

## Healthy Community Principles

*Healthy Communities* is an approach to understanding and improving health and well-being that is built on decades of work and the thinking of individuals/organizations around the world. The following principles are key to enriching the work within communities:

- 1) **A broad definition of "health."** Defining health broadly to include the full range of quality of life issues. It recognizes that most of what creates health is lifestyle and behavior related. Other major factors are genetic endowment and the socio-economic, cultural, and physical environment.
- 2) **A broad definition of "community."** Using a broad definition of what makes up a community, individuals and partnerships can address their shared issues in the most fruitful way possible.
- 3) **Shared vision from community values.** A community's vision is the story of its desired future. A community's vision reflects the core values of its diverse members.
- 4) **Quality of life for everyone.** Striving to ensure that the basic emotional, physical, and spiritual needs of everyone in the community are attended to.
- 5) **Diverse citizen participation and ownership.** All people taking active and ongoing responsibility for themselves, their families, their property, and their community. A leader's work is to find common ground among participants, so that everyone is empowered to take direct action for health and influence community directions.
- 6) **Focus on "systems change."** Looking at how community services are delivered, how information is shared, how local government operates, and how business is conducted.
- 7) **Build capacity using local assets and resources.** Starting from existing community strengths and successes and investing in the enhancement of a community's "civic infrastructure."
- 8) **Benchmark and measure progress and outcomes.** Using performance measures and community indicators to help expand the flow of information and accountability to all citizens, as well as to reveal whether residents are heading toward or away from their stated goals. Timely, accurate information is vital to sustaining long-term community improvement.
- 9) **Youth development.** Recruiting and engaging youth to be full partners in community-based efforts.

*Source:* Darvin Ayre, Gruffie Clough, and Tyler Norris, Principals, Community Initiatives, LLC (2006) MA DPH, Office of Healthy Communities, [www.mass.gov/dph/ohc](http://www.mass.gov/dph/ohc)

Town of Lincoln  
Community Health Assessment Planning Project  
Stakeholders List Updated June 2010

GROUPS	Conversation Format					Committee Member assigned	Contact Name	Position	Phone	Email	Comment
	Grp	1-1	Ltr	Ph	Self						
<b>YOUTH &amp; PARENTS</b>											
Elementary school age youth	<input checked="" type="checkbox"/>					Dan					
Lincoln Family Assoc.	<input checked="" type="checkbox"/>					Dan	Joanne Zimmerman	President	781-259-9950	<a href="mailto:jvzimm@aol.com">jvzimm@aol.com</a>	Pre K and elem., interview Oct. 29, 2009
Lincoln School PTA	<input checked="" type="checkbox"/>					Dan	Laura Regrut	President	781-259-8627	<a href="mailto:lregrut@yahoo.com">lregrut@yahoo.com</a>	elementary school, interview Oct. 29, 2009
Hanscom Schools PTA	x					Jaki	Linda Fisher	President	781-259-0305	<a href="mailto:lindafisher@msn.com">lindafisher@msn.com</a>	
Lincoln Public Schools (LPS)	<input checked="" type="checkbox"/>					Committee	Stephanie Powers	Admin for Student Serv	781-259-9403	<a href="mailto:spowers@lincnet.org">spowers@lincnet.org</a>	interview Oct. 29, 2009
				<input checked="" type="checkbox"/>		Kathleen	Maureen Richichi, RN	School Nurse	781-259-9407	<a href="mailto:mrichichi@lincnet.org">mrichichi@lincnet.org</a>	
				<input checked="" type="checkbox"/>		Kathleen	Ilene Spiro	4-8th Grade Social Worker	781-259-9408	<a href="mailto:ispiro@lincnet.org">ispiro@lincnet.org</a>	phone ext.1120
				<input checked="" type="checkbox"/>		Kathleen	Terri Nathanson	Special Education	781-259-9408	<a href="mailto:tnathanson@lincnet.org">tnathanson@lincnet.org</a>	phone ext.1139
				x			Judy Belliveau	Business Manager	781-259-7527		School interview recommended
LPS School Committee		<input checked="" type="checkbox"/>				Dan	Julie Dobrow	Chair	781-259-1220		Town Clerk recommends
Lincoln-Sudbury Reg. High School				<input checked="" type="checkbox"/>		Kathleen	Joan Gaumitx, RN	Part-time School Nurse	978-443-0471	<a href="mailto:Gail_Nozik@lsrhs.net">Gail_Nozik@lsrhs.net</a>	Lead nurse, Gail Nozik, 508-443-9961 x 2390
				<input checked="" type="checkbox"/>		COG	Emily Philips	Social Worker	781-259-9527		phone ext.3341
				NR		Kathleen	Rebecca Reitz	Special Education Coordinator	781-259-9527	<a href="mailto:Rebecca_Reitz@lsrhs.net">Rebecca_Reitz@lsrhs.net</a>	phone ext.2308
				<input checked="" type="checkbox"/>		Kathleen	Sue Leichtman	Social Worker	781-259-9527	<a href="mailto:Sue_Leichtman@lsrhs.net">Sue_Leichtman@lsrhs.net</a>	phone ext.3303
Lincoln's integrated pre-school	<input checked="" type="checkbox"/>					Dan	Lynn Fagan	Director			School recommendation, interview 10/29/09
Minuteman Regional				<input checked="" type="checkbox"/>		Anita	Jim Laverty	Asst. Supt./Principle	781-861-6500	<a href="mailto:jlaverty@minuteman.org">jlaverty@minuteman.org</a>	ext. 217
Lincoln Youth Soccer	<input checked="" type="checkbox"/>					Dan	Mike Rosenblatt	President	781-259-0023	<a href="mailto:therosenblatts5@verizon.net">therosenblatts5@verizon.net</a>	Pre K - 8th Grade, interview Oct. 29, 2009
Magic Garden	<input checked="" type="checkbox"/>					Dan	Gail Eddy	Director	781-259-8161	<a href="mailto:Geddy@lincnet.org">Geddy@lincnet.org</a>	interview Oct. 29, 2009
Lincoln Extended Act. Prog. (LEAP)	<input checked="" type="checkbox"/>					Dan	Susan Callum	Director	781-259-0615	<a href="mailto:scallum@lincnet.org">scallum@lincnet.org</a>	K-8th Grade, interview Oct. 29, 2009
Lincoln Nursery School	x				x	Dan	Nancy Fincke	Director	781-259-8866	<a href="mailto:nancyfincke@aol.com">nancyfincke@aol.com</a>	
St Anne's Nursery school	<input checked="" type="checkbox"/>					Dan			781-259-8607		interview Oct. 29, 2009
Lincoln Youth Baseball	<input checked="" type="checkbox"/>					Dan	Chris Andrysiak	President	781-259-3719	<a href="mailto:andrysiaks@comcast.net">andrysiaks@comcast.net</a>	interview Oct. 29, 2009
<b>SENIORS</b>											
Senior focus group	<input checked="" type="checkbox"/>					Carolyn	Carolyn Bottum	Director	781-259-8811	<a href="mailto:bottum@lincolntown.org">bottum@lincolntown.org</a>	
	<input checked="" type="checkbox"/>					Carolyn	Dot Taylor	resident panelist			
Council on Aging	<input checked="" type="checkbox"/>					Self	Carolyn Bottum	Director	781-259-8811	<a href="mailto:bottum@lincolntown.org">bottum@lincolntown.org</a>	
Ryan Estates		<input checked="" type="checkbox"/>				Anita	Steve Low	Manager	781-259-9622	<a href="mailto:manager@ryanestate.com">manager@ryanestate.com</a>	
The Groves (Deaconess)				<input checked="" type="checkbox"/>		Carolyn	Herb Taylor				55+ senior living community
Veterans		NR				Anita	Priscilla Leach	Service Agent	781-259-4472	<a href="mailto:lincinvetservices@gmail.com">lincinvetservices@gmail.com</a>	
Minuteman Senior Services				x		Carolyn					
Elder Care Committee				NR		Carolyn	Bill Gnichtel				Committee disbanded after submitting rpt in 2001
<b>HOUSING GROUPS</b>											
Battle Road Farm Board	x						Josh Burgel	Boards of Trustees Chair	781-259-		
Housing Commission	<input checked="" type="checkbox"/>					Jaki	Renel Fredriksen	Chair	781-259-1365	<a href="mailto:renel@LaughingCull.com">renel@LaughingCull.com</a>	interview Aug 11
Lincoln Foundation	<input checked="" type="checkbox"/>					committee	Peter Von Mertens	Member	781-259-8942		Also Conservation Comm. Member
Lincoln Woods Board	x						John Scotti	Chair			rental housing
Farrar Pond				x		Anita	Bill Lytle	resident	781-259-9859		
<b>OTHER</b>											
Historical Commission			<input checked="" type="checkbox"/>			Anita	Lucretia and Ken H.				Mark Whitehead recommendation
Codman Farm Trust			<input checked="" type="checkbox"/>			Anita	Sarah Andrysiak	Chair	781-259-3719	<a href="mailto:andrysiaks@comcast.net">andrysiaks@comcast.net</a>	helped write CHNA grant
Lincoln Land Trust			NR			Anita	Gwen Loud	members			Conservation interview recommendation
Lincoln Cultural Council			<input checked="" type="checkbox"/>			Anita	Melinda Abraham				
				x			Sue Clem	members			Conservation interview recommendation
The Food Project, Inc.					<input checked="" type="checkbox"/>	Anita	Michael Iceland	Project Coordinator			
Friends of the Library	<input checked="" type="checkbox"/>					Barbara	Sara Brown	Chair	781-259-7967		All ages
Local Clergy	<input checked="" type="checkbox"/>					Roger	Roger Paine	Revd, First Parish Church	781-259-1002	<a href="mailto:rogerpaine@earthlink.net">rogerpaine@earthlink.net</a>	Steering Comm, will help contact others
Drumlin Farms & Agricul. Comm				<input checked="" type="checkbox"/>		Anita	Christy Foot-Smith	Exec. Dir.	781-259-1330		
Minutman National Park Service				<input checked="" type="checkbox"/>		Barbara	Lou Sideris	Chief Planner & Comm	978-318-7811		Interviewed on October 13, 2009
DeCordova Museum			<input checked="" type="checkbox"/>			Anita	Melissa Meyer	board member	781-259-9261		
Hanscom Family Advocacy Grp		<input checked="" type="checkbox"/>				Jaki	Erin Hennessey	Civilian RN			
Hanscom Airmen Readiness Corp.	x					Jaki					

GROUPS continued	Conversation Format					Committee Member assigned	Contact Name	Position	Phone	Email	Comment
	Grp	1-1	Ltr	Ph	Self						
Hanscom Public Safety	x					Jaki					
Hanscom Public Library				<input checked="" type="checkbox"/>		Barbara	Terry Hathaway		781-377-2177	<a href="mailto:Teresa.Hathaway@Hanscom.AF.mil">Teresa.Hathaway@Hanscom.AF.mil</a>	was H. library director
Local Physicians group	<input checked="" type="checkbox"/>					Roger					
Local Psychologist	x					Roger	Jane Appell		781-259-1049		
Love Lane (Spec Needs Riding Prog)							Debra Sabin	Director	781-259-1177	<a href="mailto:Debby@lovelane.org">Debby@lovelane.org</a>	
							Jack French	Town Moderator			COA interview recommendation
	<input checked="" type="checkbox"/>					committee	Gary Taylor	BOS & Hsg Trust Chair			Housing Comm recommendation
Barrett Company (realtor)		<input checked="" type="checkbox"/>				Barbara	Patty Levy				
Coldwell Banker realtor				<input checked="" type="checkbox"/>		Barbara	Diane Smith		781-259-9759		
<b>TOWN DEPARTMENTS</b>											
Assessor's Board					<input checked="" type="checkbox"/>	Anita	Ellen Meadors			<a href="mailto:ebmeadors@verizon.net">ebmeadors@verizon.net</a>	
BoH Staff		<input checked="" type="checkbox"/>					Elaine Carroll	Adm Asst	781-259-2613	<a href="mailto:carrolle@lincolntown.org">carrolle@lincolntown.org</a>	interview Aug 12, 2009
		<input checked="" type="checkbox"/>					Brent Reagor	Director			interview Aug 12, 2009
Board of Health members	<input checked="" type="checkbox"/>					Dan, Maureen	Dr. Arnold Weinberg	member			interview recommendation
	<input checked="" type="checkbox"/>						Dr. Fred Mansfield	member			interview recommendation
	<input checked="" type="checkbox"/>						Diane Haessler, RN	member			interview recommendation
Conservation Dept		<input checked="" type="checkbox"/>					Tom Gumbart	Director	781.259.2612	<a href="mailto:gumbart@lincolntown.org">gumbart@lincolntown.org</a>	interview Aug 12, 2009
		<input checked="" type="checkbox"/>					Angela Kearney	Conserv. Planner			interview Aug 12, 2009
							Anna Wilkins	Land Mgr, invasive spec			Conservation recommendation
Council on Aging		<input checked="" type="checkbox"/>					Carolyn Bottum	Director	781-259-8811	<a href="mailto:bottumc@lincolntown.org">bottumc@lincolntown.org</a>	
							Pam Alberts	Asst. COA Director	781.259.8811	<a href="mailto:albertsp@lincolntown.org">albertsp@lincolntown.org</a>	interview Aug 11, 2009
Cultural Council					<input checked="" type="checkbox"/>	Anita	Melinda Abraham	Chair	781-257-5353	<a href="mailto:mkabraham@att.net">mkabraham@att.net</a>	
Fire Dept		<input checked="" type="checkbox"/>					Artie Cotoni	Chief	781.259.8113	<a href="mailto:cotonart@lincolntown.org">cotonart@lincolntown.org</a>	interview Aug 11, 2009
Green Tech. Committee							Jane Cooper	member	781-259-0476	<a href="mailto:janecooper33@gmail.com">janecooper33@gmail.com</a>	
							John Snells	member			Conservation recommendation
							Barbara Buckman	member			Conservation recommendation
Housing Commission		<input checked="" type="checkbox"/>					Renel Fredriksen	Chair	781-259-1365	<a href="mailto:renel@LaughingCull.com">renel@LaughingCull.com</a>	interview Aug 11, 2009
							Ellen Myers-Shorb	Hsg. Finance Comm			Housing Comm recommendation
							Pam Gallup	Hsg Trust, Lincoln Fund			Housing Comm recommendation
Library		<input checked="" type="checkbox"/>				self	Barbara Myles	Director	781.259.8465	<a href="mailto:bmyles@minlib.net">bmyles@minlib.net</a>	interview Aug 11, 2009
Lincoln Commission on Disabilities		<input checked="" type="checkbox"/>					John Ritz	member			December 12 Steering Comm mtg.
Pierce House							Richard Silver	Manager	781.259.9757	<a href="mailto:rsilver999@comcast.net">rsilver999@comcast.net</a>	Facility and land
Planning Board		<input checked="" type="checkbox"/>					Mark Whitehead	Town Planner	781-259-2610	<a href="mailto:whiteheadm@lincolntown.org">whiteheadm@lincolntown.org</a>	oversees master planning effort
Police Dept		<input checked="" type="checkbox"/>					Kevin Mooney	Chief	781.259.8113	<a href="mailto:moonekev@loncolntown.org">moonekev@loncolntown.org</a>	interview Aug 11, 2009
							Sgt. Sean Kennedy	Sergeant			Chief Mooney recommends
						Dan	Ryan Farrell	Dispatcher			Chief Mooney recommends
Recreation Dept		<input checked="" type="checkbox"/>				self	Dan Pereira	Director	781.259.0784	<a href="mailto:dpereira@lincnet.org">dpereira@lincnet.org</a>	interview Aug 12, 2009
					<input checked="" type="checkbox"/>		Noah Eckhouse	Committee Member			
School Dept	<input checked="" type="checkbox"/>						Buck Creel	Business Manager	781-259-9400		interview Aug 11, 2009
Town Administrator		<input checked="" type="checkbox"/>					Tim Higgins	Town Administrator	781.259.2600	<a href="mailto:higginst@lincolntown.org">higginst@lincolntown.org</a>	interview Aug 11, 2009
Town Clerk		<input checked="" type="checkbox"/>					Susan Brooks	Town Clerk	781-259-2607	<a href="mailto:brooksss@lincolntown.org">brooksss@lincolntown.org</a>	interview Aug 11, 2009
Water Dept		<input checked="" type="checkbox"/>					Greg Woods	Supt.	781.259.1329	<a href="mailto:woodsg@lincolntown.org">woodsg@lincolntown.org</a>	interview Aug 11, 2009
Highway Dept		<input checked="" type="checkbox"/>					Chris Bibbo	Supt.	781-259-8999	<a href="mailto:bibboc@lincolntown.org">bibboc@lincolntown.org</a>	interview April 21, 2010

KEY	
Conversation needed	x
Conversation completed	<input checked="" type="checkbox"/>
No Response	NR

Town of Lincoln  
 Community Health Assessment and Planning Project  
 Town Department Interviews, August 2009

Questions asked:

- 1) What health related services does your department offer? 2) What health related services are you being asked by the public to offer? 3.1 & 3.2) What health related services can't you offer and where do you refer residents who request those services? 4) What are other comparable communities offering for services that you wish Lincoln could? 5.1 & 5.2) What are Lincoln's health related assets and needs? 6) Who do you recommend we talk to about "community health"

Department	Health related services							
	Offered (Q1)	Requested (Q2)	Cannot offer (Q3.1)	Referred (Q3.2)	Comparable Towns (Q4)	Assets (Q5.1)	Needs (Q5.2)	Recommendations (Q6)
Assessor Finance Treasurer	N/A What about property tax exemption and deferral programs?	"We've never been asked."	N/A		Bus service running a loop through town or through surrounding towns; transportation services; Town Nurse; Social Worker; accessible public buildings	Compassionate Town Hall staff provide social intervention and good customer service; Town staff internal communication is good; Schools; Citizen support; Open space; Town's fiscal health	COA location isolated; COA parking difficult and insufficient; Lonely elders and not all wealthy, often too proud to ask for help; Town Hall's 2nd floor not accessible; Water Department feels isolated from town staff, financially isolated as well; Town Hall parking is poor, also front entrance lacks a greeter and information; Town has little opportunity for additional income and relies to much on free cash to balance budget	
Board of Health Director	Compliance with MA General Law; Lincoln sets BOH policies for Town; Concord BoH provides 700 hrs of service annually; Public health and environmental health education and services, especially relating to water, sewer, communicable diseases, food, camps and swimming pools (we are less clinical); School nurse provides follow up on reported communicable diseases; Lincoln School department is spear-heading its own NIH1 Flu preparations and communications	Town Nurse shared with Concord; needle, hazardous waste, and unused medication disposal; bat removal and testing	Sharps container and needle disposal services	Elliot Human Community Services (mental health), BoH arranges for bats to be sent to the State lab for testing	Public Health Nurse, Public Health Community Preparedness	Lincoln's School Department handled 2009 NIH1 Flu scare very well; expertise of Lincoln's Board of Health members (an infectious disease expert); Lincoln's foresight in pursuing a community wellness program (CHNA grant); Local Emergency Preparedness Commission (LEPC)	Public Health Nurse; broad communication of important messages; public health emergency preparedness; link to Concord website for improved info being available to public	Lincoln Board of Health members (Dr. Arnold Weinberg, Dr. Fred Mansfield, Diane Haessler, RN); MA CHIP website for health stats; Town report for list of communicable diseases in town
Board of Health member	Residents' needs are met through contract for services (Director and Inspector) with Concord BOH, residents can call board members at home, board of health assistant fields calls from town hall.	Town Nurse, but Board wonders if a Social Worker might be more useful to vulnerable residents especially in terms of outreach to residents who are not elderly and are not connected to the COA.			N/A	Non-MWRA water, recreational opportunities, safe physical environment ("no mugging")	Lyme Disease	COA, EMS, ministers
Conservation	Wetlands permitting By-law enforcement Town trail maintenance Invasive species clearance Programs (75% residents)	Control Lyme disease Control deer population Locally grown food Outdoor youth programs More diverse trail use	Agricultural services	Agricultural Comm. Codman Farm Drumlin Farm Local CSA programs	Lincoln's conservation efforts are a national and international model; 2008 Open Space Plan is shared electronically.	40% of town land protected, 70+ miles of paths and trails, robust staff & equipment to maintain trails, Open Space Plan	Rec. facilities for all ages, balance between protecting land and allowing resident use	Green Technology Committee (John Snells, Barbara Buckman) Anna Wilkins – Land Manager Land Trust (Gwen Loud and Sue Clem)

Department	Health related services							
	Offered (Q1)	Requested (Q2)	Cannot offer (Q3.1)	Referred (Q3.2)	Comparable Towns (Q4)	Assets (Q5.1)	Needs (Q5.2)	Recommendations (Q6)
<b>Council on Aging</b>	Free flu, blood pressure and foot clinics; exercise program and nutrition talks; rides provided by volunteers	Some feel strongly that a Public Health Nurse is needed, others do not	Phasing out referrals for "town volunteer resource people"	Licensed professionals and services; assisted living and nursing homes; Groves and Minutemen dining program	Bedford has the BLT (regular public transit for a small fee), Public Health Nurse	Collaboration with Rec. Dept and ConCom; social and physical activity of the residents; most of Lincoln's seniors live independently; volunteer opportunities; quality of town events	More office and program space; insufficient, hazardous parking	Bill Gnichtel, Jack French (Town Moderator), Minuteman Commons (55+ community), COA Study, Nurses Study
<b>Highway</b>	Road and park maintenance services (safety and enjoyment), traffic calming efforts	Cyclists request smoother roads and bike lanes	N/A		Not much	Commitment to Conservation	Additional resources to maintain town roads, buildings, & road-side paths; Town Planner; Engineering Study for Roundabout at Rt's 126 and 117; balancing town desire for a "rustic" look with a finished look	DPW staff
<b>Housing Commission</b>	271 affordable housing units (rented and owned); 2 group homes; new units in development so Lincoln stays above 10% with 2010 Census numbers	Housing for people at 80%, 100%, and 120% area median income; accessory housing units; social worker; sidewalk along library way			Green housing developments	Proximity to Boston while retaining bucolic setting; trails and paths; affordable housing stock and the diversity of people it allows to live in town; Lincoln Foundation and Affordable Housing Trust	Bus for around town that connects to the MBTA Redline	
<b>Library</b>	Programming for all ages; info on prevention and disease; health provider/doctor referrals from the www.mass.gov; police detail for parking at large events; place to go to be with others	Information, Adults ask for more night hours (peak use 4-5 pm), Better/safer parking, Occasional ambulance		Emerson Hospital's library	None		Clarity on bicyclists using paths, bicyclist road safety campaign, enforcement of crosswalk law, more snow plowing in winter	Church and nursery schools
<b>Commission on Disabilities</b>						Large elder population	Identifying target population, Outreach	
<b>Planning</b>	Town planning services including oversight of zoning by-laws and Comprehensive Plan implementation		"There are no unmet needs."	Town Departments that make up the Land Use Group	Green design and green building standards, super-insulated housing			Read Comprehensive Plan's housing, smart growth and transportation chapters; Historical Commission (Lucretia Giese and Ken Hurd)
<b>Police &amp; Fire</b>	Law Enforcement, public safety, D.V. services (esp. to HAFB), women/girls self-defense classes, fire safety training with COA	Mental health intervention, F.D. blood pressure checks and CPR classes, public programs	Crisis intervention, social services, mental health services are becoming a regular part of police and fire departments' work	Edinburgh Center, Emerson Hospital, D.V. Services Network, Council on Aging, Minuteman Services	Social service department; more officers	24 hour civilian dispatchers; Local Emergency Planning Comm; regional support from N.E. MA Law Enforcement Council; P.D. contact with School Dept; F.D. contact with COA & Rec; equipment; employee dedication	Town social service dept; P.D. needs more space; P.D. needs a salley port; F.D. needs new bay, 2nd Fire Station in North Lincoln, 1 more fireman per shift; grant funds to supplement budget regionalization of some services	Town dispatcher and Sgt. Sean Kennedy

Health related services								
Department	Offered (Q1)	Requested (Q2)	Cannot offer (Q3.1)	Referred (Q3.2)	Comparable Towns (Q4)	Assets (Q5.1)	Needs (Q5.2)	Recommendations (Q6)
<b>Recreation</b>	Programming for all ages with emphasis on youth (social, physical and cultural with growing interest in like competitive math and robotics, compatible with Lincoln School curriculum); oversight of Town events see; www.lincolnrec.com,	Year-round pool access; variations of existing programs (ie. additional forms of yoga); public restrooms at town fields and tennis courts; better maintenance of facilities, fields and tennis courts				Summer employment for 70 kids; physically active and involved community; "Healthy culture" in town (people like to be physically active and eat well)	Money is needed to maintain the facilities we already have; a community center may be needed (multi-generational, multi-purpose); a dedicated space for the Rec. Dept may be needed in the future. Rec. Dept benefits from the good will of the School Dept.	See Stakeholder list
<b>School</b>	"Healthy culture" in town (people like to be physically active and eat well)	"Lincoln families are resourceful and can meet their own needs."		Emerson Hospital; Project Interface (Margaret Hannah)		Many healthy families; School Depts handling of NIH1	K-8 kids have depression, bi-polar disorders, social anxiety, special education needs	Lincoln Sudbury High School (Business Manager)
<b>Town Administrator</b>	Informal information sharing, Veteran's Agent services	Public Health nurse; public transportation (see COA study); multi-generational/ multi-use center	Social safety net for every resident		Regional Recreation Dept. (ex. Wayland & Sudbury)	Town employees (skills, institutional knowledge, dedication, networking)	Balance needs with budget (look for ways to share resources such as regional agreements); qrtly health forum to discuss issues	
<b>Town Clerk</b>	Burial and cemetery agent; support to families with respect to deceased family member's town business; informal list of end of life town items to address; genealogical information; civics project with Scouts	N/A	N/A	N/A	N/A	Civic engagement, participatory democracy, town governance, good sense of community, volunteerism; Whistle Stop sandwich shop	Reduce parents driving kids to school; sex and gender education K-8; managing kids' internet and cell content	Chair of School Committee (Julie DuBrow); Coldwell Banker realtor (Dennis Beanfang); Chair of Codman Farm (Sarah Andrysiak)
<b>Water</b>	State of the art water filtration-membrane system; fluoride in the water (national standard); periodic hydrant flushing to clear out lines; free water auditing services	Water conservation programs	A small percentage of the town is not serviced by town water lines and don't have hydrant access; F.D. has equipment necessary to address those situations.		Water education with local school children; quarterly billing would improve communication with residents; Lincoln does not provide HAFB water or water services.	Water supply meets or exceeds established water-quality standards set by US EPA and MADEP; great surface and ground water resources and at head of regional watershed so Lincoln has access to water before other towns "down-stream;" standby agreements with Wayland and Lexington if an emergency; Lincoln's by-laws do allow the town to enforce water bans.	Continue to protect Sandy/Flint's Pond watershed with Watershed Protection Plan; Sandy/ Flint's Pond susceptibility ranking of moderate; Homeowner ed. needed (water conservation, pesticides and herbicides effect on watershed and environment); water use doubles in summer.	

**Town of Lincoln  
Community Health Assessment and Planning Project  
Stakeholder Responses 2009-2010 - Provided by committee**

**Questions asked:**

1) What are Lincoln's health related assets? 2) How well is the Town doing in providing health related services? 3) What health related services do you routinely seek in Town? 4) What health related services is the Town not providing which you feel should be provided? 5) What are other comparable communities offering for services that you wish Lincoln could? 6) Can you prioritize for us the types of health related services that Lincoln does or should provide? 7) Who do you recommend we talk to about "community health"?

Stakeholder	Health related services						
	Assets (Q1)	Service delivery (Q2)	Services sought (Q3)	Needs (Q4)	Comparable Towns (Q5)	Priorities (Q6)	Recommendations (Q7)
<b>Council on Aging focus group</b>	Blood pressure clinics, close emergency care, immunizations, school nurse	Don't need anything more than we have. Don't need a town nurse		Once a year Q&A with nurse who gives blood pressure clinics, ministers more involved with COA, people need to know more about what COA offers, public transportation up and down Lincoln/Bedford road, mental health services and friendly visitors. Town Nurse			Managers of Lincoln Woods and the Ryan Estate, Town Nurse, volunteer help for frail seniors
<b>The Groves, Assistant Marketing Director</b>	Walking trails, churches, museums	Always seem to want to do more	Bigger, deeper indoor pool (she hears this from Groves residents)		COA seems to be more for everyone, not just low-income, which is unusual.		John and Carol Caswell
<b>Minuteman Senior Services, Peg Mikkola, Health Coordinator</b>	COA has a good variety of health programs (she only addressed the COA since she focuses on senior health)			Ongoing diabetes program, different levels for exercise programs	Programs on balance and chronic disease		
<b>Codman Farm, Sarah Andrysiak and Jen James</b>	Open space for physical and mental health. To get away from stresses. Less congestion to deal with. Lots of farmers and markets to obtain fresh foods. Opportunities for community gardens. Lots of recreational programs. Bike and walker friendly environment. Codman offers the open spaces and access to and education about local farms and healthy foods, shares animals with groups. Codman offers social opportunities for people, as well as opportunities to volunteer. Safe public water supply. Public safety staff are great.	COA does a great job as does the school nursing services.	Drs and dentists and nearby health facilities. Use trails extensively.	The Concord Board of Health could do a better job for Lincoln. They are not user friendly.		Care for homebound residents. Open space preservation.	The Food Project.
<b>Drumlin Farm, Christy Foote Smith</b>	All the wonderful open space. The educational system. The strong values of the community. Drumlin Farm has 232 acres and host aprox. 80,000 general visitors a year. Offers a community pre-school as well as the farm and nature oriented programs to promote education and appreciation of nature. Numerous educational programs for schools. Summer camp each year. A crop share program. Farm stand on site.	Not sure about what is available for health care providers but the extensive open space and inviting trails systems are a key part of the community.		More awareness of and promotion of existing programs.			Codman Farm and one of the CSAs.

Stakeholder	Health related services						
	Assets (Q1)	Service delivery (Q2)	Services sought (Q3)	Needs (Q4)	Comparable Towns (Q5)	Priorities (Q6)	Recommendations (Q7)
Ryan Estate, Mgr Steve Low	Lincoln Physicians Group (they are now taking new patients); EMTs; COA services which include the licensed social worker services; school system.	What we have is all well done. The blood pressure and podiatry clinics are well received and needed. Had no knowledge of BoH services offered but stated he feels they may be too stringent with some regulations. For example, it is a shame that rules prevent informal potluck suppers, etc.	Seeks routine medical care but not much as relates to cultural or social opportunities in town.	Our less mobile seniors are very isolated. There could be more for primary care services in town - such as a town nurse.	We need a pharmacy in town.	Physical and mental health most important; then recreational opportunities; then cultural for all ages.	Lincoln Woods.
Historical Commission, Lucretia Geise	Conservation programs; COA programs; library services; Lincoln Historic Commission work on preservation of historic assets; attempts to maintain the diversity and history of town	Encourage the greening of the community through colloration with the Green Tech Committee; work on making people more aware of all the wonderful health related resources that exist; do more work on inventory of historic homes; encourage people to take advantage of the DeCordova and other cultural resources; get people to understand the Neighborhood Conservation District program; discourage parents from driving their children to and from school; be as active in historic preservation as we are in conservation preservation	Cultural programming as well as the usual medical services.	More transportation options; age in place assistance; access to medical care; find best use for Pierce House; make better use of the public schools; establish a "quiet zone" away from noise and disruption			
Hanscom Air Force Base Public Library, Pam Medolo	Summer reading program as well as programs for children and adults; Pam occasionally speaks at adult education classes; HAFB library also has museum passes; some museums allow military personnel to get in free.	Don't know	People who live on Base usually stay on base; people who work at the Base but do not live on Base don't live in Lincoln; in short, people in the HAFB community do not look for services in Lincoln.	Don't know	Don't know	Don't know	Pam suggested we speak with Sandra Albano in the Readiness Department.
YOUTH COUNCIL: Lincoln Youth Soccer; Lincoln Youth Baseball; Magic Garden Preschool; Lincoln PTA; Lincoln Family Association, Lincoln Integrated Preschool	Tremendous span in age levels at Lincoln Youth Soccer; kids learn how to be part of a team; opportunities to be competitive or not; Lincoln participate with Sudbury Little League; Lincoln attracts people who are more outdoorsy than average; Magic Garden provides a great full day program; Lincoln is a small community; Maureen Richichi is close by to help with nursing; PTA has bingo and movie nights which help with community building; Lincoln Family Association (LFA) is for kids of all ages; LFA also has social events for adults which is a nice bridge for parents who have kids in private schools; LFA gives out packages to the realtors so new residents find out about LFA; connections with Drumlin and Codman Far; school does weekly walks	Recreation Dept and its location on the Lincoln School campus are great; school campus is center of community; there are no drop in hours at the gym, open up recreation facilities more; Elliot House has mental health services with screening team to evaluate children; LEAP is a private organization funded mostly through tuition, we can't offer many scholarships; LEAP has a good location now but are limited by the fields; Town Offices' field available only 50% of the time; Every two years, we need to get re-licensed so things get fixed. Heat, light, sinks need improvements; we have a great space but the school looks very dated; could we put a cover over the pool and tennis courts so they could be used during the winter?	Church, library, homeopathic services, therapeutic horseback riding with sliding scale tuition; churches help families in need; artificial turf would allow play in all weather; I would love to see a town-wide program teaching kids and parents how to compete with respect for the game and each other; Positive Coaching Alliance runs this program; Town social worker; part-time access to social worker at the school and COA has a full-time social worker for seniors over 60; the same parents are always involved, it's hard to get new parents to volunteer for the board; LFA and Magic Garden get parents involved	Licensing and staffing requirements prevent parents from volunteering for a day; there are not enough Lincoln kids participating in Little League to form two teams; finger print kids; better communication between the schools and LEAP, esp. during lock-downs; more intergenerational programs; five-way intersection is dangerous and scary to ride bikes through; kids can't ride everywhere in town like they used to; big lots diminish neighborhood feel; emergency response time to the school is very good but not good for residents north of Rte. 2; the Town does not provide mental health services and some people are falling through the cracks, a referral service or clearing house would be good	Town nurse; Bedford has a service list that is sent to households every two years	Facilities (bathrooms) for playing fields; there is no weight room in town; social services	

Stakeholder	Health related services						
	Assets (Q1)	Service delivery (Q2)	Services sought (Q3)	Needs (Q4)	Comparable Towns (Q5)	Priorities (Q6)	Recommendations (Q7)
Recreation Committee Member	Open spaces, bike paths, running and hiking trails; Decordova Museum, Codman Farm, Drumlin Farm and various places of worship; people that live in Lincoln; tremendous sense of community captured in its residents and the way the role of volunteerism has been developed lends itself to a better community wellness; anyone who has ever had a child, been sick or had a sick family member in need know that Lincoln can rally with the best of them. Whether you need meals or a ride someone will be there to help you for as long as you need it.	Numerous organizations throughout town are run by volunteers and the end product of their hard work is a diverse opportunity for physical, mental, spiritual and cultural wellness. Whether one chooses to play on a youth sports team, run in the 4 <sup>th</sup> of July road race, take part in the Bemis Lectureseries, play Bingo at Bingo night, farm through one of the community farms in town, go to a museum or historic landmark, socialize with neighbors at the transfer station on Saturday morning or participate in one of the many other countless activities that are available on a daily basis it all lends itself to a healthier wellbeing.		There is always something more that can be done. In this economic environment simply preserving what Lincoln currently offers is challenging. Over the next few years the town will need to make difficult economic decisions that will have a direct impact on the health assets of Lincoln. I personally think the eventual opening of the restaurant in town will be a positive health asset addition to the town as it will provide another place for people to gather and socialize with one another.	No.	I believe it is important to include a wide swath of the town's resident and users of their services. I think it is important to give a voice to all constituents. I would certainly be interested in the opinions of the younger members of our community such as students who will play a big role in the future of the town as well as those long time residents to find out if community health in Lincoln is improving or not over time.	
Coldwell Banker, Diana Smith	Schools are highly rated; good Recreation Committee with a lot of good recreation activities; spelling B is good; see "A Little Lincoln Enlightenment" booklet for more assets; many people use the trails.	The best people to answer this question are the older people in town who use the services.	Does not seek any health related services in town; her doctor is located outside of Lincoln.	N/A	N/A	School nurse and meals on wheels.	Talk to people who are receiving the services.
Minuteman National Historical Park, Lou Sideris	Minuteman National Historical Park provides a recreation area for Lincoln residents.	N/A	N/A	N/A	N/A	N/A	N/A
Barrett Company, Patty Levy	Communities for older people like the Ryan Estates and the Groves, schools, Codman Farm, swimming pools, tennis courts, COA, churches	Yoga classes, trails for getting exercise, COA has a flu shot program	None. We have Emerson and Newton Wellesley hospitals nearby so no need of a hospital in Lincoln.	An independent drug store (not a large chain like CVS).	Pediatric office, veterinarian, emergency room.	A lot of the people who move to Lincoln are currently living nearby; there are not many prospective buyers from out of the country or out of the state. They know about Lincoln and don't expect a lot of Town services (or a Town center).	Talk to people who are receiving the services.

**Community Health Assessment and Planning Project**  
**Public Forum # 1 summary**  
**Jan 27, 2010, 7:30 p.m.**

**Attendees**

1. Max and Rachel Mason
2. Joz Rosen
3. Sharon Antia
4. Lorraine Fiore
5. Dot Taylor
6. Mary Terrell
7. Charles Keevil
8. Betty Smith
9. Jonathan Dwyer
10. Robert Apsler
11. Alaric Naiman
12. Joellen Altschaeff
13. Susan Welsh
14. Craig Donaldson
15. Jennifer Donaldson
16. Peter Von Mertens
17. Annamaria San Antonic

**Activity # 1**

The following are the results of the needs and assets activity portion of the meeting:

**Cultural/Social Health**

Assets

- Library – very active
- Bemis lectures
- Rec Dept activities
- COA activities
- Neighborhood block party
- Strong community events like 4<sup>th</sup> July, concerts, etc
- Library
- history/tradition
- Bemis lectures

Needs

- Better street and sidewalk lighting to improve safety at night
- Develop regular possibility of for group walking
- Interfaith activities
- Ensure adequate social events for kids

- Get youth involved through school, Rec Dept, LLCT etc to care for Lincoln's greatest treasure (our trails)
- More police presence in a kind, educated way (not punitive)
- Mystery night dinner
- Have a safe place for women and men to talk about domestic issues and/or about their teens
- Folk concerts
- Quasi local public transit
- Social gathering places for teens
- Concerts with music that promote dancing
- Video tape school committee meetings
- We need more timely updates of the town website for: meeting changes, closing of the transfer station, updates on "breaking news" such as the Magic Garden crisis, etc.
- Knowing more about the interests and activities of other residents would promote the making of new connections
- Increase opportunities for teen community drop-in, etc.
- Community center
- A better sound system at Bemis Hall
- More programs for teens (drug and alcohol programs) – integrate them into the community; help w COA
- Joint events with LSRHS for teens in area communities
- Square dancing evenings
- More awareness and appreciation for the town boards such as RLF, LLCT, REC Dept – who do so much for our town to shape its character and look
- Park benches at mall
- More town-wide bingo nights
- Street lighting
- Town support for group activities
- Beer and wine licenses so people can have a place to gather
- Theater drama reading
- More all-town events such as New Years Day at Pierce House
- Better programming on local TV network
- Hold a tree/menorah/holiday lighting celebration in December town-wide

## Spiritual Health

### Assets

- Open space/lots of trees
- Churches
- Excellent local churches
- Very open welcoming faith groups
- Yoga class at Bemis on Tues evenings at 5:30
- Our churches
- Meditation group at FPC on Saturdays

## Needs

- Evening yoga classes
- Have churches work together to put on community activities
- Opportunities for local faith groups without buildings to meet
- Small meditation groups via churches and COA
- More community crossover/meeting places
- Benches at strategic locations
- Better sound system at school auditorium
- More activities for people without kids: running club, biking club, hiking club, poker night, a casual joint to grab a beer
- Connect town employees/volunteers with residents via neighborhood meet & greet at homes or at Pierce House
- Revise town meeting so it's appealing/ make it a convention with exhibits, booths, and video play of reports; have Q&A and meaningful dialogue, make it 2-3 hrs long
- Revise town bussing to bus everyone. Get kids out of their parents cars and at bus stops with their neighbors
- Make it easy for people to bump into each other; 1) a destination for people to go to where there is traffic, activity, a place to sit, and 2) shorter set-backs from roads

**Mental/Emotional Health**

## Assets

- Close to large # of health care providers
- Close-knit community with many people to reach out
- Outdoor environment
- Recreations
- Celebrations
- Natural beauty
- Our many bucolic settings – the fields, conservation land, the woods

## Needs

- Restrict noise of leaf blowers
- Central register of services – well publicized
- Better public discourse – remove the shame
- Taxi service for non-drivers
- Lighting for areas frequented by pedestrians
- Neighborhood gatherings
- Being able to use my bike rather than my car to go to Donelans! We need broader, safer roadways
- Encourage neighborhood gatherings
- Find a way, or a forum, to have difficult conversations regarding race, class, culture, alcohol...

- More use of Pierce House
- Evening lectures
- Running clubs
- Book groups
- Church groups
- Story Telling
- More neighborhood meetings
- Ramp up ways to meet newcomers to town
- Closer knit neighborhoods
- Awareness of powerful mental/physical connection (e.g. The broken heart syndrome)
- Increase housing within walking distance (1/4 mile) of : train, food shopping, community gardens, meeting area, drug store, modest restaurant
- Making sure help from school nurse is available and make known – especially for new people in Lincoln

## Physical Health

### Assets

- Wonderful walking and biking trails
- Conservation coffees
- Trails, bike paths, wildlife walks
- Lincoln physicians on Rt. 126
- Beautiful by-ways-, wonderful place to walk, always meeting other runners, walkers and bike riders
- Dan Pereira and the Rec. Dept do a wonderful job. Thanks!
- Open space for play and for nature
- Close to large # of health care providers
- School nurse
- Rec. Dept.

### Needs

- Education regarding important disease (e.g. Coronary Heart Disease kills more people than any other cause)
- Motivation by examples and lectures
- Lyme diagnosis/ prevention awareness
- Help for folks losing healthcare as economy deteriorates
- Make Lincoln more cycling friendly: add shoulders to all roads, allow mountain bikes on the trails, provide bike racks at shopping areas and meeting spaces
- Nurse could help with compliance support (meds, doctor appointments, etc.)
- Every Saturday or Sunday have community walk time around the school or other area
- Assessment on overhead wires – how safe are they? Do they emit dangerous elements?
- Better bike paths, road closure Sundays, town minibus service

- Bike paths throughout!
- Elderly to use pool in summer during morning (not after 100s of children have swam in the water). Perhaps even one morning?
- BTI spray to reduce the mosquito population. It was used 10 years ago successfully.
- Expanded role for town nurse
- More employee support for the Board of Health
- A work to school program for children – with incentives for both parents and children
- Better control of traffic on Lincoln Road
- A better solution for the problem of tick-borne diseases
- Bike lanes on roadways
- Drug help for teenagers if needed
- Swimming pool at the Groves
- Nurse office (like at CVS)
- Find way to reduce Lyme disease and Lyme ticks
- Even more sports opportunities
- Reduce/slow down commuter traffic
- Bike lanes (bike path used by walkers)

#### **Activity # 2 - Open Discussion - list of comments, etc**

- LSRHS - create a family/parent center for parents forum
- Forum for parents to figure out/converse about difficult issues
- Noise pollution – lawnmowers and leaf blowers
- Residents seek alternative health practices outside of Lincoln. Would town support more options in town?
- Exercise, diet and sleep are key to health
- Focus on lifestyle changes
- Recreation Dept is a huge asset
- Can adults use the pool in the AM prior to the kids using it?
- Community discussion of: race, class, culture, METCO achievement gap, drugs & alcohol, sex among youth
- Does our responsibility to all youth extend beyond the school walls?

**Public Forum #2 Summary**  
**April 8, 2010 at 7:00 p.m.**

This document is intended to serve as a summary of this meeting which reviewed the key issues identified thus far in the community health needs analysis. For each issue, we established the following:

- a. We noted which of the core Town of Lincoln values supported or were related to the issue.
- b. In order to determine the degree of interest, or “strength”, behind each item, we provided each attendee 2 red dots, and instructed them to place the dots on the one or two issues they were most concerned with. We then provided each attendee with one green dot and instructed them to place the dot on the issue which they felt most deserved an allocation of town resources. These responses are described below for each issue.
- c. For any issue in which discussion generated specific comments or concerns, they are noted at the end of the appropriate section.
- d. We have listed the names of people who might be involved in further discussion and problem solving during an implementation phase.

**KEY ISSUES:**

**A. Vulnerable Seniors and Residents (financially, physically, mentally, and socially)**

- a. Associated Values: People; Health and Safety; Civic Engagement; Diversity; Affordable Housing; Fiscally Prudent Government
- b. Degree of Interest: 7 red dots / 8 green dots
- c. Comments: This should also include newcomers who feel isolated. We have a mix of those residents who want separation from neighbors, and those who want that small town, neighborly feel. There are no social outlets for people who have young adults or those who have no children and are not yet ready for COA type activities. We are not sure how to capture these “tweeners.” The Town needs more gathering spaces like the new restaurant.
- d. Necessary People: Town Clerk, COA Staff, Seniors, Dan Pereira and Recreation staff, Police Dept., EMTS, Condo Associations reps, faith leaders, Cathy Long, Tucker Smith, Debbie Dorsey, Janet Snell, Minuteman Sr. Services, Disability Commission

**B. Tick Borne Diseases**

- a. Associated Values: People; Health and Safety; Land; Informed Citizenry; Fiscally Prudent Government.
- b. Degree of Interest: 2 red dots / 1 green dots  
 Citizen survey results show strong interest

- c. Comments: We also need to be concerned about spraying for mosquitoes.
- d. Necessary People: Board of Health (especially Dr. Weinberg), Concord Health Director Brent Reagor, Conservation Director Tom Gumbart, Jane Layton, Pat Phillips, Fire Dept., residents who have Lyme, Joellen Altschaeffl, School Nurse Maureen Richichi, garden Club

### **C. Pressures on Children and Teens**

- a. Associated Values: People; Health and Safety; Civic Engagement; Diversity; Affordable Housing; Fiscally Prudent Government
- b. Degree of Interest: 6 red dots / 0 green dots
- c. Comments:
- d. Necessary People: Teens (including some freshman who can speak to transition issues), School Nurse Maureen Richichi; LPS Behavioral Health Workers/Social Workers; Dan Pereira, Whistle Stop owner; Lincoln Children's Librarians, Youth Ministers, Roger Paine, METCO Director, Scott Carpenter, Betty Smith, Minuteman Tech., Sharon Hobbs

### **D. Use and Condition of Roadside Paths; Safety of Bicyclists and Motorists on Roads;**

- a. Associated Values: People; Health and Safety; Land; Civic Engagement; Affordable Housing; Fiscally Prudent Government
- b. Degree of Interest: 7 red dots / 2 green dots
- c. Comments: Bikers and drivers need to be educated about how to safely share the road. This issue could be expanded to cover the safety of pedestrians at major crosswalks such as at the intersection of Lincoln Rd and Rt. 117, or of pedestrians such as at the N. Lincoln MBTA bus stop. Certain sections of town need sidewalks to improve pedestrian safety.
- d. Necessary People: Highway Supt. Chris Bibbo, local bikers, activist bike groups, Bob Apsler, Brian Rogers, the Traffic and Roadside Safety Committee, Officer Bob Gallo, Smith School Principle Steve McKenna, Susan Brooks, Jane Herlacher, Ann Calhoun



# TOWN OF LINCOLN

Middlesex County...Massachusetts

## RECREATION DEPARTMENT

16 Lincoln Road  
Lincoln, MA 01773-6353  
Tel 781 259-0784  
Fax 781 259-1333  
[www.LincolnRec.com](http://www.LincolnRec.com)

Below is a summary of the discussion had with 2 separate groups of Middle School Students. One group was comprised of approximately 15 fifth and sixth graders.... The other was approximately 12 seventh and eighth graders. Question and interviewer notes are listed in black, answers are listed *in italic*.

### OVERALL

1) What do you think "health" is? (AFTER: Explain the Community Health concept)

*How you are feeling.*

*How well you eat.*

*Getting enough exercise.*

*Vitamins*

*How is your body doing?*

*Sports.*

*Being in good shape.*

*Being active.*

*Happiness*

*Being outside*

2) Do you consider yourself "healthy"?

*No-not active, anti social*

*Yes – Active, outside often*

*Yes – Eat kind of healthy, plays sports*

*Yes – play sports, am social*

*Yes- active*

3) What types of activities do you consider "healthy"?

*Eating well*

*Exercising*

*Washing hands*

*Being happy*

*Being calm-relaxed*

*Stay home when sick – don't transmit*

*Be nice to others*

*Run*

*Bike*

*Participate on teams*

*Eat fruits*

*Engage in community service*

*Be flexible*

4) What types of activities do you consider “unhealthy”?

*Playing video games*

*TV*

*Junk Food*

*Too much self-focus*

*Saying “no” too often*

*Being pessimistic*

*Sitting all day*

*Working too much*

5) Do you feel like the schools promote healthy activities? How?

*Yes- recess*

*Hand washing*

*Health classes*

*Phys Ed*

*Teachers are positive, promote positivity*

*Partner system is well liked*

*Healthy food promotion*

*After school sports*

*No- Lunch not too tasty*

*Not enough food options*

*Health curriculum is repetitive*

*“Celebration” food is not over the top (snacks sent in with kids)*

6) Are there activities that you WISH Lincoln would offer? (Are there programs in other places you’ve been that you wish Lincoln had?)

*More weekend opportunities to gather*

*Outdoor basketball court*

*More ‘fun stuff’ in school*

*Longer recess*

*Morning recess (gets lost in 5<sup>th</sup> grade?)*

*Vandal proof facilities*

*New laptops (laptops too slow)*

*More snacks added to lunch*

*Not enough vegetarian options*

*A girl’s lax team*

*Younger lax options*

*More shops in Town of Lincoln More places to hang out in the evening (Concord Teen*

*Center mentioned, maybe Whistle Stop open at Night?)*

*A Rec Center with gymnastics facilities*

*Outdoor park facility*

*More sidewalks*

*More trails*

## **PHYSICAL**

7) Do you feel safe in Lincoln?

*Too safe, Isolated*

8) Do you feel you have places to be active? What are they? Are there places you wish you had to be active?

*The pool*

*Basketball courts by Donelan's*

*Pierce Park (Good meeting spot)*

*Home*

*Whistle Stop Cafe (food is sort of healthy – good gathering place)*

*Codman Farm*

9) Do you ride a bike? Where? Do you feel safe riding?

*Yes – sidewalks are really rough*

*Road is smoother (Kids feel more safe and use the roads more than I thought –DP)*

*Trails are really muddy (during floods – DP)*

*Sidewalk ends at First Parish*

*Roadside paths are scary – very hard to bike on*

*Don't use trails*

## **MENTAL**

10) Do you feel like you learn enough? Are there things you'd like to learn (more) about?

*More than enough!*

11) What are they?

*Want longer specials*

*Want more languages (Italian requested)*

*More Health classes – classes too repetitive and sometime conflicts with church "Owl" program... sometimes similar.*

12) Who do you think should teach them to you?

*Good schools*

*Some kids are way behind, some way ahead*

*It's easy to slide by*

*Students need to take initiative to excel... teachers should be more forceful*

*HATE missing Phys Ed for health*

*Not enough science*

*Grade 7 Science is slow moving*

## **SPIRITUAL**

13) Do you attend a church or temple or spiritual program?

*75% yes*

14) Is your program in Lincoln?

*25% yes*

15) Do you like going?

*Sort of...*

16) Do you feel like it helps you with other aspects of your life?

*Sometimes, yes. It gets you thinking.*

**EMOTIONAL**

17) Do you feel pressure? About what? From where?

*Yes. Academic Pressure.*

*Peer Pressure.*

*Pressure to smoke (Gr. 7/8 response)*

*Pressure in athletics*

*Expectations at school.*

*Tons of homework... not enough time.*

18) Do you know where to go to ask for help?

*Sometimes you just want time alone, and you need to be home to get it. Can't get time to yourself at school.*

**CULTURAL**

19) Do you feel like you're part of a community? What community (ies)?

*Yes. School Community*

*Lincoln Community*

*Neighborhood*

*Clubs (Scouts, etc.)*

*Redsox Nation*

*Boston Community*

20) Do you feel like your community (friends, families, organizations) promote healthy activities?

*Some friends promote health, others no.*

## **Comprehensive Plan (CP) Alignment with Community Health Planning**

*Excerpts from 2009 CP*

### **Lincoln's Vision Statement:**

Lincoln is a town that cherishes its rural, agricultural character, its small town heritage, its open space, and its historical legacy. The Town is committed to: achieving a balance between preserving these values while making reasonable provision for citizens' safety and convenience; fostering economic, racial, ethnic, and age diversity among its citizenry through its educational, housing and other public policy; excellence in its public educational system; and the Town Meeting form of government and the traditions of civic leadership and volunteer public service.

### **Transportation & Circulation**

(TC-1) Increase the safety of Lincoln's roadways.

(TC-1.3.2) Encourage town boards such as Recreation Commissions and Conservation Commission to work together on trail and path usage guidelines for walkers, bikers, and others.

(TC-2) Encourage the use of both motorized and non-motorized modal alternatives for intra- and inter-town transportation.

(TC 2.1.1) Maintain and expand the roadside paths and provide more linkages with conservation trails.

(TC 2.3.2) Study and implement improved transportation options (such as van shuttles) for elderly residents and people with disabilities.

### **Natural Resources**

(NR-1) Preserve Lincoln's natural resources and agricultural land uses.

(NR-3) Improve controls against environmental degradation and pollution.

### **Open Space**

(OS-1) Preserve, protect and expand conservation, agricultural and recreational lands.

(OS-2) Promote active stewardship of agriculture and conservation land.

### **Governance**

(G-1) Increase citizen participation in town government.

(G-2) Make public service and town meeting participation engaging and attractive to residents and office-holders.

(G-3) Enhance the frequency and effectiveness of town government and citizen communications.

### **Services & Facilities**

(SF-1) Continue to identify and assess community service needs, considering Lincoln's changing population, the cost of services, the revenues available to support them, and alternative models of service delivery.

(SF-2) Improve management and maintenance of town facilities and infrastructure.

### **Housing**

- (H-1) Provide a variety of housing types to encourage diversity of Lincoln's population.
- (H-2) Provide more housing and/or services to accommodate the needs of individuals who may be underserved by Lincoln's existing housing stock.

Town of Lincoln  
 Community Health Assessment and Planning Project  
 Real Estate Tax Programs for Qualified Residents

Program Name	Senior Exemptions		Senior Deferral	Senior "Circuit Breaker"	Senior "Work Off"	Temporary	Blind	Qualified Veterans			
	Clause 17D	Clause 41C	Clause 41A*	Tax Credit	Clause 55K	Clause 18A	Clause 37A	Clause 22	Clause 22C	Caluse 22E	Paraplegic
<b>Assistance Type</b>	Reduces local property tax liability.	Reduces local property tax liability.	Defers payment of local property tax (not CPA tax) owed until house sold or senior dies. (See Assistance for deferral limit)	Reduces state income taxes owed (or provides refund if non owed) for senior whose property taxes (and 50% of water/sewer charges) exceed 10% of income.	Work for Town a certain number of hours at minimum wage per hour to receive benefit.	Defers payment of local property tax owed by person. Person eligible to apply for 3 years only.	Reduces local property tax liability.	Reduces local property tax liability.	Reduces local property tax liability.	Reduces local property tax liability.	Reduces local property tax liability.
<b>Eligible Age</b>	70	65	60	65	60	None	None	None	None	None	None
<b>Income Limit</b>	None	Single \$20,000 max Married \$30,000 max	\$60,000 max	Single \$46,000 max Married \$70,000 max	None	Financial hardship guideline	None	None	None	None	None
<b>Asset Limit</b>	\$40,000 maximum	Single \$40,000 max Married \$55,000 max	None	\$684,000 on assessed valuation of domicile	None	Financial hardship guideline	None	None	None	None	None
<b>Assistance \$</b>	\$547 exemption	\$2,000 exemption	Any amount up to maximum deferral (taxes and interest @4%) of 50% of senior's share of fair cash value of domicile. Town's lien is in 1st position; their cannot be a mortgage on the property.	\$870 maximum credit (2006)	Up to \$750 credit	Any amount up to maximum deferral (taxes and interest @8%) for a maximum of 3 consecutive years. First payment due 2 yrs after last year of deferral.	\$1000 exemption with annual certification of blindness, blind person owns property as domicile on July 1	\$800 exemption	\$3000 exemption	\$2000 exemption	100% exemption
<b>Application</b>	File application with Town Assessor no later than 3 months after the tax bill date.			Senior files state income tax return with MA Dept of Revenue	Call Council on Aging	File application with Town Assessor no later than 3 months after the tax bill date.					

Source: Town Lincoln Assessor, May 2010

\*Home Rule Petition

Healthy Community Needs/Issues	Related Asset	Related Need	Related Value	Comprehensive Plan Alignment*	Data Needed	Data Sources	Town Resources	Recommended Action	Timeline	Responsibility	Evaluation measure	Comments
<b>Vulnerable seniors and residents</b>	Seniors, age and economic diversity, family, COA resources and programming, Minuteman Senior Services, Emerson Hosp, Eliot Community Health Ctr.	COA facility needs, ADA accessibility for public & commercial bldgs, support COA staffing and programming (esp. SHINE, transportation, and referral services), planning for life transitions, 'downsizing' and/or aging in place safely	People, health and safety of people, civic engagement, diversity, affordable housing, fiscally prudent government	Vision Statement, Housing 1 & 2, Services & Facilities 1	Police & Fire Dept call profiles, updated Elder Care Rpt, senior participation in property tax programs	Police & Fire Dept. database, COA and MA Executive Office of Elder Affairs, Town Assessor's Office, 3-Yr Community Services & Facility survey, 2010 Census available in 2011	Seniors, COA Staff, adult children/family members, Town Clerk, Recreation Director and staff, Police and Fire Depts, EMTs, Condo Associations reps, faith leaders, Cathy Long, Tucker Smith, Debbie Dorsey, Janet Snell, Minuteman Sr. Services, Disability Commission	Re-convene Elder Care Committee (ECC) to update 2001 Elder Care Rpt, ECC and COA organize senior Roundtables, COA promote Senior Tax Deferral and other tax relief programs when appropriate, give seniors with financial need priority in Tax Work Off Program, Town address COA facility needs outlined in Feb 2010 memorandum to BOS, Town remove ADA accessibility barriers in public bldgs and encourage in commercial spaces, Town support COA staffing and programming (esp. SHINE, transportation and referral services), Town reconsider Nurse's Study recommendation for a dedicated Public Health Nurse	Immediate Action, Ongoing	BOS - primary COA - secondary Healthy Community Committee (HCC) - tertiary	Decreased 911 emergency calls, senior property tax programs participation rates, COA service numbers	Attendees of the 2nd public forum thought vulnerable residents should also include newcomers or empty-nesters who feel isolated.
<b>Pressures on children (K-8) and teens (high school)</b>	Youth, family, opportunity, educational and extracurricular resources (teachers, staff, programs) high expectations	Healthy outlets for pressures, anxieties, other youth problems. Sex and gender education. Transition to high school. Keeping youth safe when using internet and cell phones, etc.	People, health and safety of people, civic engagement, diversity, affordable housing, fiscally prudent government	Vision Statement, Housing 1 & 2, Services & Facilities 1	Police & Fire Dept call database, mental health and risk behavior data	Police & Fire Dept database, Lincoln Schools, LSRHS, LSRHS youth behavior risk survey data, 3-Yr Community Services & Facility survey	Teens, parents, School Nurse, LSRHS Behavioral Health Workers/Social Workers, Recreation Director, Whistle Stop owner, Lincoln Children's Librarians, Youth Ministers, Roger Paine, METCO Director, Scott Carpenter, Betty Smith, Minuteman Tech, Sharon Hobbs	School Health Advisory Council (SHAC) review Lincoln Schools' Wellness Policy and services, recommend to School Committee that Wellness policy language reflect comprehensive mental health services provided by Lincoln Schools, contract for a 7-8th grade behavior risk survey, organize youth Roundtables with youth representation and plan public forum, increase collaboration with Sudbury middle school and LSRHS social workers and special education, review Transition Service effectiveness in collaboration with LSRHS, consider 7-8th grade joint school assemblies	Immediate Action, Ongoing	Parents - primary SHAC/School Committee - secondary HCC - tertiary	Decreased 911 emergency calls, Behavior Risk Survey results compared to MDPH Youth Health Survey	A few survey respondents said this is not an issue for the town to take up - leave it for the parents/guardians.
<b>Tick borne diseases</b>	Woods, open space, wildlife, physically active community	Prevent tick bites, public awareness and education, reduce tick population without using pesticides	People, health and safety of people, land conservation, wildlife protection, informed citizenry, fiscally prudent government	Vision statement, Natural Resources 1 & 3, Open Space 1 & 2, Governance 1 & 3, Services & Facilities 1	Infection rates, infection types, state, county and surrounding town data	MA DPH, Bd of Health, Town Nurse, 3-Yr Community Services & Facility survey	Board of Health (especially Dr. Weinberg), Town/School Nurse, Concord Health Director, Conservation Director, Fire Dept, residents who have Lyme, Garden Club, Joellen Altschaeff, Jane Layton, Pat Phillips	Roundtables, public awareness and education, 'Check for Ticks' campaign, consider individual homeowners and farms having free-range Guinea Fowl and other natural predators of ticks	Short-term (1-2 yrs)	BOH - primary HCC - secondary ConCom - tertiary	Infection rate increases or decrease	There is also concern about mosquitoes and spraying.
<b>Use and condition of roadside paths, safety of bicyclists and motorists on roads</b>	Paths exist and are protected, community inclined to use paths if in better condition	Maintenance of existing paths, public dialogue between motorists and bicyclists groups	People, health and safety of people, land conservation, civic engagement, fiscally prudent government	Vision Statement, Transportation & Circulation 1 & 2, Services & Facilities 1 & 2	Use data, conditions data, accident data, maintenance schedule	Dept of Public Works, Conservation Commission, Police Dept, 3-Yr Community Services & Facility survey	Highway Supt, local bikers, activist bike groups, Bob Apsler, Brian Rogers, the Traffic and Roadside Safety Committee, Safe Routes to Schools Committee, Officer Bob Gallo, Smith School Principle Steve McKenna, Susan Brooks, Jane Herlacher, Ann Calhoun	Roundtables, DPW organize a walking assessment of roadside paths with town stakeholder such as Safe Routes to School and Traffic and Roadside Committees, DPW create prioritized maintenance plan with stakeholder input, defer new path creation until existing are maintained, 'Share the Road' campaign for motorists and bicyclists, enforce speed limits, encourage single-file bicycle riding, contact regional bicyclist groups to collaborate on Share the Road campaign and other mutual concerns, connect with Walk Boston for technical support to increase use of paths and Share the Road discussions	Short-term (1-2 yrs)	BOS - primary DPW - secondary HCC - tertiary	Increase use, decrease in children driven to school, number of linear feet/miles of improved and maintained paths, decrease in road-bike accidents	Public Forum #2 comment: Bikers and drivers need to be educated about how to safely share the road. This issue could be expanded to cover the safety of pedestrians at major crosswalks such as at the intersection of Lincoln Rd and Rt. 117, or of pedestrians such as at the N. Lincoln MBTA bus stop. Certain sections of town need sidewalks to improve pedestrian safety.
<b>Public education of available health-related resources</b>	Services, programs, and providers exist	Link community memebres with health-related needs to existing programs and services, continue to track service and program delivery, gaps, and frequency of requests for services not provided, or referrals made	People, health and safety of people, civic engagement, informed citizenry, fiscally prudent government	Vision Statement, Governance 2 & 3, Services & Facilities 1	Service provider contact information and services/programs offered	Town departments, community groups and organizations, service providers, 3-Yr Community Services & Facility survey	Town website, Lincoln Journal, town email	Create online resource directory that service providers and volunteers can update on their own, print version for a fee	Short-term (1-2 yrs)	BOS - primary HCC - secondary IT - tertiary	website hits	Healthy Community citizen survey asked "Are you satisfied with the physical and mental health services in Lincoln"? which resulted in many respondents asking what are the health services provided by or in Lincoln?

\*2009 Comprehensive Plan goals relevant to Healthy Community issues (Appendix E)