

Commission on Aging
Minutes of Regular Meeting
Monday, February 25, 2013 @ 5:00 pm

MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, February 25, 2013 at the Senior Center, 14 Riverside Road, Sandy Hook, Connecticut. Chairman Curt Symes called the meeting to order at 5:10 pm.

Members Present: JoAnne Albanese, Karin Aurelia, Joanne Davis, Tom Dwyer, Margaret Imbro, Joan Plouffe, Larry Schneider, Curt Symes, Sheila Torres. **Member Excused:** Mary Ellen Lydem, Anne Rothstein. **Member Absent:** LeReine Frampton. **Support & Advisory Present:** Marilyn Place, Director of Senior Services; Ann Piccini, Municipal Agent for the Elderly; Maryhelen McCarthy, Police Officer, Newtown Police Department & TRIAD Representative. **Others Present:** Linda Manganaro, Executive Director of Nunnawauk Meadows.

CORRESPONDENCE AND ANNOUNCEMENTS – Mr. Symes stated there will be an opening on the commission with Tom Dwyer stepping down. Other discussions during this time related to topics below.

MINUTES OF THE FEBRUARY 4, 2013 SPECIAL MEETING – Ms. Imbro motioned to accept the minutes of the February 4, 2013 Special Meeting. The motion was seconded by Ms. Aurelia. The minutes required major changes and were approved as amended. The changes are as follows:

Under **DIRECTOR OF SENIOR SERVICES REPORT**, third paragraph, **CHANGE:** “She had a meeting with Ann Marie Davenport Chaplin of Masonicare will be partnering with M. Place to introduce a grief education seminar with the retirees.” **TO:** “She had a meeting with Ann Marie Davenport, Chaplin of Masonicare, and they will be partnering to introduce a grief education seminar.” Then in the fourth paragraph, **CHANGE:** “No mention of who would pick up the tab for the facility used.” **TO:** “There was no mention of who would pick up the tab for the facility used.” Under **Planned Giving Program**, **CHANGE:** “Mr. Symes reported that he addressed the Legislative Council to explain the policy. This was well received and they asked him to return this Wednesday for further discussion.” **TO:** “Mr. Symes reported that he addressed the Legislative Council to explain the Gift Policy. This was well received and they asked him to return for further discussion”. Under **Proposed New Senior Center & CIP Status**, **CHANGE:** “Mr. Symes had a meeting with the Legislative Council regarding the new senior center. There is uncertainty with the town budget. There are a lot of unknowns right now. The town staff have had a lot of things to do since December 14. Bob Tate must make sure that all contributions are properly accounted for.” **TO:** “Mr. Symes attended a meeting with the Legislative Council regarding the consideration of a new Senior Center. There is continued discussion within the Town Budget and CIP, however, there are many unknowns right now with regard to the future use of town facilities.” Then **CHANGE** the heading and sentence **“Strategic Planning Team – Ms. Torres’s Proposed Focus Teams as of 1/27/13”** **TO:** “COA Workgroup Teams – Ms. Davis reported the following teams as of 1/27/13:” Under subheading **Strategic Planning & Programs Team**, **CHANGE:** “Research” **TO:** “Conduct Research”. Under **COA DOCUMENTATION & SENIOR RESOURCE GUIDE STATUS**, **CHANGE:** “added to the Senior Service Guide based on input from Mr. Symtes, eg., STDs. **TO:** “added to the Senior Resources Guide based on input from Mr. Symes.” Under **2013 Plan, #1**, **CHANGE:** “Complete and distribute Senior Services Guide – begin with 500 – copy run in April” **TO:** “Complete and distribute Senior Resources Guide – begin with 500 copies in April.” Then last page, last paragraph, **CHANGE:** “Ms. Place noted that a timely move to a newly remodeled building would obviate these needs”. **TO:** “Ms. Place noted that a timely, future move to a new or remodeled building might obviate some of these needs.”

Under **ADJOURNMENT, CHANGE:** "Ms. Frampton made a motion to adjourn. The meeting adjourned. Seconded by Ms. Plouffe. The meeting adjourned at 6:35 p.m." **TO:** "Ms. Frampton made a motion to adjourn. Seconded by Ms. Plouffe. The meeting adjourned at 6:35 p.m." FINAL NOTE: Wherever the minutes state "Senior Directory", change to "Senior Resources Guide".

CHAIRMAN'S REPORT – The Legislative Council approved the CIP (Capital Improvement Program) which contains funding for the initial stages of a new Senior Center. The logistics of buildings and facilities within the town remain unknown especially with the dimension of complexity due to the recent tragic events at Sandy Hook School. Mr. Symes handed out a copy of the COA portion of the Town's Annual Report. The By-Laws will be revised.

TREASURER'S REPORT (Attachment A to the original minutes) – Ms. Aurelia distributed copies of the Finance Department's statement showing that as of February 25, 2013 the balance in the Commission on Aging Gift Fund is \$35,395.11. The group discussed the differences in COA gift fund vs. the Senior Center gift fund and how these funds relate in use by the Social Services/Municipal Agent.

DIRECTOR OF SENIOR SERVICES REPORT (Attachment B to the original minutes) – Ms. Place distributed her Report for the period 02/04/13 to 02/25/13, highlighting significant entries. The seniors have been active with the children at the CAC. A forum, called "Grief 101" will be facilitated by Anne-Marie Davenport, a bereavement specialist. The group discussed informing and encouraging seniors to use transportation services. Ms. Place said that attendance has been down which may be due to being within the vicinity of Sandy Hook School, as well as inclement weather and illnesses.

Officer McCarthy discussed her requests to various companies requesting donations of items to help revitalized the Senior Center. She feels strongly that the seniors were also affected by the 12/14/12 tragedy. The Senior Center was in lockdown which affected some seniors. Many are having a difficult time returning to the Senior Center.

The group discussed combining a Spring Open House with a 911 informational session. Also, Beth Howard, author of "Making Piece; a Memoir of Grief, Loss and Pie", will be visiting the CAC the morning of March 6th. Ms. Torres will see if Ms. Howard can provide an afternoon class for the seniors.

Ms. Place discussed changing the venue of the annual outing which is usually planned at Holiday Hill. She found that Capellaro's in Bethel provide specialty picnics and have an outdoor pool. Details will be researched.

Ms. Place shared concerns over the Governor's proposal to eliminate the Commission on Aging. His proposal includes the consolidation of five legislative commissions (Women, Children, African Americans, Latino, and Asian) into a single agency called the Commission on Citizen Advocacy.

MUNICIPAL AGENT FOR THE ELDERY REPORT (Attachment C to the original minutes) – Ms. Piccini reviewed her report dated February 25, 2013. She discussed fuel applications and assistance for seniors with snow removal. Social Services has had several giveaways of donated items with assistance of volunteers.

Mr. Dwyer asked people to consider donating items such as TVs to Social Services for the families they serve.

Nunnawauk Meadows – Linda Manganaro said the residents are very active. Their Valentine's Day brunch was attended by 70 seniors. Also, CL&P is underwriting an energy audit for their units at no charge. The complex has 134 units with 150 people on a waiting list. They are exploring a possible expansion of 16 to 32

units, depending upon funding. Mr. Symes said in speaking with several clergy in Newtown, he found the largest concern they hear is the lack of senior housing in Newtown.

Newtown Police Department and Triad Representative – Officer McCarthy discussed Police calls involving Senior Citizens. Police Officers know to call her if there is an incident involving a senior. She expressed the importance of informing and encouraging the seniors to use the HART bus and that it's important for them to understand there is that option before they actually need it.

UNFINISHED BUSINESS

Planned Giving Report – Mr. Symes stated the Legislative Council approved the Gift Policy with revisions. It will now move to the Board of Selectmen for final review and approval. Newtown will now have a uniform Gift Policy. Mr. Schneider said he would like to see something in writing since it is a revision of By-Laws. Mr. Symes agreed. Mr. Symes noted gifts given to the COA and to the Senior Center as two separate and distinct entities.

Proposed New Senior Center & CIP Status – Mr. Symes said the Legislative Council has accepted the CIP. The allocation of funds is still a challenge. The funds to begin the process of a new Senior Center remain in the CIP.

Proposed Team Structure – Ms. Davis said if anyone wants help to jump start their team activities, please contact her.

COA Documentation & Senior Resource Guide Status – Ms. Torres discussed the fall Cultural Arts Festival as a venue for the COA traveling exhibit. Representatives from the Cultural Arts Festival felt the Senior Center can be represented there with an Art component, i.e., profile art instructors or art that seniors are producing.

Outreach – Ms. Torres made a formal request through the Town's website for a list of registered voters age 60 plus and is comparing it to the population census in order to do a personal outreach to seniors.

Meeting Schedule – Ms. Davis asked if the commission would consider moving the start time of each meeting to later in the evening to accommodate those who may want to participate but can't because of conflicting work schedules. Mr. Symes asked for a general consensus with a show of hands. Then suggested commissioners email him with their thoughts on the subject.

Membership – It was noted that alternate members can apply to become a permanent member. They need to write a letter to the First Selectman.

NEW BUSINESS – None

PUBLIC PARTICIPATION – None

ADJOURNMENT – Ms. Albanesi motioned to adjourn the meeting. The motion was seconded by Ms. Imbro. The meeting adjourned at 6:35 p.m.

Respectfully Submitted by Tammy Hazen, Clerk

COMMISSION ON AGING GIFT FUND

Attachment A

As of Feb 25, 2013

DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTT'S TRUST FUND	BALANCE
7/1/12	Beginning Balance				29,771.88
7/1/12	Reverse Accts. Payable		253.52		30,025.40
7/15/12	P-card (flowers for boxes & patio)		(253.52)		29,771.88
7/23/12	Trust Distribution			546.13	30,318.01
8/9/12	Ck. #77443 Holiday Hill		(280.00)		30,038.01
8/9/12	Ck. #77432 Getaway Tours		(660.00)		29,378.01
8/9/12	Ck. #77486 Marilyn Place - Driver tip		(60.00)		29,318.01
8/3/12	C/R - Donation - C. Bistany	12.00			29,330.01
8/14/12	Donation - Newtown Jr. Women's Club	50.00			29,380.01
9/27/12	Cash receipts from T-shirts/bags	552.00			29,932.01
10/4/12	Ck. #78314 Sheila Torres		(97.25)		29,834.76
10/4/12	Ck. #78229 Elite Marketing		(790.00)		29,044.76
11/14/12	Annual Bazaar	2,881.10			31,925.86
12/11/12	Margaret Ryan (John Aurelia)	25.00			31,950.86
12/11/12	Angela Cuomo (John Aurelia)	20.00			31,970.86
12/11/12	Susan Lynn (John Aurelia)	25.00			31,995.86
12/11/12	Joan Gilbertie (John Aurelia)	20.00			32,015.86
12/11/12	Jacqueline Ohara (John Aurelia)	20.00			32,035.86
12/11/12	M&T Bank (John Aurelia)	25.00			32,060.86
12/11/12	Karen Harris (John Aurelia)	60.00			32,120.86
12/11/12	Cynthia Simon (John Aurelia)	250.00			32,370.86
12/11/12	Thomas Dwyer (John Aurelia)	100.00			32,470.86
12/11/12	Dottie Dellapiano(John Aurelia)	50.00			32,520.86
12/11/12	Rosemarie Gollenberg (John Aurelia)	25.00			32,545.86
12/11/12	June Hanna (John Aurelia)	50.00			32,595.86
12/11/12	AnnMarie Macey (John Aurelia)	1,000.00			33,595.86
12/11/12	Joseph Kearney (John Aurelia)	50.00			33,645.86

12/11/12	Francis Baldwin (John Aurelia)	15.00		33,660.86
12/11/12	Marilyn Perry (John Aurelia)	25.00		33,685.86
12/11/12	Dr. Anne Rothstein (John Aurelia)	100.00		33,785.86
12/12/12	Annual Holiday Party raffle	320.00		34,105.86
12/13/12	Foundation (Santa Claus)	2,000.00		36,105.86
12/17/12	Ed Rees (John Aurelia)	25.00		36,130.86
12/7/12	Ck# 79248 Vinnie Carr entertainment		(\$450.00)	35,680.86
12/7/12	Ck# 79246 Capellaro's	staff plus seniors	(\$525)	35,155.86
12/7/12	Ck# 79247 Capellaro,s deposit		(\$1,000.00)	34,155.86
12/19/12	AnnMarie Macey Donation	\$500.00		34,655.86
12/26/12	Michele Grande(John Aurelia)	\$60.00		\$34,715.86
1/23/13	Trust Distribution		579.25	35,295.11
1/28/13	Gail Roberts (John Aurelia)	\$100.00		35,395.11

**NEWTOWN SENIOR CENTER
Director of Senior Services
Feb 4, 2013 to Feb 25, 2013**

Attachment B

- Confer w/ police officer on senior driving issues
- Meet weekly with COA Strategic Team
- Confer w/ Municipal agent on a mutual client concerns
- Oversee all programming
- Program Shop
- Supervise trips
- Continue to plan excursions utilizing the senior van
- Confer w/ teachers on space issues
- Confer with RSVP on ongoing volunteer hours
- Continue community projects
- Facilitate quilting/sewing classes weekly
- Facilitate staff meetings when needed
- Facilitate Current Events/Hot Topics weekly
- Meet and greet new members
- Continue to assess the needs of the clients/members
- Continue to plan new programs for 2013
- Network w/ local agencies
- Work on Newsletter
- Meet w/ a variety of Tour companies for 2013 trips
- Set up new reading program w/ Children's Adventure Center
- Set up/ appointments for AARP income tax assistance from Feb to April 8th
- Set up AARP driving courses for the year
- Confer w/ local pharmacy on scheduling info topics periodically
- Partnership w/ Masonicare of Newtown on Grief 101 Forum

COMPLETED TRIPS:

- Mohegan Sun Feb 12
- Mohegan Sun overnight Jan 30-31

UPCOMING TRIPS:

- St Patrick's Day Celebration in Garfield, NJ March 13
- Westchester Broadway dinner Theatre "Guys and Dolls" March 21
- Woodloch Pines "A Day in Tuscany" April 17

OVERNIGHT TRIPS:

- Turning Stone Casino Irish Festival March 15-16
- Bermuda Cruise April 16-23
- Historic South Savannah GA & Charleston SC April 19-26
- Trans Atlantic Cruise (London/France/Ireland/Iceland/Faroe Island/Boston)
August 30-Sept 15-17 days on the Brilliance of the Seas
- American Queen Steamboat Jazz River Cruise "High Society" Oct 25-Nov 2

COMPLETED SPECIAL EVENTS:

- Cards for CAC Children Feb 13
- Poem Contest and Bingo Feb 14
- Use It or Lose It Feb 21
- AARP Driver Safety Refresher Course Feb 22

SPECIAL EVENTS:

- Current Events / Hot Topics Every Tuesday @ 10:30
- AARP Income Tax Assistance on Monday mornings Feb 11- April 8
- Spanish Lessons 6 week course Thursday's @ 10:30 till March 14
- Who wants to be a Millionaire Group Trivia Feb 27

From Feb 1 – Feb 25, 2013

PROGRAMS	NUMBER OF ATTENDANTS
Zumba Gold	29
Exercise	215
Floor Yoga (2 days)	31
Chair Yoga (2 day)	85
Cards	42
Mah Jongg	12
Chorus	5
Bingo	25
Lunch	120
Knitting	19
Cards for Troops	6
Iris Fold	16
Quilting	17
Board Games	11
Walk-Ins	40
Billiards/ping pong	8
Trips	32
Newsletter	
Wii	4
Painting/Art	10
Crafts	
Scrabble	7
Tai Chi	23
Entertainment	
AARP Safe Driving	22
Ballroom Line dance	29
Current Events	12
Spanish Lessons	31
Reading CAC	8
Speakers	18
Taxes	32

Attendance Daily: 2/1/2012 – 2/25/2012

Monday	Tuesday	Wed.	Thurs	Friday
123	153	186	177	224

MONTHLY ATTENDANCE

February 863

1. The new Spanish program is a success. When this 6 week course is finished, Louise Zierzow will continue for another 6 weeks.
2. 8 seniors volunteered to make 60 cards for the CAC children for Valentine's Day. This was a creative bunch and they enjoyed it very much. Also, the *Iris Fold* class (again) made 40 beautiful cards for the seniors @ Masonicare. This class every month sends cards to either the Praxiar Center, Bethel Rehab or Masonicare of Newtown. Many of their friends are there and they want to make sure they know they are thought of.
3. Valentine's Poem Contest/Bingo was full of laughter and 25 participated but....only received 2 poems. Will try again ...those who came enjoyed the 2 poems and they recited poems from memory...*but* not their own.....should be better for St Patrick's Day Bingo on March 14th.
4. AARP driving course was re-scheduled to Friday Feb 22 due to the snow. The class was full and the facilitator was Alan Martin. Next scheduled class is April 19th and that is filled already, w/ a waiting list. I offer this 4 times a year, this is very popular in every Senior Center because the seniors can get a discount on their car insurance.
5. "Use It or Lose It" saw many new faces. And ones I hadn't seen in awhile. This presentation included how to improve memory, how our brain works and fun cognitive exercises. Creative socialization.
6. 4 great programs in March:
 - a. How to Stay Out of a Nursing Home
Nancy Walker LPN, Geriatric Care Manager from Always Best Care Senior Services of Western CT will facilitate this program on March 20th @ 1:00.
 - b. Grief 101 @ Lockwood Lodge March 21 9:30am – 11:30 (see attached)
 - c. Trish McDonald RN, Reiki Master, CYT, Yoga Therapist will be having a series of Health and Wellness talks
 - d. Sharon Mastrafra from HomeInstead will be conducting a 4 week Alzheimer seminar from 1-2 , all info will be in the next newsletter.
7. The reading program at CAC is wonderful. Those who volunteer enjoy it as much as the children do. This will be ongoing.

Always busy!

Marilyn



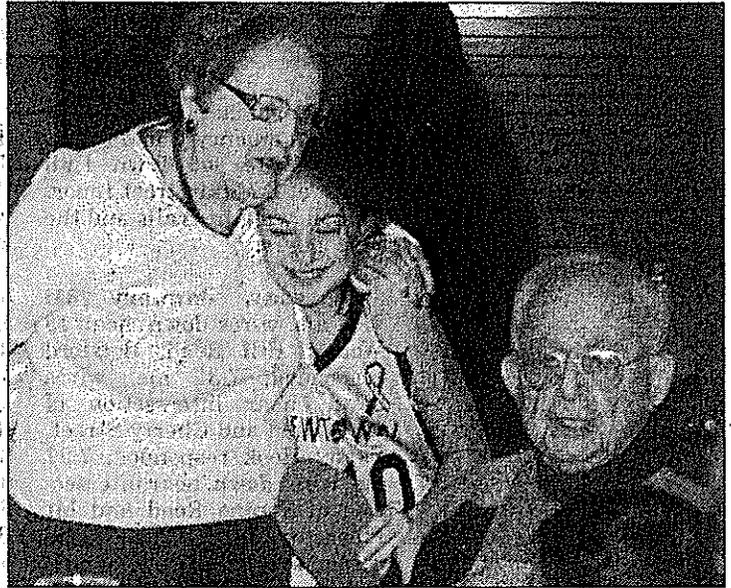
FYI

Grief 101 –

The tragedy that has occurred in Newtown has left many of us shaken and sad. We may or may not be affected personally but grief can be both personal and communal. For some, it is a loss of someone special, a relative, a colleague, a friend or a child who lived on our street. For others, it may have opened up our own grief over the losses we have had in our lives. Empathy and sympathy are deeply felt for our community. And still for others, it is loss of a way of life and a feeling of safety.

The Newtown Senior Center and Masonicare Home Health & Hospice of Newtown are partnering to offer our community an opportunity to learn about grief and the process that we all go through when we suffer a loss. Come to this educational forum about grief. Understanding the process is the first step of healing.

The forum will be facilitated by Anne-Marie Davenport, M.Div, hospice spiritual care and bereavement coordinator. Everyone in the greater community is welcome to attend. It will be held on Thursday, March 21, 2013 at 9:30 AM in the Lodge Room at Lockwood Lodge, Masonicare Newtown on Toddy Hill Rd. Refreshments will be provided. Please call the Newtown Senior Center at 203-270-4310 to register.



Youth basketball player Nicky Shairer with Rosemary Siversten.

Newtown Youth Basketball Association player Jillian Carrino gives a flower to Kay Egan during a spaghetti dinner and early Valentine's Day celebration for senior citizens at Newtown High School on February 1. Also pictured is attendee Walt Boland.

Youth Basketball Players Make Seniors Their Valentines

BY ANDY HUTCHISON

Sometimes Cupid has creative ways of bringing people together to show their love for one another. On February 1, children from the Newtown Youth Basketball Association (NYBA) made members of Newtown's senior citizen community their early valentines.

Cupid (aka Newtown Youth Basketball Association Vice President David Hamula, in his particular instance) brought youth athletes and seniors together with a paghetti dinner served by Newtown High School's culinary department, at NHS, prior to the high school girls' team's game against Joel Barlow of Redding. During the dinner, 30-plus elementary school level basketball players gave flowers as well as valentines that they created to roughly three dozen seniors.

After dinner, the girls, boys, and seniors attended the varsity game together and cheered on the Nighthawks. The event was free for the senior guests, who got to watch some of their favorite teams play a halftime scrimmage, during which all fans in attendance rooted for the up-and-coming basketball stars with great enthusiasm.

"We really wanted to connect the seniors with the kids," said Hamula, who — throughout the year — spearheads several off-the-court events, including food collections for the needy, as part of the youth basketball program's community outreach efforts.

Hamula notes that seniors don't have a strong connection



Betsy and Kenny Jacobson with youth basketball players, from left: Sarah Tressler, Ashley Hammond, Katie Ryan, and Juliette Cryder. —Bee Photos, Hutchison

with the schools in town because their children and — in many instances grandchildren — have already been through the school system. Hamula saw this as a way to bring groups separated by decades in years, as well as a great distance in interests, together.

"I think it went really well," Hamula said. "I just kept hearing over and over again how cute, and sweet, and lovely all the children are — and how

much they enjoyed spending time with them."

"I think it's an excellent idea. The food's very good and I really think it brings the community together a little bit more because everybody is still hurting," said Rosemary Siversten, a 40-year resident of town, alluding to the aftereffects of 12/14.

Culinary teacher Lori Hoagland and NHS students/volunteer event chefs Ralph Strocchia, Sam Sven-

son, Devin DiNicola, Matt Baldino, Enea Musaka, and Lauren McMahon all worked together to prepare and serve the meal hosted by the youth basketball players. Newtown Florist owner Judy Grabarz donated flowers for the occasion. Members of the NHS girls' basketball program also attended and gave valentines to the seniors. The Nighthawks then treated their guests to a 39-35 victory over Barlow.

Director of Social Services/Municipal Agent for the Elderly

Report for February 25, 2013

We are taking Fuel assistance applications every day. We have 81 seniors and 32 disabled applicants. A single person with earnings of \$22,340 is getting \$350 plus \$400 with an additional \$800 if their bank account has less than \$700 in it. Most people have more than the \$700 balance in their accounts especially if they just received their Social Security check.

We had five requests from elderly who needed help clearing their driveways from the last storm. Four were low income and did not have very long driveways. One was a very very long driveway and the homeowner was not a low income person. She only wanted to pay \$50.00 and the person with the plowing said no.

I have completed ten Operation Fuel applications. This is a nonprofit who gives help to low income persons up to \$500.00. They can only apply one time each year. I was given \$5,000.00 for this winter.

We had a long weekend with setting up the last giveaway of the toys, books, angels, backpacks, tee shirts and blankets. It was a lot of work and lucky for us we had a lot of volunteers. We set up three times and everything went.

We are still getting many donations for our food pantry. Presently twenty seniors use the pantry weekly.