

**COMMISSION ON AGING  
REGULAR MEETING**

**September 17, 2018 5:00 pm**

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

The Commission on Aging held a regular meeting on Monday, September 17, 2018 at 5:00 pm at the Newtown Municipal Center, Council Chambers, 3 Primrose Street, Newtown, CT.

**Call to order:** Mr. Guidera called the meeting to order at 5:00 pm.

**PRESENT:** George Guidera, Anne Rothstein, Ruby Ryles, Curt Symes. Alternates: Larry Passaro, Claire Theune.

**ABSENT:** Anna Wiedemann, Barbara Bloom, John Boccuzzi, Mae Schmidle, LeReine Frampton, Maureen Will.

**ALSO PRESENT:** Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, 6 members of the public.

**VOTER COMMENTS:** *Louise Zierzow, Sandy Hook* – Ms. Zierzow inquired about plans to repair the parking lot/sidewalks at the Senior Center. Ms. Place replied that there is a work order in for the sidewalk, over the years potholes have been addressed. MR. GUIDERA MOVED TO DRAFT A LETTER TO PUBLIC WORKS WITH A CC TO THE FIRST SELECTMAN TO INQUIRE ABOUT THE PARKING LOT. SECOND BY MS. ROTHSTEIN. ALL IN FAVOR. MOTION PASSES. (6-0)

*Marie McClenathan, Nunnawauk Meadows* – Ms. McClenathan requested voter comment to not just be at the beginning of the agenda, but after the agenda items. MR. GUIDERA MOVED TO ADD VOTER COMMENT AT THE END OF THE MEETING ON THE NEXT AGENDA. SECOND BY MS. ROTHSTEIN. ALL IN FAVOR. MOTION PASSES. (6-0)

*Officer Maryhelen McCarthy* – Office McCarthy said that paving and lines indicating parking is very important so it is clearly marked, handicap spaces in particular. At a recent event, Ms. Place had offered suggestions for parking which helped to accommodate cars appropriately

**MINUTES:** MR. PASSARO MOVED TO APPROVE THE MINUTES OF THE AUGUST 27, 2018 MEETING. SECOND BY MS. ROTHSTEIN. ALL IN FAVOR. MOTION PASSES. (6-0)

**REPORTS:**

**CHAIR REPORT:** Mr. Guidera reviewed the Chair report from Anna Wiedemann. (ATTACHED) Ms. Place and Ms. Wiedemann have been working on the bread program and coordinating with the Newtown health department. Program subcommittee will be on September 27 at 4:00 pm, Livable Community initiatives to be discussed. The senior guide booklet should include COA meeting schedule.

**DIRECTOR OF SENIOR SERVICES:** Ms. Place distributed the monthly report. (ATTACHED) Mr. Passaro expressed a need for consistent, accurate, detailed reporting generated from the

new system. Mr. Guidera suggested a monthly report, specifying a date range - beginning of the month through the end of the month. Mr. Symes inquired about training. Ms. Place took part in a tutorial. Ms. Place explained the process of number of swipes, how reports are generated, input of information into the database for the new system. If there are questions, Ms. Place asked that they be directed to her.

**DIRECTOR OF SOCIAL SERVICES:** Ms. LoBosco distributed the Director of Social Services report. (ATTACHMENT) Ms. LoBosco reviewed the energy assistance program, renters rebate, Choices open enrollment starts October 15, can do onsite applications on her laptop, first Wednesdays of the month.

**TREASURER'S REPORT:** MR. PASSARO MOVED TO FILE THE FINANCIAL REPORT FOR AUDIT. SECOND BY MR. GUIDERA. ALL IN FAVOR. MOTION PASSES. (6-0) (ATTACHED)

**GRANTS COMMITTEE:** No report.

**OLD BUSINESS:**

**Discussion on updates and printing out new SC Resource Guide** – Ms. Rothstein discussed to printing, landscape on a spreadsheet, has been checked for accuracy. An electronic version will be available via the website.

**LPI – newsletter** – no report.

**NEW BUSINESS:**

**Contest for renaming new Senior Center** – Ms. Rothstein shared the flyer. (ATTACHED) Ms. Ryles asked about the process of selecting the name. Ms. Place said that will need to be figured out.

**ADJOURNMENT:** THERE BEING NO FURTHER BUSINESS, MR. PASSARO MADE A MOTION TO ADJOURN THE MEETING AT 6:16 PM. SECOND BY MS. ROTHSTEIN. ALL IN FAVOR. (6-0)

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Chair Report, Director of Senior Services Report, Director of Social Services/Municipal Agent for the Elderly Report, Audit Report, Flyer to name the new Senior Center.

## COA Chair Report for September

Work continues on suggestions for new programs. The Subcommittee is working on ideas, helping to find new teachers. Looking at in-house talent both on the COA and within the current membership of the Senior Center.

I did contact several bakeries (someone even dropped off anonymously, to me 4 loaves of bread from Trader Joe's. I didn't contact Trader Joe's, so whoever this came from, THANK YOU!). Suzette, at the Health Department sent a list of items that needed to be addressed and answered before they give us their blessing. I printed it out the email and dropped it off to Marilyn. Here's what was asked:

Hi Anna,

As a follow up to our phone conversation earlier today, below are questions regarding offering bread at Newtown Senior Center:

1. How will items be protected during delivery from licensed food service establishments to NSC?
2. Who will transport food?
3. Are items offered, non-potentially hazardous (not requiring refrigeration)?
4. Once delivered, how will baked goods be stored?
5. Do you intend to date the items offered - use by date?
6. Who will monitor when items are to be discarded?

I will meet with Marilyn to see what type of reports the new system can generate. Not having come with a booklet, it is challenging to navigate if you are unfamiliar with this type of program. The company has a wonderful support group. But we need a better idea from our members as to what they'd like to see in a report. Then we can look at our options and bring those to the meetings.

About 15 years ago (maybe even longer), there was a wonderful program that came out of the Senior Center that was done at the High School in the auditorium. It was about laughter. Something we ALL need more of. I hope you sign up and join me on Friday, September 28 at 12:00 for a program called Laugh for the Health of It Part II.

Attached also is my letter for the Resource Guide. Please take a look (I added a small paragraph at the end for the updated booklet) and let me know what changes, additions or deletions I need to make.

Enjoy the cooler weather, Anna

The Commission on Aging (COA) was created in 1979 through an ordinance adopted by Newtown's Legislative Council. Its purpose is to:

- study the needs of Newtown's Senior residents and coordinate programs for them;
- make applications for grants, along with the Director of Senior Services, to governmental agencies and prepare opinions on the merits of programs for which grants are proposed; and,
- act as an agent for other Federal, State or town boards, commissions, agencies or local private groups to carry out programs for Newtown Seniors as authorized by such entities.

The COA places primary emphasis on the needs of persons 60 years or older. The Commissioners both sponsor and conduct a number of senior related activities such as surveys, outreach and community events. We have made our presence known to other boards and commissions as well as the various 55 and over residential homes.

I am proud to serve on the COA, with an outstanding board and invite you to attend one of our monthly meetings which take place the third Monday of each month at the Senior Center.

Best regards,

Anna Wiedemann  
COA Chair

**As a community, along with our Director and Commission, we are finally realizing our long time efforts of a new Senior Center. We anticipate an opening of mid to late 2019. A lot of work is going on regarding new types of programs, design and layout of the new facility to attract many new members.**

NEWTOWN SENIOR CENTER  
Director of Senior Services  
August 25, 2018 – Sept 14, 2018

**PROGRAMS                      NUMBER OF ATTENDANTS    (August)**

(See Attachment)

**Attendance Daily:**

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
255	261	312	376	395	1599

**COMPLETED EVENTS:**

- Center Lounge "Las Vegas Legends" w/ Nicky D                      Aug 17
- Annual Summer Picnic @ Holiday Hill                                  Aug 20
- Amazing Women in History scrapbooking                              Aug 24
- CC/SC Info Lunch/Learn    Aug 31
- Fall centerpiece craft w/ Dana    Sept 7
- Comedy Cabaret w/ Lia Levitt    Sept 14

**UPCOMING EVENTS:**

- Flu clinic's begin    Sept 18 9 am – 11 am
- WCAAA Assistive Technology    Oct 5
- Men's Karate Demo w/ Naida    Oct 10
- Kayaking w/ LL Bean on Ct River                                        Oct 15/rain date Oct 16
- How to Read a Map & Compass w/ LL Bean                            Oct 19
- Seasons Hospice & Pallative Care / Music Therapy                Oct 26
- Halloween Bash    Oct 31

**TRIPS:**

- The Big"E"    Sept 19
- Married to Broadway    Oct 9
- Oktoberfest    Oct 16
- Mohegan Sun    Oct 17
- Phantom @ WBT    Nov 8

**VAN TRIPS:**

- Port Jeff    Aug 29
- Golf Range    Sept 12
- The Acchord's @ Grand Oak Villa                                        Sept 13
- Capt's Cove in Black Rock    Sept 26

**SPEAKERS:**

**Lunch and Learns:**

1. Passport in Place "Antartic" w/ Hank Meirowitz                      Sept 21
2. Laugh for the Health of It Part 2 w/ John Trevor Smith              Sept 28

## Cultural History (2<sup>nd</sup> Thursdays @ 10:30) and Wellness Series (4<sup>th</sup> Thursdays @ 10:30)

- Growing Closer: Improving relationships with loved ones Sept 20

### UPDATE:

I now have a new van driver, Richard Merrill. Richard and his wife Betty Presnell are new members to the senior center but have lived many years in Newtown. Wonderful and very active couple.

All events were very well attended. The Lunch and Learns are all very popular that we have a wait list. These events are filled to maximum capacity.

- Amazing Women in History scrapbooking Aug 24
- CC/SC Info Lunch/Learn Aug 31
- Fall centerpiece craft w/ Dana Sept 7
- Comedy Cabaret w/ Lia Levitt Sept 14

Each event with overflow in parking lot we always utilize the SH fire dept. back parking lot.

### UPCOMING FLU SHOT CLINIC @ the senior center

Tuesday	Sept 18th	9-11	Bethel	VNA
Tuesday	Oct 2nd	9-11	Bethel	VNA
Tuesday	October 23rd	9-11	Bethel	VNA

The new MEN's Karate (type class) (self-defense) **demo** class is scheduled Wednesday Oct. 10 At 12:45 to 1:30.... This is through Fitness Fury.

Annual Bazaar is scheduled for Nov 10.

Many volunteers are in full swing preparing for this annual event.

My Senior Center Program is in play (see attachments)

Members need to come in, re-new membership and receive their key card.

Once complete it will be an accurate source for stats etc. Also, robo calls!

Work in progress.

Marilyn


**Event Statistics from 08/27/2018 to 09/14/2018**
**Filters:**

Age:&gt;=0

Site(s):All

Category	Duplicated	Unduplicated	60 and Over Guests	Under 60 Guests	Hours	Tickets
Classes/Workshops	105	46	0	0	187.00	0
Health/Fitness	464	96	0	0	446.00	0
Nutrition	102	31	0	0	102.00	0
Off Site Excursions	22	19	0	0	138.33	0
Recreation/Entertainment	41	18	0	0	78.50	0
Social Activity/Event	159	50	0	0	617.00	0
Socializing	187	54	0	0	2,244.00	0
Special Events	36	36	0	0	72.00	0
Special Groups	64	27	0	0	127.00	0
Volunteer Opportunities	3	3	0	0	40.50	0
<b>Total Event Signins</b>	1183	176	0	0	4,052.33	0
<b>Total Swipes</b>	667	171				



Date range from 08/27/2018 to 09/14/2018

**Filters:**

Age:>=0

Site(s):All

**Checkin Count** 1183

**Days in Range** 14

**Avg Duplicated** 84.5

**Avg Per Weekday**

<b>Monday</b>	82
<b>Tuesday</b>	100.67
<b>Wednesday</b>	61.67
<b>Thursday</b>	85.33
<b>Friday</b>	92

**Avg Per Day by Month**

<b>August</b>	84.4
<b>September</b>	84.56




**Event Occurrences from 08/27/2018 to 09/14/2018**
**Filters:**

Site(s):All

Category	Event	# of Events	HoursUnduplicated Scheduled	
Classes/Workshops				
	Art in the Atrium	3	6	9
	Ballroom Dance Lessons	3	3	5
	Cultural History Discussion	2	2	18
	Knitting	3	6	18
	sewing/quilting	3	9	8
	SPANISH	2	2	9
	Tech Tuesdays	3	3	1
	<b>Total</b>	<b>19</b>	<b>31</b>	<b>46</b>
Health/Fitness				
	Chair Massage	1	2	4
	Chair Pilates	3	3	15
	Chair Yoga	6	6	29
	Fitness Fury	6	6	29
	Flex & Fit	3	3	27
	Morning Meditation	3	3	8
	Qi Gong	3	3	12
	Strength training	3	3	10
	Tai Chi	3	3	17
	video exercise 2	9	9	15
	Yoga	6	6	24
	Zumba	3	3	17
	<b>Total</b>	<b>49</b>	<b>50</b>	<b>96</b>
Nutrition				
	Lunch	15	15	31
	<b>Total</b>	<b>15</b>	<b>15</b>	<b>31</b>
Off Site Excursions				
	Lunch Bunch	1	4	4
	Port Jeff Ferry	1	8	8

	Sept 12 Trip	1	6	10
	<b>Total</b>	<b>3</b>	<b>18</b>	<b>19</b>
Recreation/Entertainment				
	Canasta	3	9	4
	Game On	3	6	2
	Keep Cool Bingo	1	1	5
	Keno	1	1	2
	Mah Jong	3	9	8
	Mandala Adult Coloring	3	3	6
	<b>Total</b>	<b>14</b>	<b>29</b>	<b>18</b>
Social Activity/Event				
	Barn Dancing	3	3	15
	Book Club	1	1	5
	Cards	15	105	20
	Comedy Cabaret with Lia Levitt	1	2	19
	GAMES	3	3	10
	Poker	3	9	6
	Seniors Rock painting	1	3	5
	<b>Total</b>	<b>27</b>	<b>126</b>	<b>50</b>
Socializing				
	.Socializing/Just Visiting	15	180	54
	<b>Total</b>	<b>15</b>	<b>180</b>	<b>54</b>
Special Events				
	NSC Lunch & Learn	1	2	36
	<b>Total</b>	<b>1</b>	<b>2</b>	<b>36</b>
Special Groups				
	Bible Study Group	1	1	3
	Hot Topics	3	3	16
	Men Breakfast Club	1	1	4
	Police Presence	5	50	3
	Womens Discussion Group	3	3	11

	<b>Total</b>	<b>13</b>	<b>58</b>	<b>27</b>
Volunteer Opportunities				
	Inter-generaional programs	1	13	3
	<b>Total</b>	<b>1</b>	<b>13</b>	<b>3</b>
	<b>Grand Total</b>	<b>157</b>	<b>522</b>	<b>176</b>


**People that were active between 08/27/2018 and 09/14/2018**
**Filters:**

Age:&gt;=0

Site(s):All

<b>Age Range</b>	<b>Count</b>	<b>Percent</b>
Ages 55-59	2	1.1%
Ages 60-64	7	4.0%
Ages 65-69	29	16.5%
Ages 70-74	40	22.7%
Ages 75-79	37	21.0%
Ages 80-84	27	15.3%
Ages Below 55	1	0.6%
Ages Over 85	33	18.8%
<b>Totals</b>	<b>176</b>	<b>100%</b>

<b>City/Town</b>	<b>Count</b>	<b>Percent</b>
In Town	65	36.9%
Out of Town	111	63.1%
<b>Totals</b>	<b>176</b>	<b>100%</b>

<b>Deceased</b>	<b>Count</b>	<b>Percent</b>
No	176	100.0%
<b>Totals</b>	<b>176</b>	<b>100%</b>

<b>Ethnicity</b>	<b>Count</b>	<b>Percent</b>
Unknown	176	100.0%
<b>Totals</b>	<b>176</b>	<b>100%</b>

<b>Gender</b>	<b>Count</b>	<b>Percent</b>
Female	154	87.5%
Male	18	10.2%
Unknown	4	2.3%
<b>Totals</b>	<b>176</b>	<b>100%</b>

<b>Head of Household</b>	<b>Count</b>	<b>Percent</b>
No	175	99.4%
Yes	1	0.6%

<b>Totals</b>	<b>176</b>	<b>100%</b>
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<b>Lives Alone</b>	<b>Count</b>	<b>Percent</b>
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No	176	100.0%
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<b>Totals</b>	<b>176</b>	<b>100%</b>
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# **DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR THE ELDERLY**

**September 2018**

## **Program Statistics**

Energy Assistance Applications – 2018-2019 (26 applications – 18 Senior/Disabled = 70%)

Food Pantry (56 individuals/families visit weekly – 39 Senior/Disabled = 69%)

Operation Fuel (Summer/Fall) – (8 applications – total \$3,248.67)

Salvation Army – (43 applications to date - \$14,526.69 total – 20 Senior/Disabled = 46%)

Renter's Rebate for 2017 – 67 applications to date

- Attended CHOICES update training to prepare for the upcoming Open Enrollment Period which begins October 15<sup>th</sup> through December 1<sup>st</sup>.
- Continuing to work with a 45 year disabled woman to get services in place for her at home. She is on the PCA (Personal Care Assistant) Waiver wait list which is still processing applications from 2015. Have applied to Medicaid and Community First Choice in the hope of getting some home care for her while waiting for PCA Waiver.
- Exploring the possibility of working with Habitat for Humanity on their "Brush With Kindness Program For Low Income Seniors". Eligible seniors can apply for home repair projects (\$250 to \$2500). At the discretion of Habitat, the homeowner will be asked to participate in the work to be done and/or will repair Habitat for cost of project in monthly installments.
- Working with a resident of Athena (formerly Masonicare/Lockwood Lodge) who has exhausted her long term care insurance benefit. We will be applying to Title 19 and are hoping she will be able to stay at Athena.

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/ DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST	NEW SENIOR CENTER	GRANT	BALANCE
7/1/18	Beginning Balance						45,027.86
7/18/2018	Qrtly Distribution- Knotts Trust			649.95			45,677.81
9/13/2018	Ck #33354- Newtown Labor Day Parade	(100.00)					45,577.81

# ANNOUNCING:

## *A contest to name the new Senior Center!*

Here is your chance to have input  
about the name of our new Senior Center at Fairfield Hills

Fill out the form below and return to the current  
Senior Center at 14 Riverside Road Sandy Hook

### *NAMING FORMATS:*

*(choose one and circle the number)*

1. Include the words senior center in the new  
name. \_\_\_\_\_ Senior Center

Your suggestion

2. Retain the name as: Newtown Senior Center

3. Eliminate the words Senior Center from the  
name and call it \_\_\_\_\_

Your suggestion

4. Other \_\_\_\_\_

Your ideas and suggestions

Your Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_