

**Commission on Aging
Regular Meeting
Monday, September 19, 2016 @ 5:00 p.m.**

THESE MINUTES ARE SUBJECT TO THE APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, September 19, 2016 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Curt Symes called the meeting to order at 5:06 p.m.

Present: Curt Symes, Sheila Torres, John Boccuzzi, Margaret Imbro, Barbara Bloom, Anna Wiedemann, Anne Rothstein, Claire Theune, George Guidera, Ruby Ryles, Lisa Krauss

Absent: Mae Schmidle

Also Present: Marilyn Place and Ann LoBosco

BRIEF ANNOUNCEMENTS: Mr. Symes handed out copies of the first COA brochure created by Ruby Ryles. Everyone was very pleased with it and congratulated Ms. Ryles on her efforts.

The Newtown Arts Festival was this past weekend and the COA had a table which drew significant attention and discussion. Mr. Symes spoke to over 100 people (Seniors, Boomers & Family Members) about Senior Issues and the growing need for information about senior center space, programs and services, especially in light of the perceived delays in progress on the Community Center. There are challenges facing the current Senior Center with respect to space and improvements in programming.

The Friends of Newtown Seniors (FONS) was represented at the Health Fair on Saturday and gathered a number of new contacts. FONS has grown from 80 to over 100 members during its brief existence of a few months and plans are being put into place for more information and communications, regarding Newtown Senior Services, the Municipal Agent role, the COA and the FONS support activities, like Senior Socialization, Tax Relief and new Senior Center support.

PUBLIC PARTICIPATION: None.

ACCEPTANCE OF MINUTES:

Ms. Imbro made a motion to accept the meeting minutes from August 15, 2016, seconded by Ms. Wiedemann and unanimously approved.

CHAIRMAN'S REPORT (Attachment A): Mr. Symes reported that the Board of Selectmen will be discussing the CIP at their meeting tonight, including the \$3 million for a new Senior Center. He spoke with Nancy Crevier from The Bee and Linda Zukauskus from the Village Voices about getting information out there and the importance of seniors showing a presence and advocating for the new center. Mr. Guidera said that seniors need to get involved (get out and vote, go to meetings, etc.). He stated that at the RTC meeting Pat Llodra expressed support for the seniors and he feels that school supporters need to realize that seniors count in town.

NEW BUSINESS: Ms. Ryles suggested starting a letter writing campaign where seniors can talk about their needs and what is important to them. The letters could be sent to the Legislative Council and press releases could be published in The Bee. She stressed the importance of Newtown being known as an "age friendly community". Discussion followed and the Commission asked Ms. Ryles to head up the effort. Mr. Boccuzzi will get FONS involved in this as well.

OLD BUSINESS

Senior Communications Work – A new bulletin board has been placed at the Senior Center where the FONS have been posting upcoming events. It was suggested that the board be placed in a more visible area and be shared by Senior Services, the COA and the FONS. Ms. Place offered to place it where the Senior Center board (listing daily activities) is now hanging. Ms. Wiedemann said that it was important that Ms. Place maintain management of the bulletin board. It was decided that a new, larger bulletin board should be purchased.

Ms. Torres made a motion to spend up to \$500.00 from the Frank Knott Trust to purchase a new bulletin board, seconded by Mr. Boccuzzi and unanimously approved.

COA Nominations and By-Laws Revision Work – Ms. Theune presented the slate of officers for 2017 as follows: Anna Wiedmann (Chairwoman), George Guidera (Vice Chairman), Lisa Krauss (Treasurer) and Mae Schmidle (Parliamentarian). (Attachment B)

Mr. Boccuzzi made a motion to accept the slate of officers for 2017 as presented, seconded by Ms. Bloom and unanimously approved.

Ms. Theune will put together the by-laws with suggested revisions and will present a new set of by-laws at next month's meeting. Voting on the by-laws will occur at November's meeting.

Friends of Newtown Seniors – Mr. Boccuzzi stated that the group is moving along nicely and membership is growing. He suggested that a forum be set up this winter to discuss the quality of life issues for seniors in the community. The panel would consist of FONS, Senior Services, TRIAD, COA, Social Services, and other groups who may be able to contribute. The Commission felt this was a great idea and Mr. Boccuzzi will proceed.

TREASURER'S REPORT (Attachment C): Ms. Wiedemann distributed the monthly report and asked if there were any questions. In order to meet a deadline, Mr. Boccuzzi paid for the

deposit on the upcoming shredding event. He asked about reimbursement for the deposit and was told by Bob Tait that funds from the Gift Fund could not be allocated in that way. It was clarified that the Gift Fund is to be used by Senior Services and the Frank Knott Trust line item can be used by the COA.

Mr. Boccuzzi made a motion to accept the Treasurer's Report, seconded by Ms. Theune and unanimously approved.

DIRECTOR OF SENIOR SERVICES REPORT (Attachment D): Ms. Place highlighted her report. The exercise classes have been combined into one (36 people) due to the instructor's schedule. Since the exercise class is so popular, Mr. Boccuzzi asked whether two 45 minute classes could be offered versus the 1 hour class. Ms. Place stated that she is respecting the wishes of the instructor who needs to keep the schedule to one class. The Center's Annual Bazaar is schedule for Saturday, November 5th from 9-3. Planning for the Holiday Party has begun and it will take place at Michael's at the Grove on December 8th. Ms. Place would like to keep the cost down as has been done in the past. The deposit is \$200.00 and she is requesting another \$200.00 from the Gift Fund to keep the cost at \$35.00 per person (versus \$37.00).

Mr. Boccuzzi made a motion to allocate \$400.00 from the Gift Fund for the Holiday Party at Michael's at the Grove, seconded by Ms. Rothstein and unanimously approved.

Ms. Place is also looking at a Bunn coffee pot w/warmer set-up to replace what they have now. The estimated price is \$500.00 to \$600.00.

Ms. Wiedemann made a motion to allocate up to \$600.00 from the Gift Fund for a new Bunn coffee maker, seconded by Mr. Boccuzzi and unanimously approved.

Ms. Torres suggested that the FONS be invited to attend Lunch & Learn Seminars to show unity between the Senior Center and FONS. Ms. Place will look at specific dates and set up the program.

MUNICIPAL AGENT FOR THE ELDERLY REPORT (Attachment E): Ms. LoBosco presented her report. The Energy Assistance Program has begun and applications are being accepted. The Medicare Open Enrollment runs from October 15th to December 7th so seniors are encouraged to look at their coverage to insure they are enrolled in the best plan for them. With the holidays approaching, Ms. LoBosco is hoping to identify and reach out to seniors in the community that could benefit from the Holiday Basket Program. The Tag a Gift program worked with Golden Opportunities last year and made a difference for many seniors.

There being no further business, **Mr. Guidera made a motion to adjourn the meeting at 7:13 p.m.**, seconded by Ms. Torres and unanimously approved.

Respectfully submitted,

Ann LoBosco, Clerk

AH. A

Newtown Commission on Aging (COA) - Chairman Report – 9/19/16 Meeting

Welcome to our September COA Meeting and the celebration of National Senior Center Month.

September will be a very important month not only for its National Senior Center recognition but more importantly on the local level for its timing in the reviews & recommendations process of the Newtown 2017 Capital Improvement Plan (CIP) Budget Funding, specific to the long overdue (since 2003) New Senior Center.

If Newtown is to step-up to its role within the surrounding, regional communities in being recognized as a Senior-Friendly, Aging-in-Place town then a commitment to a New Senior Center with significantly Expanded Space & Senior Programs is paramount to our 5,000+ rapidly growing Senior Population, age 60 and older.

As was noted in an August Sunday Danbury News-Times, front-page article, the CT Senior Population is growing exponentially and surrounding towns need to invest in their seniors socialization and needs. It was pointed out, as the COA had determined back in the 2013-2014 Community Center Survey & follow-on Community Center Analysis, that the majority of the local surrounding towns and beyond have already invested significantly in Senior Center Expansions.

Currently, the new Friends of Newtown Seniors (FONS) Group (some 85+ Members strong from both the Senior Center Population and beyond and across ages from 30 to 80+) sees a New Senior Center as critical to the success of future Senior Programs and a key facilitator for expanded Socialization, especially now with the new Community Center underway.

At this past weekend long Newtown (Cultural Arts Commission) Arts Festival - we/the Commission on Aging, the FONS Group, Masonicare, Booth Library and Edmond Town Hall all heard very unhappy & negative comments from both long standing and new to Newtown Seniors & their families about gross inadequacies in the current Newtown Senior Center. One daughter with a strong background in Eldercare looking to relocate her Mom to the area, and thoroughly researching the region told me point blank that we (Newtown) had the worst Senior Center in the area.

Respectfully submitted,

Curt Symes

Chair, Newtown COA

AH. B

**Proposed* Slate of Office Nominees
for the Next Commission on Aging**

Anna WiedemannChairwoman

George GuideraVice Chairman

Lisa KraussTreasurer

Mae Schmidle Parliamentarian

**Telephone interviews of current and future Board members took place on Sept. 9th, 10th, and 15th.*

Prepared by Claire Theune and Margaret Imbro, COA Nominating Committee.

September 15, 2016

NEWTOWN SENIOR CENTER
 Director of Senior Services
 August 15, 2016 – Sept 9, 2016

AH. D

PROGRAMS	NUMBER OF ATTENDANTS (August)
Meditation	10
Zumba Gold	46
Exercise	148
Floor Yoga (2 days)	54
Chair Yoga (2 day)	78
Cards	41
Mah Jong	16
Chorus	
Bingo/Keno	27
Lunch	139
Hot Dog/pizza Luncheon	28
Knitting	35
Cards (craft)	12
Quilting/sewing	10
Walk-Ins	25
Billiards/ping pong	8
Trips	67
Newsletter	8
Wii	26
High School Technology	12
Painting/Art	27
Special events	32
Tai Chi	51
Qi Gong	55
AARP Safe Driving	
Ballroom Line dance	36
Current Events Discussion	44
Spanish Lessons	
Speakers	44
Chair Pilates	31
Strength & Balance	16
Inter-generational w/ CAC	86
Bible study	4
Wii/Password	23
Blood Pressure	20

Attendance Daily: August

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
246	335	350	189	266	1387

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

THE NATIONAL THEME IS:

Find Balance at your Senior Center

Through **FITNESS, PURPOSE, FRIENDSHIP and LEARNING**

Embrace positive active aging, take part in valuable quality programs, activities and services. Socialize, Create and build new friendships with all that the NSC offers..... "Where Silver is Golden"

**Learn a new "step" with New England Community Barn Dance Sept 8
Dancing benefits the brain AND the body!**

NEW ENGLAND COMMUNITY BARN DANCE

THURSDAY SEPT 8 from 2-3pm for 6 WEEKS

Come join us for a Traditional Square & Folk Dancing— circle, square, & long ways dances (think of a Virginia Reel or dances from a Jane Austen movie). No partner necessary. Dancing benefits the mind and body! All dances will be taught and prompted. A great way to connect w/ friends and make new ones. Dance instructors/callers are Patricia Campbell & Bob Livingston. With old time, French Canadian & Celtic music (occasional live music!). Do-Si-Do, form a square, smile at your partner & swing "em there" Wear comfortable clothes, comfortable shoes, no sneakers please. Sign up is necessary. 203-270-4310

Autumn begins On Sept 22.....Fall Prevention Day

Take part of this 8 week course.....

MATTER OF BALANCE PROGRAM

Date: Sept 19th Time: 2-4

So good to share 2 wonderful new programs! Also, Meditation is back on Tuesday mornings as is Qi Gong Tuesday afternoon.

That is 15 types of exercise programs a week offered at the Center.

In the late Fall I'm introducing another dance class..... C & W line dancing. The date and time I'm still working through with new teacher. That would bring it to 16 types of exercise programs a week for \$20 a year! Best bargain in town for our seniors.

COMPLETED EVENTS:

- Lunch and Learn and Bingo w/ Regional Hospice August 17
- Arthur Gottlieb presentation on Margaret Burke White August 18
- Holiday Hill Annual picnic August 22
- Assistive technology presentation WCAAA Sept 13
- Annual Senior Picnic @ Masonicare Sept 16

UPCOMING EVENTS:

- Matter of Balance 8 weeks Program Sept 19
- Lunch and Learn "Hearing Loss & Dementia Are They Linked?" Oct 12
- Elder Law Seminar: Protect Your Life Savings & Lifestyle Oct 13
- Understanding Interpersonal Boundaries (Wellness series) Oct 20 10am
- WCAAA Medicare Fraud and Abuse Scams Oct 20 1pm
- AARP Driver Safety program Oct 21

TRIPS:

- The Marcells At Grand Oak Villa Sept 20
- The Big "E" Sept 21
- 9/11 Memorial and Museum Oct 5
- Oktoberfest @ Log Cabin in Holyoke, MA Sunday Oct 23
- Mohegan Sun Nov 15
- Radio City Xmas Spectacular Nov 18

OVERNIGHT TRIPS:

- New Bushkill Inn in the Poconos Sept 19-22
- Autumn in Lancaster, PA including Samson Oct 19-21

CRUISES:

- Canada & New England Oct 8 -15
- Hawaii Oct 29-Nov 5
- Florida & The Bahamas Feb 19-26, 2017

CLINICS/Screenings /Workshops:

1. Flu Shot Clinics are scheduled w/ BVNA Sept 13, 27, from 9-12. Oct 11, from 10-12
2. Podiatry Screening Oct 21 from 10-12
3. Fall Prevention Workshop 8 week course through Dept of Health Mondays starting Sept 19

SPEAKERS:

1. Janet Barrett author of "They Called her Reckless" a true story of a War Horse Oct 4
2. Medicare Fraud and Abuse w/ Dawn Macary, "Who's Watching Your Wallet?" Oct 20
3. Wellness Series part 2 Understanding Interpersonal Boundaries Oct 20

Lunch and Learns will continue with some great info seminars:

1. Masonicare will discuss Balance Sept 23
2. Hearing Loss & Dementia Is there a link? Oct 12

Cultural History Series: Continues w/ Arthur Gottlieb LCSW

1. The Cloisters in Washington Heights section of upper Manhattan Oct 18
2. Thanksgiving Plymouth Plantation Nov 17
3. Times Square Dec 15

ANNUAL PICNICS :

1. Annual Newtown Senior Picnic Friday September 16 @ Masonicare @ 11:30 . 45 seniors attended. Transportation provided for Nunnawauk residents.

ANNUAL HALLOWEEN BINGO PARTY W/ BOB MELL ENTERTAINER WED OCT 26

UPDATE:

1. I have partnered w/ Nunnawauk Meadows and Arthur Gottlieb LCSW to do a Wellness Presentation series. Part 2 is scheduled Thursday Oct 20 @ 10am in the Community room @ Nunnawauk Meadows
2. Dept. of Senior Services, Dept. of Social Services, Social Worker, Dept. of Health, Chief of Police and Senior Advocate Police Officer, met with a staff member at NFYS to discuss a grant they received on an Elder Abuse program they will be offering. It wasn't clear on what they expected from all of us. Another meeting is being planned.

3. The Center's annual Bazaar is scheduled for the Saturday Nov 5 from 9-3. If you have a craft to make and donate, or like to bake for the Bake sale and items to donate for the White Elephant roomcall me.
4. Planning for the Annual Holiday Party..... is scheduled for Dec 8 @ Michael's at the Grove from 11-3.

Keeping the cost down and following what we have done in the previous years.....I am requesting:

\$200 for deposit

\$200 for the difference of the cost per person. (The cost is \$37pp, I charge \$35pp @ 100

Total: \$ 400 attending, therefore \$2 x 100= \$200)

Request \$400 from Gift Fund to Michael's at the Grove

I am also looking at a Bunn coffee pot w/ warmer set-up. This will be requested also. The meal site on Wednesday will resume in Oct., but the meal site will no longer be supplying coffee or tea during meals.

*****Other monies will be requested as time gets closer to pay for staff and sponsored seniors plus the DJ at the Holiday Party**

5. Membership for the NSC are due.\$20pp a year for resident...\$25pp non-resident. Dues have increased this year by \$5 due to keeping the format of not charging per class. Still the best bargain in Town!
6. A meeting was held w/ the First Selectman on Friday Sept 2 in regards to concerns of the Friends of Newtown Seniors and what is happening here at the Senior Center. I offered to post info on a bulletin board so those who are not involved in this group can read and know it is not a "secret" group as some seniors have stated. To include them and myself on the activities of the group if they choose. It will be my decision what goes on the board. I also will put other senior seminars etc. on the board that many can benefit from. And other senior center's newsletters. Also, an informal introduction is going to be planned to educate and hopefully erase the negative and unite the members to a better understanding on what our roles are. There has been some very creative negative "gossip" basically by those who over hear and repeat old or wrong info. This is like high school....which creates a terrible atmosphere for those members who simply aren't interested and just want to enjoy their class/program. All of our goals can blend as a team of individuals working together.
7. There are many projects being completed at the SC.....painting etc. The new custodian is extremely busy and it shows.

Keeping the seniors busy and active.

Marilyn



A.H.E

DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR THE ELDERLY

COA – September 19, 2016

This month I attended training in Danbury for updates to the Energy Assistance Program for this year. I also attended a CHOICES conference covering topics on Medicare Fraud, Medicare's Preventive Services, Identifying and Reporting Inappropriate Agent Marketing of Medicare Plans, and Mental Health.

I will be attending the Health Fair on Saturday, September 17th and plan to focus on "Medicare & You" given the **Open Enrollment Period for Enrolling/Changing Medicare Plans begins on October 15th**. Participated in a Webinar on Medicare Open Enrollment.

Program Statistics

Renter's Rebate Applications (70 to date) (Program ends 10/1/16)
Operation Fuel Summer Program (6 to date) (Program ends in November)
Energy Assistance Applications (14 to date)
Food Pantry (25 seniors/disabled individuals visit weekly)

Cases

Daughter of an 80 year old woman came in looking for guidance/support in getting her mother into assisted living. Also living in the house is a 70 year old man who has been somewhat of a caregiver to the mother. The home will be going on the market and the 70 year old man will need housing. We are assisting with this process.

A 65 year old woman who recently relocated to Newtown has been seeking help with a variety of issues. She lives at Nunnawauk Meadows and deals with mental illness including bipolar disorder. Social Services has helped her with some medical bills as well as food.

A 77 year old woman sought help with coping with the sudden death of her fiancé (88 years old). She is living in his home at the moment but his home will be sold by his children. She will be relocating out of Newtown. She does not know the Newtown area very well so needed assistance with getting around town. Her mental state is very fragile although I believe once settled in her new surroundings she will be able to cope much easier.

Met with a 63 year old man (referred to me by VNA & Anna Wiedemann). He recently moved in with his father in Newtown due to the foreclosure on his own house in MA. He will be in need of refills on his prescriptions soon so we applied for health insurance as well food stamps. He will need some "hand holding" through the process of getting everything in place in CT.