

NEWTOWN COMMISSION ON AGING
Regular Meeting
Monday, September 19, 2022
Newtown Municipal Building, 3 Primrose Street, Newtown, CT 06470
Called to order at 4:00pm

THESE MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

Present: Barbara Bloom, Larry Passaro, Anne Rothstein, LeReine Frampton, Nicole Camporeale, Jamie Geraci, Xiao Han

Present via google meets: Claire Theune, Judit Destefano

Absent: Bill Darrin, Lia Levitt, Tricia Gogliettino

Also Present: Director of Human Services Natalie Jackson, Assistant Director of CH Booth Library Jennifer Nash, Director of Nunnawauk Meadows Mary Salley

Public Comment – Assistant Director of CH Booth Library J. Nash reported that they have their Memory Café the first Monday of the month. This month the Bruce Museum will be presenting “Lifetime of Looking” an art appreciation program (Attachment A). They also have a Warming Earth Book Club based on climate change (Attachment B). And finally a series of retirement/Medicare retirement presentation (Attachment C).

Minutes – L. Frampton moved to approve the minutes of the July 18, 2022 meeting. B. Bloom seconded, all in favor.

Chair Report – A. Rothstein thanked all the volunteers that helped out at the Arts Festival. They collected emails from people that are not members of the senior center. Those people received a magnet with a flower on them which was a photo from a talented photographer. She also explained that they are donating a few photo albums of his that are sorted by country in the hopes that seniors will be able to enjoy them.

Director of Human Services – N. Jackosn reviewed her report (Attachment D).

Treasurer’s Report – L. Frampton moved to send the Treasurer’s report (Attachment E) to audit. J. Geraci seconded, all in favor.

OLD BUSINESS

Lunch Program Review – L. Frampton explained that they have gotten some donations which allows them to continue to charge \$3 per lunch. They are starting to run low on funds and will need to start fund raising again. Seniors arrive 30 minutes before lunch to socialize and get fresh food. L. Frampton will continue to do the lunches Monday and Wednesday through the middle of October. Once the vendor starts she will only do Monday’s.

Report on Arts Festival – Discussed in Chair Report

NEW BUSINESS

Funding of \$300 to subsidize a senior pottery class this fall at the Community Center – The cost of the class is \$80 per person so there is still an out of pocket expense. FONs will be subsidizing \$225 for the class as well. L. Frampton moved to approve \$225 to subsidize the cost of the pottery class this fall along with \$225 from FONs. N. Camporeale seconded, all in favor.

On behalf of the Senior Center and Community Center, funding up to \$250 for a DJ at the Senior Sock Hop in September at the Community Center – L. Passaro moved to approve \$250 for a DJ at the Senior Sock Hop. L. Frampton seconded, all in favor.

Suggestions for speaker topics for 2022-2023

Internet Safety – A. Rothstein said there are people at the bank that deal with this all the time and they are willing to come and speak.

Other – Other suggestions were Mythis of Dementia, Glass bead demonstration, How people with disabilities are treated, Bonzo the Clown and Home Fit, which will be doing a presentation at the October COA meeting. J. Destefano suggested polling the seniors to see what they would be interested in.

Member Comments – None

Having no further business, the meeting was adjourned at 4:46pm.

Respectfully Submitted,
Arlene Miles, Clerk

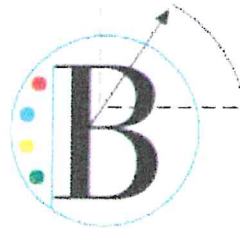
Memory Café

When: Monday, October 3 at 2:00 PM

Where: The Gathering Room in the
C.H. Booth Library

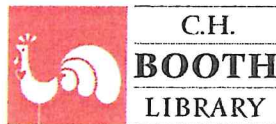
A Memory Café is a welcoming place for people with changes in their memory and their care-partner(s) to come together.

This month the Bruce Museum presents "Lifetime of Looking", an art appreciation program.



BRUCE MUSEUM

To register, visit the events calendar at
www.chboothlibrary.org,
call 203-426-4533 or scan the QR code.



C. H. Booth Library

25 Main Street

Newtown, CT 06470 | 203-426-4533

chboothlibrary.org

B

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Find us



@chboothlibrary



Visit us at
chboothlibrary.org



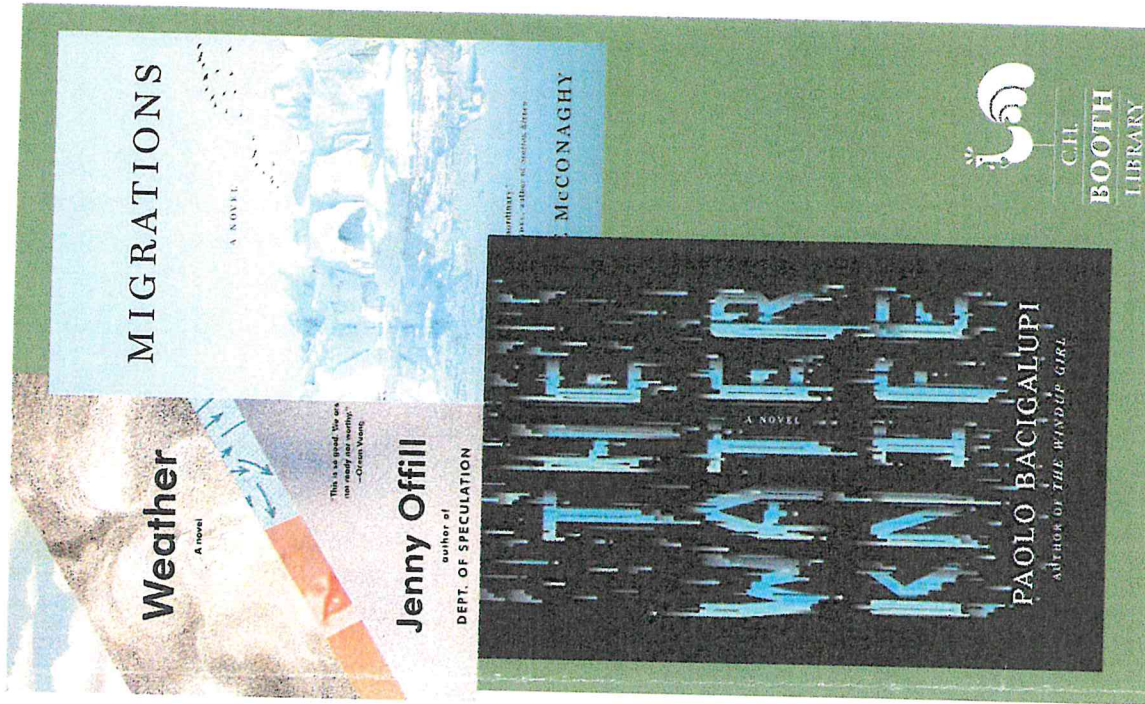
C.H. Booth Library
25 Main Street
Newtown, CT 06470
(203) 426-4533

<https://unfccc.int/>



C.H.
BOOTH
LIBRARY

WARMING EARTH BOOK CLUB



Retirement: Making Your Money Last

**Thursday, September 22
at 6:00 PM in the Gathering Room**



Maria Xavier had a career in technology and telecom sales for 20 years when she decided to follow her passion for financial fitness. She became a financial advisor for Edward Jones in 2019 and she loves teaching others how to use money as a vehicle to do good and live well.



This in-person program is designed to help you prepare to live the retirement you have envisioned. Learn useful investment strategies to last throughout your retirement years.

In addition, you'll explore how to address key concerns such as inflation, health care expenses, and market volatility, as well as ways to prepare in advance for things that may not go as expected.

To register:

scan the QR code,
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Medicare & Beyond

**Monday, October 3 from 6:00-8:00 PM
in the Gathering Room at the
C.H. Booth Library**



Join Jessica and Lou Pelletier of American Senior Benefits for this in-person program designed to take the mystery out of Medicare.



Mention the word Medicare and you're likely to get a confused look in return. The father / daughter team of Lou and Jessica Pelletier will sort through the Parts (A - Hospital; B - Physician and Outpatient Coverage; D - Drug Coverage) and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans.

Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, and how to protect your assets from nursing homes without having Long-Term Care Insurance.

Join us if you are a senior, a child of a senior, or just want to know more.

To register:

scan the QR code,
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Comprehensive Retirement Planning

**Thursday, November 3 from 6:00-7:30 PM
in the Meeting Room at the C.H. Booth Library**



Lou and Jessica Pelletier are a father / daughter team with 50 years of combined experience in the health care & financial services business.



**PELLETIER SENIOR
PLANNING ACADEMY**
Retirement Planning Made Clear

Join the father/daughter team of Lou and Jessica Pelletier for an Interactive Comprehensive Retirement Planning Workshop.

Are you aware of the two new laws passed in 2020 (SECURE ACT & COVID-19 CARES Act) and how they will impact you? Whether you have made your selection or not, learn about all the options that you have regarding your Social Security selection. Even if you have just made your selection, you have one year to change your mind!

If you are 59 1/2 or older, even if you are still working, should you keep your 401K/403B or transfer to an IRA? How do you take Income from your Assets in a volatile market? If you have life insurance, is your plan outdated? Learn what legal documents you should have in Retirement in addition to a Will.

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D

Department of Human Services

Supporting a high quality of life for the Newtown community through services, programs and information that promote mental, physical and social well-being.

Commission on Aging Report: September 19, 2022

Hello Members of the COA,

What a wonderful weekend at the Newtown Arts Festival! The COA/Senior Center table got a lot of traffic and our Line Dancers were a hit preforming to close out the event! Thanks to our COA Chair, Anne Rothstein, we had volunteers circling through to staff the table over the entire event, including Senior Center members and some of our COA— and a special thanks to Anne also for being at the event from set-up to breakdown. We were able to display the some of the work by members in our art classes as well as many of the Crafter's wares. There was a lot of interest in the items we displayed so I hope that helps draw in shoppers to our upcoming Popup Boutiques. Please spread the word about the boutique days:

October 15th ~ fall and Halloween décor

November 19th ~ fall and holiday décor

December 3rd ~ fall and holiday décor

*all Boutiques will be held at the Newtown Community Center from 9:00-2:00 pm

The Senior Center Lunch Program:

I want to thank LeReine Frampton for being at the Senior Center over the past several months for *Lunches with LeReine*. The volunteer time that LeReine has put in is immeasurable—from shopping and prepping on Sundays to full days in the kitchen preparing and serving. The lunches have been a tremendous success, ranging from 25-40 diners each lunch day. Thank you also to the many volunteers that have stepped up to help LeReine take this on. It has been no small endeavor and is very appreciated by the lunch crew.

Senior Center Membership:

July 1 marked the new membership year for the Senior Center. Thus far we have 483 22/23 memberships, 127 of which are first time members! I think it is also important to note that we have 1028 contacts receiving our email blasts.

Programming at the Senior Center:

Despite an open position at the Senior Center we maintained a very busy program schedule for the summer months. Thanks to Jennifer Faircloth and also to Jennifer Cebry, who returned to help us in the interim, I don't think the Center skipped a beat. I will look forward to introducing you to our new Senior Center Assistant at our next meeting. She will be starting in her new role next Monday.

Social Services Updates:

Some key updates around our social services programs to note:

Energy Assistance: Connecticut residents struggling to pay their utility bills can apply for home heating assistance at their local Community Action Agency (CAA). Community Action Agencies are the only nonprofit agencies administering the Low Income Home Energy Assistance Program (LIHEAP), a federal program (administered by the CT Department of Social Services) that provides home heating assistance. Homeowners and/or renters may apply, and funds may be used to pay for whatever source of heating residents have in their homes. This includes wood, electric, oil, kerosene, or natural gas. The program is now open and runs thru May 2023. To make an appointment or for questions call Jackie @ 203-270-4331 or Alyssa @ 203-270-4330, or a resident can work directly with Community Action @ 203-744-4700.

Financial Assistance: through the volunteerism of Salvation Army and Newtown Fund and the generosity of the Community we were able to assist families prepare for back to school and households in need at this midpoint in the year with financial and basic needs assistance. Both the Salvation Army and Newtown Fund stepped up to do summer drive for funds. Both groups are now gearing up for their traditional holiday bell-ringing effort (Salvation Army) and holiday gift basket program (Newtown Fund).

Tutoring Services: \$100,000 in ARPA funds has been approved to be directed to the Department of Human Services to pay for tutoring services for Newtown students to address the learning gap as a result of the pandemic. A student whose family meets ALICE income guideline for financial assistance will be eligible for up to 16 tutoring sessions over the course of the academic year. Tutors will be existing BOE staff. The program will officially "launch" this week.

The fall is always busy in Newtown. This weekend I hope to see some of you on Saturday at the Newtown Health Fair, back again after its hiatus during COVID, and the 2nd annual Senior Center/Community Center Grandparent Sock Hop on Sunday!

Respectfully submitted,

Natalie

Natalie Jackson, LCSW

Director, Newtown Human Services

~ The COA and Newtown Senior Center at the 2022 Arts Festival ~



People that were active between 08/16/2022 and 09/16/2022

| Age Range as of 09/16/2022 | Count | Percent |
|-----------------------------------|--------------|----------------|
| Ages 55-59 | 2 | 0.9% |
| Ages 60-64 | 17 | 7.8% |
| Ages 65-69 | 28 | 12.8% |
| Ages 70-74 | 64 | 29.4% |
| Ages 75-79 | 46 | 21.1% |
| Ages 80-84 | 41 | 18.8% |
| Ages Below 55 | 2 | 0.9% |
| Ages Over 85 | 18 | 8.3% |
| Totals | 218 | 100% |
| City/Town | Count | Percent |
| In Town | 171 | 78.4% |
| Out of Town | 47 | 21.6% |
| Totals | 218 | 100% |

Totals Since June 2022

| | |
|-----------------|------------|
| Non-resident | 67 |
| Resident | 416 |
| Total | 483 |

| | |
|------------------------|------------|
| New Memberships | 127 |
|------------------------|------------|

Event Occurrences from 08/16/2022 to 09/16/2022

| Category | Event | # of Events | Hours Scheduled | Unduplicated |
|-----------------------------|---------------------------------|-------------|-----------------|--------------|
| F - Class/Workshop | | | | |
| | Art Class | 5 | 10 | 17 |
| | Knitting | 4 | 4 | 19 |
| | Memoir Writing | 1 | 1 | 6 |
| | Spanish | 3 | 3 | 9 |
| | Technology with Zack | 4 | 8 | 6 |
| | Total | 17 | 26 | 54 |
| F - Health Screenings | | | | |
| | Blood Pressure | 1 | 2 | 6 |
| | Total | 1 | 2 | 6 |
| F - Health/Fitness | | | | |
| | Broadway Burn | 4 | 4 | 27 |
| | Chair Pilates | 4 | 4 | 17 |
| | Chair Yoga | 4 | 4 | 42 |
| | Deep Stretch | 4 | 4 | 20 |
| | Flex, Fit & Tone | 5 | 5 | 36 |
| | Floor Yoga | 9 | 9 | 40 |
| | Line/Country Dancing | 5 | 5 | 27 |
| | Move and Groove | 4 | 4 | 16 |
| | Parkinson Exercise Class | 1 | 1 | 3 |
| | Tai Chi | 3 | 3 | 24 |
| | Talking Group: Fairfield Hills | 1 | 1 | 7 |
| | Walking Video | 4 | 4 | 7 |
| | Zumba | 3 | 3 | 26 |
| | Total | 51 | 51 | 148 |
| F - Nutrition | | | | |
| | Daily Lunch | 9 | 9 | 54 |
| | Total | 9 | 9 | 54 |
| F - Rec./Entertain | | | | |
| | Billiards | 21 | 105 | 11 |
| | Trivia | 1 | -1 | 14 |
| | Total | 22 | 104 | 22 |
| F - Social Activity/Event | | | | |
| | Book Club | 1 | 1 | 9 |
| | Crafts | 14 | 28 | 7 |
| | Lunch and Learn | 2 | 2 | 15 |
| | Ping Pong | 3 | 3 | 1 |
| | Poker | 5 | 15 | 7 |
| | Special Event | 1 | 3 | 41 |
| | Total | 26 | 52 | 62 |
| F - Socializing | | | | |
| | Socializing & Just Visiting | 21 | 189 | 41 |
| | Total | 21 | 189 | 41 |
| F - Special Events | | | | |
| | Speaker | 8 | 8 | 39 |
| | Speaker AM | 4 | 4 | 19 |
| | Total | 12 | 12 | 45 |
| F - Special Groups | | | | |
| | Coffee & Conversation with Firs | 1 | 1 | 14 |
| | Parkinson Support Group | 1 | 1 | 4 |
| | Silver Tones | 1 | 2 | 5 |
| | Womens Discussion Group Chi | 3 | 3 | 17 |
| | Total | 6 | 7 | 32 |
| F - Volunteer Opportunities | | | | |
| | Garden Brigade | 3 | 3 | 3 |
| | Total | 3 | 3 | 3 |
| Grand Totals | | 168 | 455 | 265 |

Event Statistics from 08/16/2022 to 09/16/2022

| Category | Duplicated | Unduplicated |
|-----------------------------|-------------------|---------------------|
| F - Class/Workshop | 104 | 46 |
| F - Health Screenings | 5 | 5 |
| F - Health/Fitness | 703 | 146 |
| F - Nutrition | 146 | 40 |
| F - Rec./Entertain | 12 | 12 |
| F - Social Activity/Event | 105 | 55 |
| F - Socializing | 119 | 29 |
| F - Special Events | 106 | 42 |
| F - Special Groups | 54 | 30 |
| F - Volunteer Opportunities | 4 | 2 |
| Total Event Signins | 1358 | 218 |

E

COA/SENIOR SERVICES GIFT FUND

| DATE | S/DISBURS | C/D | C/R | FRANK KNOTTS TRUST FUND | BALANCE |
|----------|--|-----|-----|----------------------------|---------------------|
| 7/1/22 | Beginning Balance | | | | 42,131.47 |
| 8/2/2022 | Qtrly Distribution Knotts Trust 200-12 | | | 767.00 | 42,898.47 |
| | Less unspent approvals | | | | |
| | Bingo Game | | | | 150.00 |
| | Speaker lunches & Snacks | | | | 818.85 |
| | | | | | <u>\$ 41,929.62</u> |