become more unaffordable
too expensive
none
Grocery shopping and general shopping for personal needs
Taxes are too high for the services provided. Other communities provide more for their elders for less.
Burden on taxpayers. Out of control spending for police and administration. Excessive salaries for department heads.
none
I would most like a grocery store. Transportation if I could no longer drive.
lack of transportation when I no longer can drive
Rural community that depends too much on driving. No supermarket or other services close by. How quickly can emergency services respond?

We've felt some frustration with the way the town is governed (town meetings sometimes seem manipulated, Conservation Commission is not sufficiently concerned with violations, Police Dept. is over-staffed, historic buildings are threatened). As we grow older, we are becoming more concerned with how our tax dollars are being allocated.
I live in the woods and need a car to get anywhere. If I couldn't drive I'd be very isolated or have to move or depend on family.

Yard maintenance
yard - home maintenance
being able to pay the bills
remaining healthy
keeping Essex the quant small town
No public transportation, high cost of utilities, water and sewer. No local markets
No Concerns

taxes, increased relations (licenses, permits, etc.)
Taxes

Small town everyone helps each other.
Access to public transportation
Taxes will go so high we can't afford it anymore.
none

The high taxes
At this time I really do not have many concerns. My son is a firefighter/paramedic in Manchester so i see him 2 days a week. He does errands for me, brings his 2 dogs to walk and my 2 grandsons to visit.

Distance from services and support. My very long driveway.
Taxes mounting at an unreasonable and unpredictable rate. Handling snow, etc. on my own. No grocery store or pharmacy.

We lived in Cambridge for a long time where many of our friends are. I worry about being cut off.

Happy about getting care here
proximity to super market - drugstore
Live near my daughter : son-in-law

Excessive Taxes

Transportation

Not being able to afford Essex any longer, taxes, need more access to old age abatements, easier process to do this meaning filling out the paper work.

No concerns

Paying the real-estate taxes and keeping up with my property

At my age, 54, I don't have any concerns with aging, but that may change over time.

Transportation if and when needed

leech - law

Don't worry about things I can't change or what ifs.

Raising taxes, sewer/water rates

Not being able to keep up and the maintenance of my property and being unable to afford to pay someone to do it. The cost of taxes and lack of services such as rubbish pick up.

Don't know yet

Essex does not maintain our road and my husband must do the plowing, purchase of crushed stone for the street, and shoveling stone into the road to make it passable (Gregory Island Road)

Not being able to pay the increasing land rents at Conomo Point and that the town of Essex many (for some reason) rescind the 20 year lease they just gave us.

Assistance as I get older should I become ill or disabled in some way.

affordability, i.e., taxes, utilities, etc.

none

no concerns

More senior housing

Projecting to when I'm older (I'm 65 now), I may need assistance of the type described in Q's 29 - 31. I don't now, and my health is good, but one never knows.

taxes

may need to live on first floor

winter weather

taxes keep adding up

I live on a private road that is not plowed or maintained by the town. We have managed for ourselves for 40 years but as we age, it gets harder!

Real Estate Taxes!!!!!! I have lived in Essex my entire life of 63 years. Born here. Want to die here. But the taxes are KILLING US! Some for what could be considered frivolous things. If it weren't for the high RE taxes we could cover everything OK. We dread that bill. And have to borrow and eat out of cans, tuna, eggs, until we can get the money together. We always have to pay taxes late. It's a nightmare. WE wish the town could somehow freeze the seniors' taxes where they are right now. Even though it's too high, if it goes up any higher some of us will have to leave town.

People I have known all my life have had to move away because they either lost their houses to delinquent taxes or it's just next to impossible to keep their homes. This is NOT right, especially for those who have lived here all our lives and who LOVE our town! Not right at all. Bane of my existence.

I live in the woods so staying healthy enough to be able to maintain my property . Otherwise I will have to move .

i have no concerns

Being able to afford to live independently here. Taxes and water/sewer bills, specifically.

Will I need assistance in the future

At what point, will I need assistance.

Real Estate taxes are prohibitive. Will eventually force me to see my house.

Taxes!

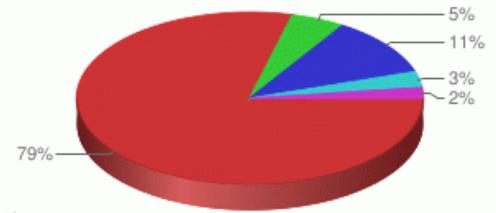
How long will I be able to live in my house? Will my money last long enough?

Section V: Transportation

46. How do you meet your transportation needs? (Check all that apply)

Answered: 217 Skipped: 4

- I drive myself (200)
- Friends or neighbors drive me (12)
- My spouse or child(ren) drive me (29)
- Essex Senior Care transportation services (8)
- Other (5)



47. Please specify if you selected "Other" in the previous question.

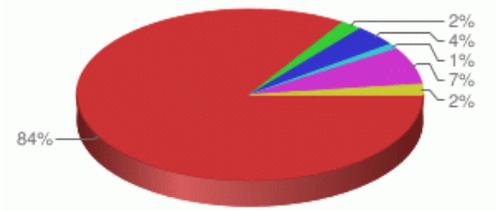
Answered: 5 Skipped: 216

- SeniorCare, CATA, Mas Transport, etc.
- Brother
- Public (train, subway)
- My family drives me
- Son in law

48. Below is a list of possible difficulties one might face when traveling locally. Which difficulties have you experienced when traveling locally, if any? (Check all that apply)

Answered: 213 Skipped: 8

- N/A, I have not experienced any difficulties (190)
- There is no one I can depend on for help (5)
- Physical or other limitations (8)
- No door-to-door assistance (3)
- Walkability issue (e.g., lack of or interrupted sidewalks) (15)
- Other (5)



49. Please specify if you selected "Other" in the previous question.

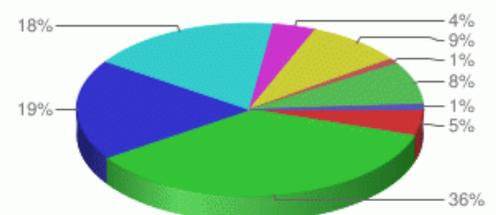
Answered: 5 Skipped: 216

- Night lighting on most roads (No telephone pole lights)
- There's no sidewalks at all here!
- Very poor lighting.
- Bus? Train?
- The town of Essex considers Lake Shore Drive a private road. Although there are lots of homes, we all pay taxes, our road is full of potholes we must pay for and we do not get plowed. We pay for plowing.
- The poor drivers on the road. I don't think that they know the laws.

50. Do you ever modify your driving by engaging in any of the following behaviors? (Check all that apply)

Answered: 211 Skipped: 10

- N/A - I do not drive (16)
- I do not modify my driving at all (113)
- I avoid driving at night (60)
- I avoid driving in bad weather (58)
- I avoid highway driving (13)
- I avoid driving far distances (29)
- I avoid making left hand turns (2)
- I avoid driving in unfamiliar areas (25)
- Other (2)



51. Please specify if you selected "Other" in the previous question.

Answered: 4 Skipped: 217

The new high beams are blinding.
Avoid driving long distances at night.
Avoid long distances at night.
Not so far; fingers crossed!

52. How satisfied are you with the transportation options available to you in Essex?

Answered: 153 Skipped: 68

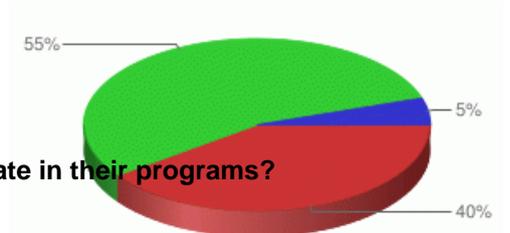
- Completely Satisfied (42)
- Very Satisfied (30)
- Somewhat Satisfied (44)
- Slightly Satisfied (8)
- Not Satisfied (29)



53. If you currently drive, do you ever assist any older adults by providing them with transportation?

Answered: 214 Skipped: 7

- Yes (86)
- No (117)
- I do not drive (11)



54. Have you ever traveled to senior centers in other towns to participate in their programs?

Answered: 216 Skipped: 5

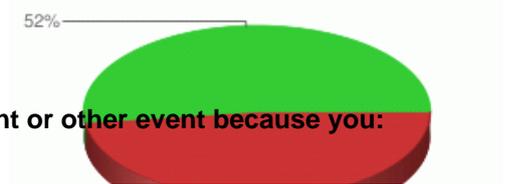
- Yes (42)
- No (174)



55. Would you utilize a public transportation system on a fixed route?

Answered: 193 Skipped: 28

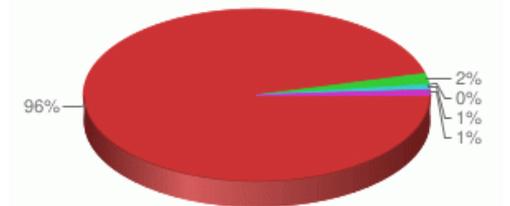
- Yes (93)
- No (100)



56. Have you every delayed or failed to schedule a medical appointment or other event because you:

Answered: 211 Skipped: 10

- N/A - I have never delayed or failed to schedule an appointment due to transportation (202)
- Did not want to ask someone for a ride (4)
- Felt the Senior Center van was for people with greater needs (1)
- Have been turned down by the Senior Center van (2)
- Other (2)



57. Please specify if you selected "Other" in the previous question.

Answered: 3 Skipped: 218

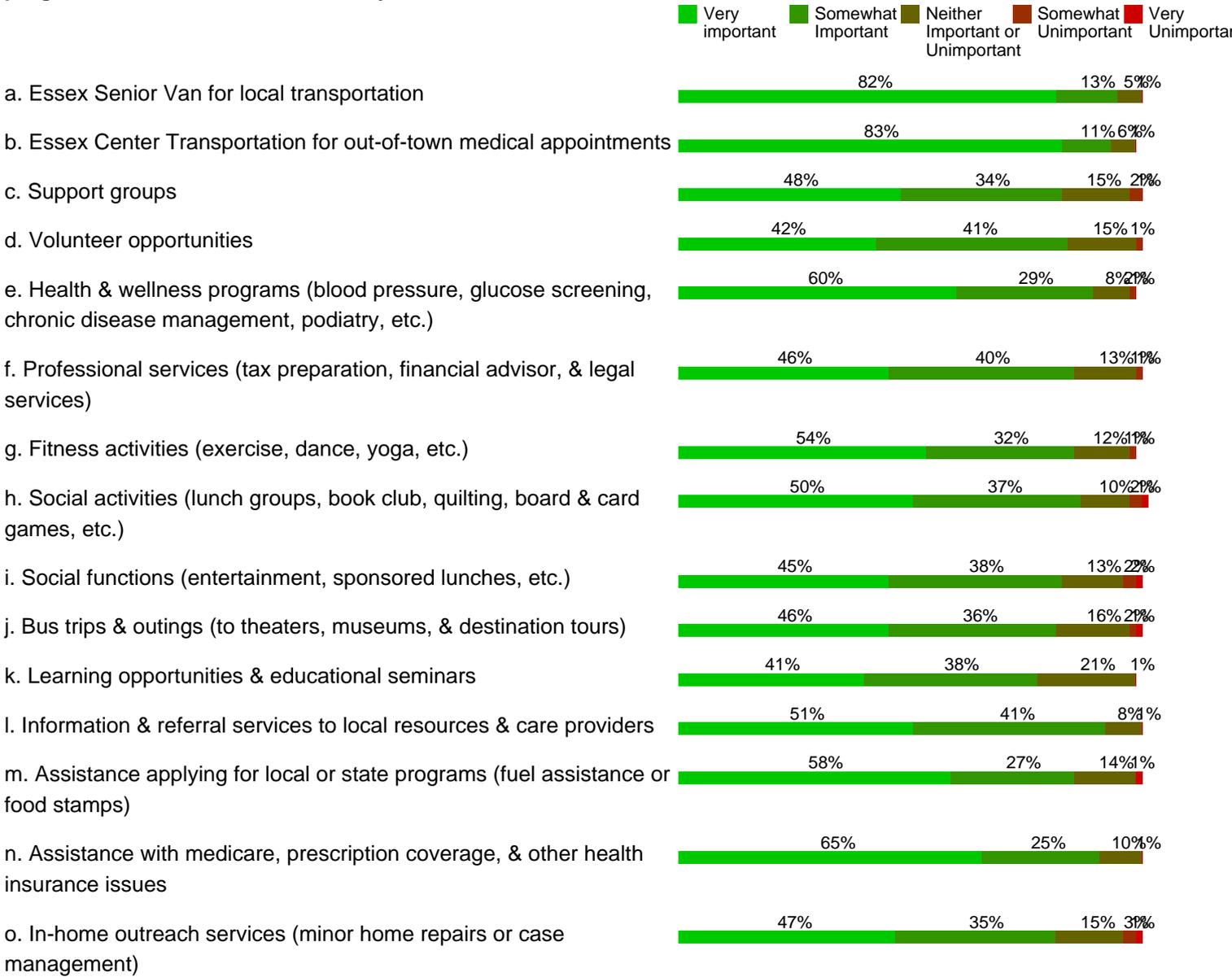
Overwhelmed by situation
The people who answered the phone were grumpy and mean - not helpful.
Was taking care of father

Section VI: Current Senior Center Services

The Essex Council on Aging Senior Center advocates on behalf of the Essex Senior Residents 60+ and offers

local programs and services to meet their needs.

58. The following items refer to programs and services that are currently offered by the Essex Council on Aging Senior Center or are being considered for future programming. In your opinion, what is the importance of each program or service to the community?



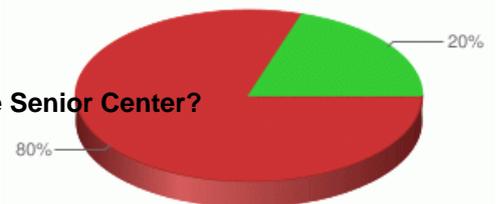
59. Do you currently use programs or services offered at the Essex Council on Aging Senior Center?

Answered: 201 Skipped: 20

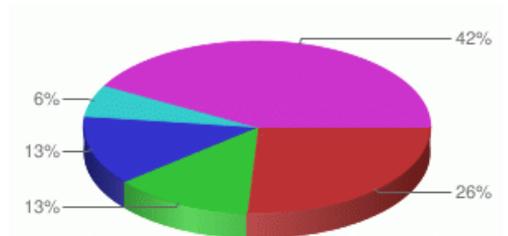
- No (if no, skip to question #62) (161)
- Yes (If yes, continue to question #60 and #61) (40)

60. How often do you attend programs or utilize services offered by the Senior Center?

Answered: 53 Skipped: 168



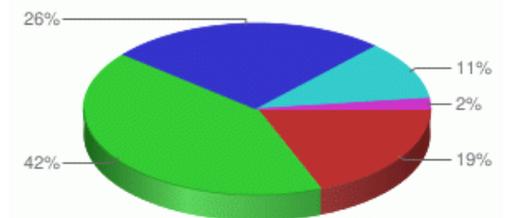
- One or more times a week (14)
- Two or more times each month (7)
- Once a Month (7)
- Every two or three months (3)
- Very rarely (e.g., only for special events) (22)



61. Overall, how satisfied are you with the programs and services currently offered by the Senior Center?

Answered: 53 Skipped: 168

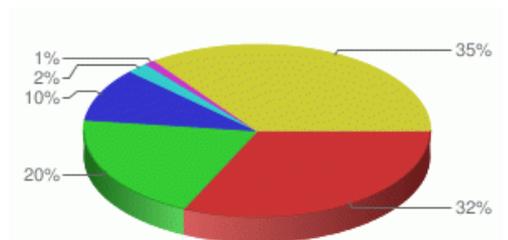
- Completely Satisfied (10)
- Very Satisfied (22)
- Somewhat Satisfied (14)
- Slightly Satisfied (6)
- Not Satisfied (1)



62. What is the reason that you do not currently utilize the Senior Center programs and services? (Check all that apply)

Answered: 188 Skipped: 33

- I am not interested (71)
- I am not old enough (45)
- I participate in programs elsewhere (22)
- The senior center building is not adequate or appealing (4)
- I have not felt welcome at the Senior Center (3)
- Other (78)



63. Please specify if you selected "Other" in the previous question.

Answered: 80 Skipped: 141

- Didn't know where they were, found out recently but no parking available so haven't been in.
- I am still working full time
- I did meet with a counselor about Medicare shortly before turning 65 and was grateful for the excellent assistance I received.
- Lack of time. I am working part time and caring for a parent.
- Work full time, belong to a gym, active in church.
- I need to start doing so!
- I have not seen information or known how to access the service
- I do not need the services at the present time, but consider them very important for those who have these needs.
- At this point I do not need their services.
- Working full-time
- I am busy enough with other activities in my life right now
- My daughter takes me shopping, out to lunch, has me for all holidays for dinner.
- 95 years old can only do so much
- Just haven't made the decision to go. Would like to see an open house.
- Too many rules, nickel/dime fees no win-win attitudes, too much neediness, not enough self-sufficiency
- As of now I am very independent.
- Too busy with current activity
- My interest is in Tai Chi, and the sessions offered at the senior center did not fit my needs...too elementary and tailored to a not-so-mobile population, unfortunately.
- I just retired and hope to partake in some programs.
- I have difficulty finding like-minded people. My energy is limited.
- I have not yet felt a need to use the Center or the programs. I left the ratings of question 58 blank because I do not know

the extent of the need for those services/programs. I am concerned, however, with questions like that one because they can lead to de-contextualized decisions to create more programs and increase taxes. This is exactly how towns tend to end up with governments like the one in Essex--bloated and totally uninterested in reducing taxes.

I work full-time. If I was retired, I might use more of their programs.

I'm too independent

lack of knowledge

Not aware of services. We just moved into town and there was no information available about the town and services.

Never knew about them. never knew about senior center until early voting this past year.

Don't have transportation to get there and need to know what activities they have.

I have not experienced the need.

I have been working for up to 30 hours a week

I play tennis, bridge, cribbage, and walk a lot, camp in N.H. Family and friends keep me busy - going on 92

I have not needed them yet

I am currently still working and most of the programs are during my shift hours.

Parking

still living an independent day to day life

For dance and exercise too small

Im not motivated to get involved yet

I do not currently use services at this time, my husband and I are very capable. But if my parents didn't have us to do these things for them they would have no one. When we needed services for my father 8 years ago we were not directed to the Essex Center.

I am an artist and am busy everyday working on my art projects.

Don't know anything about it (and I don't play bingo).

I don't know what programs are available

I have not felt the need to.

work full-time

I have not happened upon any I need and I cannot do exercise due to back problems, or sit for long.

I am fairly new to the area, and have not become involved with the Senior Center yet.

Work, no free time.

I don't know much about those services

Don't know anyone currently using programs

Have no need at this time.

Just have not made the effort to go. Don't really know people that go.

Still working and active and have little time to participate but imagine that at some point it will be important to my well being!

Even though at 78 I am "old enough," I am employed part time and also have family responsibilities so even if I were interested, I don't have enough time. That should be an option to check. Many of us seniors still have very full lives.

There haven't been any programs I consider appealing

I work during the week

We go to their annual sale

don't need them

I do things with my son and grandsons.

have other interests

don't drive at night - have been care taker for husband

No transportation

Still working along with other activities. Not much time.

not my way

I am the current President of the Friends of the COA;

working full time

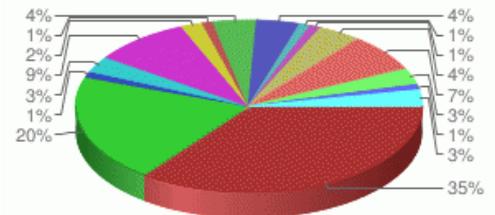
Busy working.

I haven't felt the need - perhaps in the future
 I'm interested but don't have a desire at this time to look into the programs.
 other priorities - family and personal interests
 I am working full time and happy doing it.
 Not needed yet
 Kinda busy.
 I really don't need these services at the moment, but I may in the future and I fully support their availability. I would consider volunteering when I retire.
 I don't feel like driving all the way into town.
 I am 63 and my husband and I do things on our own at this point. At some point down the road we will participate, just not there yet.
 I'll be there often when I retire!
 I have a business I am active in and 7 grandchildren that keep me going .
 I do not drive
 I lead a very busy life and have no time for the negativism of many at the Center...
 Too busy
 I work full time and am busy with family, church, and other activities.
 Too busy working to pay bills!

64. Below is a list of problems once could encounter when accessing the Senior Center or its programs. Which of these problems have you or someone you know experienced? (Check all that apply)

Answered: 208 Skipped: 13

- N/A - I am unfamiliar with the Senior Center or any problems accessing the Center (102)
- I have not experienced any problems (58)
- The Senior Center building is not adequate (4)
- Lack of transportation (9)
- Lack of sufficient parking (28)
- Not knowing how to access programs or services (5)
- Not enough available openings to participate in some events or activities (2)
- I don't think I would fit in there (12)
- Not knowing what programs/services are available (13)
- I am concerned about protecting my privacy (4)
- Inconvenient location of Senior Center (4)
- Hours of Senior Center are inconvenient (12)
- Programs don't interest me (22)
- Senior center-provided transportation is not available when needed or difficult to use (9)
- Appointment-based services are not available when needed (3)
- Other (8)



65. Please specify if you selected 'Other' in the previous question.

Answered: 11 Skipped: 210

Just haven't settled into retired life yet. But looking forward to joining in
 I'm gay. (and NOT in the "very cheerful" sense of the word) ;^)
 some senior center attendees take charge and argue too much
 Questions seem to be baiting people to complain about the senior center. Why?
 not easy to sign up for programs without going to Center or calling during limited times.

Acoustics in center are too good for people with decreased hearing and/or hearing aids.

Have done a wonderful job with the building, staff, programs, and services - we are very lucky what we have for in this town.

Not adequate for larger groups

computer classes, painting classes

No time/need right now

is the center and its bathroom wheelchair accessible?

Sometimes appears "cliquish"

66. If you care to comment further about the Senior Center, including the building, staff, or programs and services, please do so here:

Answered: 34 Skipped: 187

Have gone to the building for other meetings and noticed lack of adequate parking

Perhaps some programs could be directed toward younger seniors.

Programs - more in afternoon - had to go to center in AM many times ex. balance/exercise program

I don't even know what it is!

I would be interested in Tai Chi

It would be great to be invited to an "Open House: to meet folks and get more information. I've lived here over 26 years and this is some of the first information I've received as I've aged.

Wish the center wasn't referred to as "Senior Center". If it were a "Community Center" usage of facility would increase, a more diverse group of people (young/old) would use offered services. Bldg. has history of having been a scout house as well as senior center. PLEASE CONSIDER OPENING CENTER UP TO OTHERS who live in this town. Many Seniors are very active people and don't see themselves as old/frail/helpless/needy. Many Seniors are very busy with jobs/family/active lifestyles.

Reception/phone people are not always helpful and not enough hours open.

How about bus trips to the North Shore Music Theatre or Red Sox games?

In all fairness I may not have given ECOA a fair chance, as I have not tried to do much there based on a couple of brief experiences probably 10 years ago, that made me feel that it wasn't for me.

I hope this survey will not be used to justify yet another capital expense plan. What this town needs is a meaningful plan to reduce the size of the government. For example, Essex does not need a new building for the police; we do need to reduce the size and cost of that department. If there are improvements needed to address the needs of seniors (needs that they genuinely could not meet on their own), then those should be looked at creatively and in the context of the many other needs in the town and prioritized appropriately. For example, I deliver meals-on-wheels in Essex through the senior center in Gloucester and pick up those meals from the senior center in Manchester. There are clearly ways for small towns to partner with other towns instead of constantly thinking they must have their own infrastructures and departments. I don't get the sense that the select board has any real interest in hearing these sorts of complaints. My impression of the town is that the board likes to live in an echo chamber and to control the voting results at town meeting rather than to use binding referenda in Australian ballots.

There may be perception (based on past) that some volunteers or people there are hostile or use foul language. Also some concerns about privacy of information

The need is there to get the word out there

I feel that transportation is essential. No grocery store in town, no drug store in town and items at local stores tend to be expensive for fixed income individuals.

Volunteers need to be kept abreast of what activities are available and to be able to answer questions.

The few times I have been there I have been well received and felt welcomed. I intend to increase my participation in the future.

Don't like being negative when I perceive the enthusiasm in the people who are running the programs.

I have home activities as an artist which keep me busy. I walk with a walker and find it inconvenient to get to the center -

I have had flu shots at the center but it is inconvenient for me - but I feel I am an exception and not the fault of the Senior

Center. I think the center has fine activities - I am more interested in my art activities at my home studio than in other activities.

I think it is a wonderful resource to have; I am only 61, work full time in Boston. Expect that it will be several years before I would even have time to go!

Need more interesting places to visit, not just eating.

Compared to Ipswich there is very little offered at Essex Snr. Ctr.

One service I would value is help in choosing supplemental drug insurance. I was lazy in seeking advice this year but at the next enrollment I will look over other plans.

We need more inclusive programs

I've visited the Senior Center and participated in a yoga class. While its building is accessible to me and did not prevent me from attending, it certainly is not an aesthetically pleasing place. We moved here from a town which poured enormous resources into its senior center. I do appreciate that Essex puts its limited budget into excellent staff. That should be the first priority; but a more attractive space would be a plus.

we need volunteers ages 50 up. Cant seem to get people interested, you don't have young volunteers.

For a small town I think its good

I think Kristin Crockett does a wonderful job as does Priscilla Doucette!!

In my limited contact, I have found them to be friendly, helpful, and completely accommodation.

In the time I've lived in Essex, I have seen great importance improvements in the Senior Center, both physicallyrics and in the programs offered. While I'm not yet a,senior, and still working. I can see myself utilizingredients these services as I age. Itso a wonderful organization and very important to those in the community who need it, and for those who don't it's still an important resource.

All staff and volunteers have been hardworking and helpful to others.

To think we are going to be spending \$5 million on Conomo Point when both are senior and o even a greater degree our youth are underserved.

A valuable community resource for retirees.

As mentioned, I haven't really needed the services provided, but I may at some point and I FULLY support their availability. Any of my taxes that go to the Senior Center I consider to be well spent. Health, Dignity and Fulfillment as we age are critical components of a properly functioning municipality!

See #63

They do good work and serve those who need it.

We should continue to support the Senior Center.

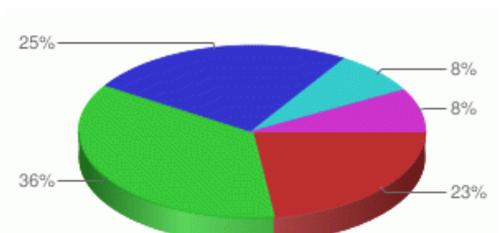
We should commit more funds to this area and less to a police department which is overstaffed.

Section VII: Future Senior Center Planning

67. In the future, how likely are you to participate in programs and services offered by the Essex Council on Aging Senior Center.

Answered: 207 Skipped: 14

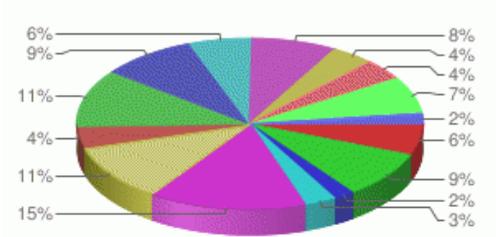
- Very Likely (48)
- Somewhat likely (75)
- Neither likely nor Unlikely (51)
- Slightly unlikely (17)
- Very unlikely (16)



68. Thinking about your possible future needs and interests, which of the following areas would you prioritize for new programs and services at the Senior Center? (Check all that apply)

Answered: 174 Skipped: 47

- On-site Lunch program (42)
- Performances/Presentations (61)
- Quiet sitting/reading area (13)
- Programs for veterans (20)
- Strength training/aerobic exercise programs (104)
- Lifelong learning & education programs (80)
- Support groups for caregivers providing care to individuals with dementia (29)
- Hiking/walking club (78)
- Technology & computer courses (62)
- Arts & crafts programs (44)
- Social programs (54)
- Intergenerational programs (31)
- Workshops on preparing for retirement (25)
- Assistance with finding or obtaining home care or assisted living resources (48)
- Other (16)



69. Please specify if you selected 'Other' in the previous question.

Answered: 19 Skipped: 202

Card playing/game clubs

Transportation to local YMCA pool is offered by Ipswich COA

Miss water exercises at the Y - have to be a member of Y - before we were given a discount - \$3.00 per class. the Y uses our lake M-7 in the summer. It wouldn't hurt the Y to give us this service.

Activities that benefit others. Pick up basketball time. Bring back Tuesday cribbage.

COMPUTER COURSES !!!

Reducing taxes so that seniors, who tend to be on fixed incomes, are not threatened with loss of their homes. This survey increasingly suggests that you want to justify another expensive project.

General information

They do have all of these activities. I do belong and have for years - also was on the board at Chebaco Terrace in the early 80s - great group and had a lot of supplies etc.

When we are no longer able to live in Essex independently, we will live in Boston full-time.

Help to get to medical appointments once we can't drive

Since I am involved in my own activities as an artist, I presently don't see any future need.

Don't know, depends on how my health holds up

Dance (ballroom or contra)

Road trips are not mentioned. The one activity I especially take advantage of is the bus to the Flower Show. If I could not longer drive, I'd want to use transportation to the supermarket.

Dealing with medicare/medical insurance

I think question #58 activities provide more than enough needs and interests.

Not yet. Busy and loving it!

All of the above programs are valuable.

I think the current location is not ideal. Something more centered in town that is not on a residential street, maybe somehow part of the safety building plans.

70. How would you like to learn about the activities and services offered by the Essex Senior Center? (Check all that apply)

Answered: 200 Skipped: 21

weekends. He has Down Syndrome and lives in a group home during the week.

They are trying to do a good job for the people in Essex

Don't try to get a new building/location.

MERCHANTS GROUP EXPENDITURES OF TOWN FUNDS 11/16- 1/17 very important to the overall town population
Perhaps a telephone or email "safety check" program where frailer, alone elders would get a well being check often especially in winter. Thank you this was a worthwhile endeavor.

I teach tai Chi at the Lewis Center. I'm available if needed to teach again. It is a powerful practice.

I think that you need to distinguish between the extent and number of critical needs (eg., ability to get to doctors, transportation to permit continued independent living at home) from "needs" that would just be nice to offer (hikes, social events, etc.). These are complex issues that deserve to be teased out in a much more inclusive context, and surveys like this one tend to oversimplify the issues, especially when seniors are asked these sorts of questions without, for example, embedding them in a context of costs and taxes.

More support for daily living (since many will have fewer children to rely on). Perhaps mutual support system or program like in Lockport where seniors call in daily to report that they are ok and then there is followup if person does not call in. I am very fortunate in my health and well being. I realize, as I age, my requirements may change and I would be more dependent on outside services that ECOA provide. I heartily endorse all that you provide and do for us and support your programs.

Reach out to new residents. Let them know what is available.

I would like to see the town participate in the Accord Food Pantry in Hamilton. I volunteer there and would like to see the town more aware of the needs and the help to the residents of Essex. Can help out with and benefit from.

It would be nice if they reached out to newcomers to Essex.

Efforts to remove the stigma of the senior services are for low income seniors.

My questions - How much of the town's money goes into serving the needs of the senior center? How many seniors are being helped by it? Maybe these questions could be answered in the newsletter.

When we first needed help with my parents there was a senior help expo at the mall and we gathered information. It was the people there that let us know we could have a case manager to help us with our needs. Also we hired our Elder lawyer who also directed us to programs we didn't even know existed. People just don't know what to ask for and what is available. You need someone to take your hand.

Maybe collaborate with abutting towns' senior center would expand and enrich the programming there.

Many times I receive the monthly newsletter late. The newsletter arrives after the month has begun. I feel more effort should be put into assuring the newsletter arrives at the end of the month. Preceding the events planned. A few times I was interested in an even only to find out it already took place or the activity was full.

For those in need I would hope for frequent van food shopping trips, a strong volunteer corps to help with food shopping/preparation; wellness checks; just-for-fun bus trips; handyman access at reasonable price.

More day trips 0 not to casinos

Hooking up with Ipswich or Hamilton for day trips or other trips

Why not do Turkey Train around hole Dinners including turkey dinner by Harts Turkey Farm at Foliage times. \$79.00.

Was disappointed the mansion trip was cancelled in December. That was \$79.00.

Sitting there knitting doesn't interest me or going to local restaurants either. Can go there anytime.

Please send flyer go trips or lunches with entertainment along with newsletter.

Bus to Market Basket is a great thing for people that don't drive.

If its not broke don't fix it.

We need something like Lynn's The Ride that can be utilized for transportation to hairdresser, etc. Perhaps the towns of Essex, Ipswich, Gloucester and Manchester could get together to provide something like this.

More senior educational programs. Art, painting, iPhone, computer, iPad instruction

I fully plan to utilize the senior center when I retire

The older people are getting tired (75-80). We need help in (50-65). Try and get these people interested. People are talking about each other. We need to boost the moral.

I see the senior center targeting their programs and services towards people who need help managing their lives. That is not me

leash law for dogs

This seems like a harmless and make work project..

Kristin Crockett is awesome - very friendly - a keeper!

keep up the good work!

A leash law is needed in this town

Thank you for caring about and for elders.

I am 67 and to date have not utilized the Essex COA, but I may in the future. Glad it is available for Essex seniors and I hope your survey provides valuable info for your endeavors.

I think the current location is not ideal. Something more centered in town that is not on a residential street, maybe somehow part of the safety building plans. Boy what a waste of space the Bank drive up window/cash machine is to our neighborhood.

Happy to see some focus on this, particularly as I get older. Keep it up and keep me informed.

Seems like you're doing a great job. Helps people who don't have a spouse or close friends to socialize and not be solitary. Provides inexpensive meals. Transports folks who can't transport themselves. Takes folks grocery shopping, etc. Good job. That's why we donate to the Friends of COA

I think for the size of the town, all is pretty good. I think the town needs to spend more on its seniors. Come on guys!

I believe we have a very nice senior center for a small town!

With the new people involved, I am hearing good things about the management and running of the Center.

I read the newsletter and am impressed with the activities and services. As I get older and less busy, I would participate more.

Keep up the good work.

But let us also commit more \$ to youth programs.

They deserve their share of town resources more than us old folks.