

NEWTOWN COMMISSION ON AGING  
Regular Meeting  
Monday, October 17, 2022  
Newtown Municipal Building, 3 Primrose Street, Newtown, CT 06470  
Called to order at 4:07pm

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

**Present:** Judit Destefano, Larry Passaro, Anne Rothstein, Barbara Bloom, LeReine Frampton, Claire Thuen, Jamie Gercaci, Nicole Camporeale, Xiao Han

**Absent:** Bill Darrin, Lia Levitt, Tricia Gogliettino

**Also Present:** Director of Human Services Natalie Jackson, Tia Murphy, Betty Bajek and Barbara Munck from AARP and 9 members of the public

**Public Comment** – None

**Minutes** – L. Frampton moved to approve the minutes of the September 19, 2022 meeting. B. Bloom seconded, all in favor.

**Chair Report** – None

**Director of Human Services** – N. Jackson reviewed her report (Attachment A).

**Treasurer's Report** – L. Frampton moved to send the Treasurer's report (Attachment B) to audit. B. Bloom seconded, all in favor.

L. Frampton moved to reallocate the \$250 approved for the sock hop that was cancelled to the Thanksgiving luncheon. B. Bloom seconded, all in favor.

**NEW BUSINESS**

*AARP Home-Fit presentation* – Tia Murphy, Betty Bajek and Barbara Munck from AARP presented AARP Livable Communities, Home Safety and Out and About (Attachment C). They also provided a Livable Communities Resources (Attachment D)

**Member Comments** – None

Having no further business, the meeting was adjourned at 5:10pm.

Respectfully Submitted,  
Arlene Miles, Clerk



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## 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: October 17, 2022

The crafters kicked off their holiday popup boutiques this past weekend at the Newtown Community Center. Please help us spread the word about our next two boutiques:

November 19<sup>th</sup> & December 3<sup>rd</sup> ~ featuring fall and holiday décor & gifts

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

#### The Senior Center Lunch Program:

This week I will be meeting with Chartwell, the school district's new meal provider to continue efforts to restart the lunch program at the Senior Center following Whitsons departure from Newtown. I am optimistic that we will be able to begin the program in the coming weeks. In the interim I have to echo my thanks to LeReine Frampton from last month's report as she has continued to provide *Lunches with LeReine* twice a week. Members are enjoying coming and the meals continue to draw in 25-40 diners each lunch day.

#### Senior Center Membership:

We currently have 527 22/23 memberships, 146 of which are first time members. We are planning to do a new member open house that will showcase our classes and events. We hope to use the event to engage our new members and hopefully makes some connections for them to longer time members, staff, and instructors. We'll use this event to also invite anyone from the community who is not yet a member but would like to learn more about what goes on day to day at the Newtown Senior Center. Our goal is to get back to that 1,000 mark that we hit pre-COVID!

#### Staffing at the Senior Center:

I am excited to share that we are fully staffed in Human Services. The team now includes our new Senior Services Assistant, Wendy Devereaux. Wendy is located at the Senior Center and will oversee programming that includes outside presenters, trips, and events. We had Nicole Nicholson come over to us from Parks & Recreation. She will be at the front desk at the Senior Center. She will oversee membership, the day to day internal programs, and our meal program. Wendy and Nichole are well into programming for the next several months and have begun planning for our holiday celebrations!

#### Social Services Updates:

**Energy Assistance:** The energy assistance 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. 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. To date the social services staff have completed 116 applications since September, approximately 90 of which included households with a senior/s.

**Holiday Programs:** Human Services has begun intakes for the Thanksgiving baskets in partnership with WIN and Holiday Gift baskets, with the Newtown Fund. Every year through the generosity of these organizations and the community as a whole we are able to provide food and gifts for residents in need. Many of our seniors participate in these programs. This year we are looking to also add providing a hot meal on Thanksgiving Day to seniors who may be homebound or without a loved one on the holiday. If any COA member would like to volunteer to deliver that morning just let me know!

Respectfully submitted,

*Natalie*

Natalie Jackson, LCSW

Director, Newtown Human Services

**People that were active between 09/20/2022 and 10/17/2022**

<b>Age Range as of 10/17/2022</b>	<b>Count</b>	<b>Percent</b>
Ages 55-59	2	0.8%
Ages 60-64	18	6.9%
Ages 65-69	34	13.0%
Ages 70-74	77	29.4%
Ages 75-79	54	20.6%
Ages 80-84	48	18.3%
Ages Over 85	29	11.1%
<b>Totals</b>	<b>262</b>	<b>100%</b>
<b>City/Town</b>	<b>Count</b>	<b>Percent</b>
In Town	207	79.0%
Out of Town	55	21.0%
<b>Totals</b>	<b>262</b>	<b>100%</b>

**Curent Members**

<b>Resident</b>	<b>452</b>
<b>Non Resident</b>	<b>75</b>
<b>Total</b>	<b>527</b>

**New Members Since July 2022**      **146**

**Event Statistics from 09/20/2022 to 10/17/2022**

<b>Category</b>	<b>Duplicated</b>	<b>Unduplicated</b>
F - Class/Workshop	136	52
F - Health Screenings	18	16
F - Health/Fitness	663	144
F - Nutrition	148	53
F - Off Site Excursions	29	27
F - Rec./Entertain	98	23
F - Social Activity/Event	142	70
F - Socializing	127	37
F - Special Events	96	52
F - Special Groups	63	38
F - Volunteer Opportunities	1	1
<b>Total Event Signins</b>	<b>1521</b>	<b>262</b>



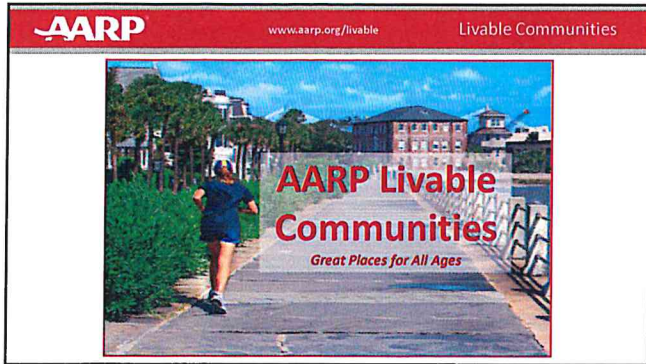
Event Occurrences from 09/20/2022 to 10/17/2022

Category	Event	# of Events	Hours Scheduled	Unduplicated
F - Class/Workshop				
	Art Class	4	8	16
	Knitting	4	4	19
	Memoir Writing	2	2	6
	Spanish	4	4	10
	Technology with Zack	2	4	4
	<b>Total</b>	<b>16</b>	<b>22</b>	<b>52</b>
F - Health	Screenings			
	Blood Pressure	1	2	2
	Flu Shot	1	2	11
	<b>Total</b>	<b>2</b>	<b>4</b>	<b>11</b>
F - Health/Fitness				
	Broadway Burn	3	3	25
	Chair Pilates	4	4	17
	Chair Yoga	4	4	38
	Deep Stretch	4	4	20
	Flex, Fit & Tone	4	4	33
	Floor Yoga	8	8	34
	Line/Country Dancing	3	3	29
	Modified Exercise Class	1	1	3
	Move and Groove	4	4	14
	Tai Chi	3	3	24
	Walking Video	8	8	10
	Zumba	4	4	21
	<b>Total</b>	<b>50</b>	<b>50</b>	<b>141</b>
F - Nutrition				
	Daily Lunch	6	6	47
	<b>Total</b>	<b>6</b>	<b>6</b>	<b>47</b>
F - Off Site Excursions				
	Tours	2	17	26
	<b>Total</b>	<b>2</b>	<b>17</b>	<b>26</b>
F - Rec./Entertain				
	Billiards	19	95	12
	Speaker PM-2	1	1	8
	<b>Total</b>	<b>20</b>	<b>96</b>	<b>20</b>
F - Social Activity/Event				
	Book Club	1	1	5
	Crafts	12	24	3
	Lunch and Learn	4	4	39
	Ping Pong	3	3	0
	Poker	4	12	7
	Special Event	1	3	0
	<b>Total</b>	<b>25</b>	<b>47</b>	<b>53</b>
F - Socializing				
	Socializing & Just Visiting	19	171	37
	<b>Total</b>	<b>19</b>	<b>171</b>	<b>37</b>
F - Special Events				
	Speaker	6	6	36
	Speaker AM	1	1	8
	<b>Total</b>	<b>7</b>	<b>7</b>	<b>39</b>
F - Special Groups				
	Parkinson Support Group	1	1	0
	Poetry	1	1	2
	Silver Tones	2	4	10
	Speaker	1	1	10
	Womens Discussion Group	3	3	16
	<b>Total</b>	<b>8</b>	<b>10</b>	<b>34</b>
F - Volunteer Opportunities				
	Garden Brigade	1	1	1
	<b>Total</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>Grand Totals</b>		<b>156</b>	<b>431</b>	<b>262</b>

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST FUND	BALANCE
7/1/22	Beginning Balance				42,131.47
7/21/22	Lions Bleeker- Pizza for Presentation Progi	(170.74)			41,960.73
7/25/22	July P-Card- Holy Cow- Ice Cream	(56.35)			41,904.38
7/25/22	July P-Card- Amazon- Replacement bingo	(44.97)			41,859.41
8/2/2022	Qtrly Distribution			767.00	42,626.41
10/7/2022	Ck #51758- Newtown Community Center- I	(225.00)			42,401.41
	Less unspent approvals				
	Bingo Game				105.03
	Speaker lunches & Snacks				591.75
					<u>\$ 41,929.63</u>

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**AARP** www.aarp.org/livable Livable Communities

## The 8 Domains of Livability

The availability and quality of these community features impact the well-being of older adults — and help make communities more livable for people of all ages.

1. Outdoor Spaces and Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect and Social Inclusion
6. Work and Civic Engagement
7. Communication and Information
8. Community and Health Services

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**AARP** www.aarp.org/livable Livable Communities

The image contains two photographs. The left photo shows a group of people, including several men in suits, looking at a display or map. The right photo shows a small, dilapidated house with a snow-covered roof and bare trees in the background.

**Where It All Began.....**

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

**VISION:** A society in which everyone ages with dignity and purpose and in which AARP helps people fulfill their goals and dreams

**PURPOSE:** AARP empowers people to choose how they live as they age

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

**Why Do We Need Age-Friendly Communities?**

*Because People Want to Age in Their Community!*

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

The 40+ population in CT rate their communities well in terms of a place to live as they age and in the types of services available to help residents maintain their independence as they age.

Source: AARP Connecticut commissioned telephone survey of 1,700 Connecticut residents age 40 and older, 2014

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Livable Communities

**More than two-thirds of Connecticut residents age 40+ have lived in their communities for more than 20 years.**

**Many are not likely to move outside of Connecticut in the next 10 years.**

Source: AARP Connecticut commissioned telephone survey of 1,000 Connecticut residents age 40 and older, 2014.

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Livable Communities

**Nearly seven in ten adults age 40+ living in Connecticut say that it is extremely or very important to them that services to aid independent living as one ages be made available in their community.**

Source: AARP Connecticut commissioned telephone survey of 1,000 Connecticut residents age 40 and older, 2014.

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

**Connecticut residents age 45+ find many independent living issues important, including being able to get around independently (88%) and staying in their home as they age (84%).**

Source: AARP Research, Vital Issues 2020

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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities

## Age-Friendly Communities vs Livable Communities

### *What's the Difference?*

- Age-Friendly Community Network is a formal process that develops and executes a plan for addressing specific community needs
- Livable Community is a philosophical approach that informs civic decision making

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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities

## What are Livable Communities?

- It's a philosophical approach to how communities meet the needs of their aging population
- A livable community is one that has these elements to it:
  - Safe and secure
  - Affordable and appropriate housing
  - Diverse transportation options
  - Supportive community features and services
  - Enhances personal independence
  - Allows residents to remain in their homes and communities as they age
- Active places where residents of all ages can live, work, and play from 8 to 80!

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## What are Age-Friendly Communities?

- To become a member of the AARP Age-Friendly Network, communities must submit an application that has been signed by the community's highest elected official
- Once application is accepted, the community:
  - assesses the needs of older residents
  - crafts an action plan for improvements
  - implements the plan and evaluates the efforts
- Community has up to 5 years to implement the plan

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[www.aarp.org/livable](http://www.aarp.org/livable)

Livable Communities

## The 8 Domains of Livability

The availability and quality of these community features impact the well-being of older adults – and help make communities more livable for people of all ages.

1. Outdoor Spaces and Buildings
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5. Respect and Social Inclusion
6. Work and Civic Engagement
7. Communication and Information
8. Community and Health Services

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[www.aarp.org/livable](http://www.aarp.org/livable)

Livable Communities

**54**

Overall Livability Score

The overall livability index score for Newtown, Connecticut is 54. This is in the top half of communities in the U.S.

Total Population: **1,879**

African American: 1%

Asian: 4%

Hispanic: 2%

White: 93%

Age 50+: 42%

Age 65+: 17%

Households w/Disabilities: 8%

Life Expectancy: 83 years old

Households Without a Vehicle: 2%

Median Income: \$135,383

Poverty: 3%

Upward Mobility: 43%

Sources for Demographic Data Points

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[www.aarp.org/livable](http://www.aarp.org/livable)

Livable Communities

**ENGAGEMENT METRICS**

- Internet access: Broadband cost and speed
- Civic engagement: Opportunity for civic involvement
- Civic engagement: Voting rate

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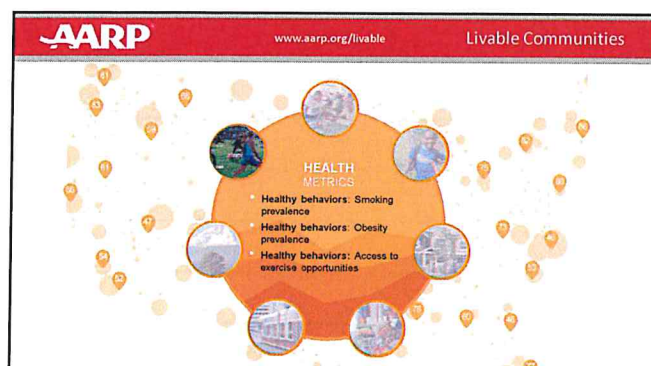
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**AARP**  
[www.aarp.org/livable](http://www.aarp.org/livable)  
Livable Communities

What  
We  
Have



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Livable Communities

What We Need



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Livable Communities

What Activities Are  
Important To You?



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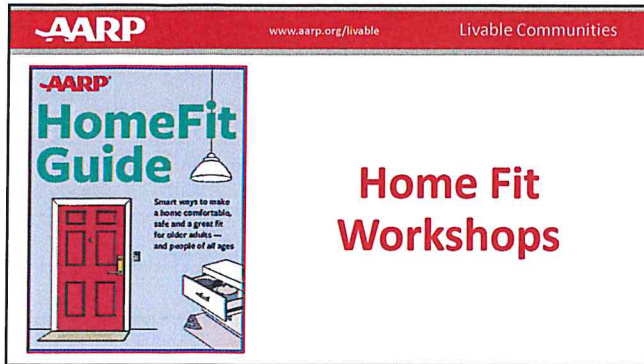
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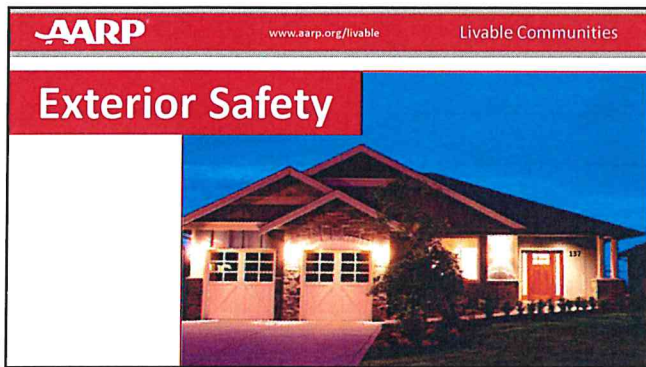
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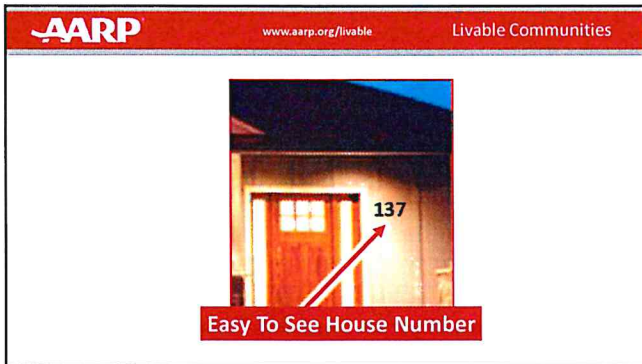
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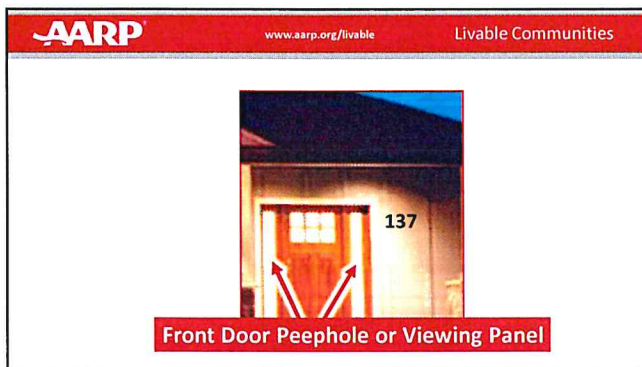
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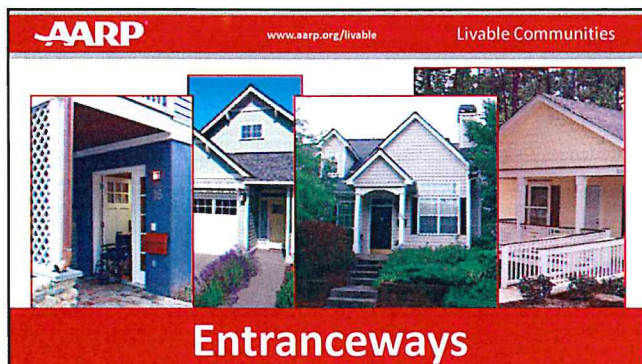
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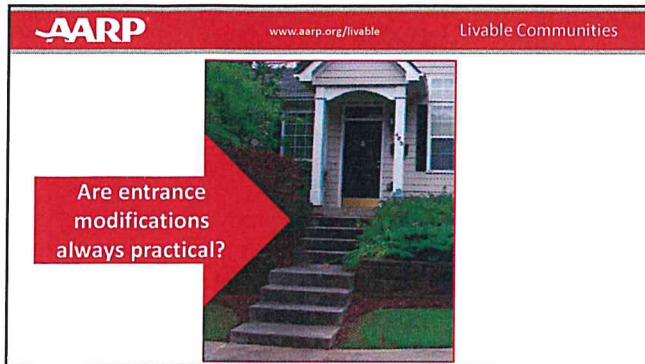
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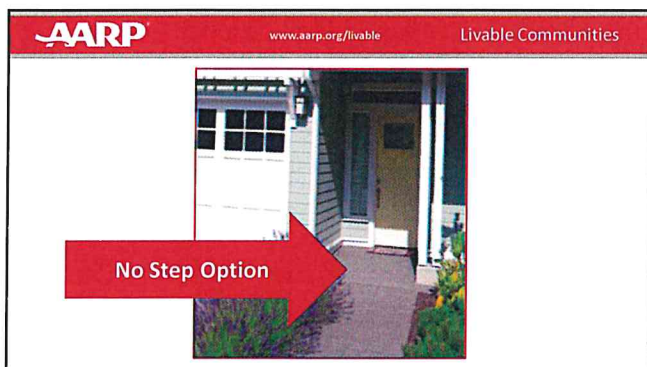
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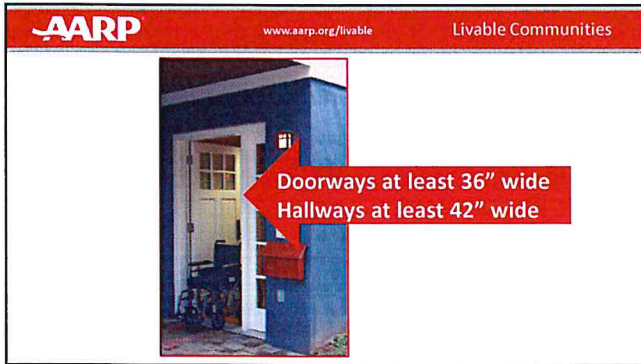
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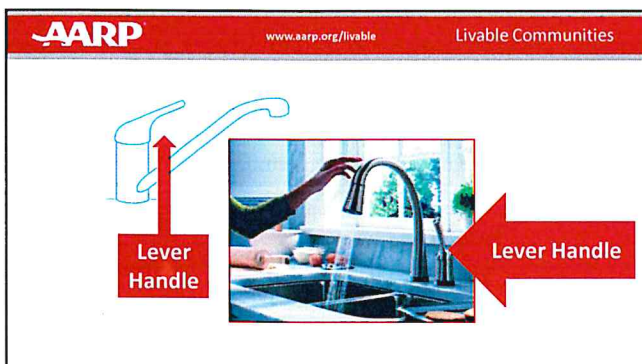
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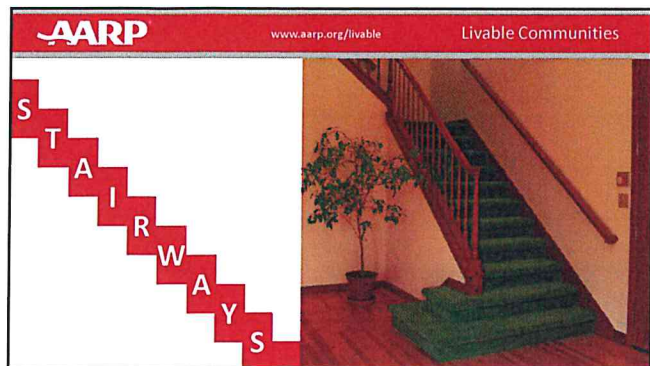
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**AARP**  
[www.aarp.org/livable](http://www.aarp.org/livable)  
Livable Communities

## Bathrooms

- Bath Tub
- Shower
- Grab Bars
- Tub Bench
- Shower Seat
- Toilet Height
- Wheelchair space
- Sink style



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Livable Communities



Walk-in Shower

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**AARP**  
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Livable Communities



Comfort Height Toilet

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

Certified Aging in Place Specialist (CAPS)

Occupational Therapist (OT)

Remodeler

Architect / Landscape Architect / Builder

Professionals Offer Guidance

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

### New Law: Accessory Dwelling Units (ADUs)

What are ADUs? ADUs are small houses or apartments that exist on the same property lot as a single-family residence.

60% of adults would consider living in accessory dwelling unit. Why?

- To be near people but to maintain a private space (69%)
- To have support with daily activities (68%)
- To save money (48%)

ADUs

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[www.aarp.org/livable](http://www.aarp.org/livable)
Livable Communities

## Out and About...

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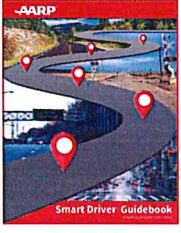
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**AARP** www.aarp.org/livable Livable Communities

[www.aarpdriversafety.org](http://www.aarpdriversafety.org)



**AARP**  
Driver Safety

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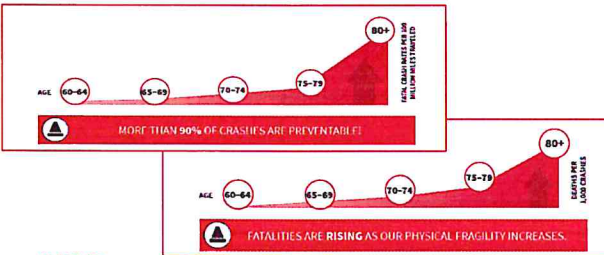
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**AARP** www.aarp.org/livable Livable Communities



**AARP**  
Driver Safety

**National Driving Statistics**

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**AARP** www.aarp.org/livable Livable Communities

**My Future Actions Worksheet**

- Identify what you need to change
- Note what needs follow up
- Make a plan of action



**ARE YOU SMART ON THE ROAD?**

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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities

[www.car-fit.org](http://www.car-fit.org)

**AARP**  
Driver Safety

- C**lear Line of sight over the steering wheel
- A**adjust the head restraints properly
- R**oom between - chest & airbag
- F**it in your seat comfortably
- I**nspect seat belt
- T**ouch gas & brake pedals

**Getting the Right "Fit" in Your Car**

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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities



**We Need To Talk:**  
Family Conversations with Older Drivers

**AARP**  
Driver Safety

[www.aarp.org/wntt](http://www.aarp.org/wntt)



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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities

 Forward Collision Warnings & AEB	 Adaptive Cruise Control	 Reverse Safety Technologies
 Blind Spot Warnings	 Lane Departure Warnings	 Drowsy Driver Alerts
 Featured Technologies	 Additional Technologies	 Future of Transportation

**AARP**  
Driver Safety

[www.aarp.org/SDTEKVirtual](http://www.aarp.org/SDTEKVirtual) **SMART DRIVER TECH**

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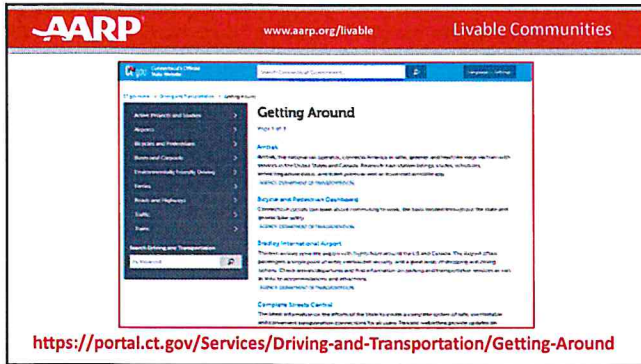
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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities

## The 8 Domains of Livability

The availability and quality of these community features impact the well-being of older adults – and help make communities more livable for people of all ages.

1. Outdoor Spaces and Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect and Social Inclusion
6. Work and Civic Engagement
7. Communication and Information
8. Community and Health Services

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**AARP** [www.aarp.org/livable](http://www.aarp.org/livable) Livable Communities

**THANK YOU!**

[www.aarp.org/CTevents](http://www.aarp.org/CTevents)

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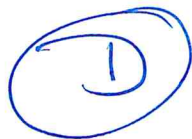
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## LIVABLE COMMUNITIES RESOURCES

*AARP Livable Communities supports the efforts of neighborhoods, towns, cities and rural areas to be great places for people of all ages. We believe that communities should provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life.*

### AARP Livable Communities Website

AARP Livable Communities' award-winning website is the entryway to AARP's suite of livability content and materials, including publications, articles, photo albums and all sorts of inspiring ideas and best practices information for local leaders and livability advocates.

Visit: [AARP.org/Livable](https://www.aarp.org/Livable)

### AARP Livable Communities e-Newsletter

Created for community "influencers" — elected officials, local leaders, advocates, municipal staff, placemaking professionals and interested residents — our free weekly newsletter is filled with information about livability and age-friendly efforts.

Subscribe: [AARP.org/LivableSubscribe](https://www.aarp.org/LivableSubscribe) or text **LIVABLE to 50757**

### AARP Network of Age-Friendly States and Communities

The age-friendly network serves as a catalyst to educate local leaders (both elected officials and engaged residents) and encourage them to implement the types of changes that make communities more livable for older adults and people of all age.

Learn more: [AARP.org/AgeFriendly](https://www.aarp.org/AgeFriendly)

### AARP Community Challenge

This annual grant problem helps communities become more livable by providing funds for quick-action projects that make immediate, tangible improvements and jump-start long-term change. *(Subscribe to our newsletter to be among the first to know when the next application window opens.)*

Learn more: [AARP.org/CommunityChallenge](https://www.aarp.org/CommunityChallenge)

### AARP Livability Index

As an interactive online tool, the AARP Livability Index scores neighborhoods and communities across the U.S. based on the available services and amenities in seven broad categories of community livability: housing, neighborhood, transportation, environment, health, engagement, and opportunity.

Learn more: [AARP.org/LivabilityIndex](https://www.aarp.org/LivabilityIndex)

### AARP Technical Assistance

AARP partners with experts in housing, transportation, economic development, public spaces, community engagement and more to search as advisors and provide specialized assistance to local governments and community organizations.

Learn more by emailing:

[Livable@AARP.org](mailto:Livable@AARP.org)



### CONNECT WITH US

[AARP.ORG/LIVABLE](https://www.aarp.org/LIVABLE)

[@AARPLIVABLE](https://twitter.com/AARPLIVABLE)

[AARP LIVABLE COMMUNITIES](https://www.facebook.com/AARP.LIVABLE.COMMUNITIES)

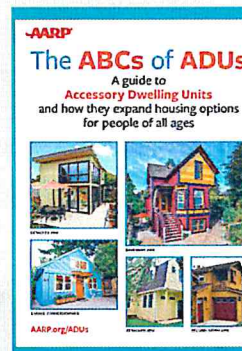
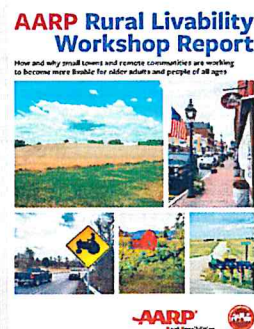
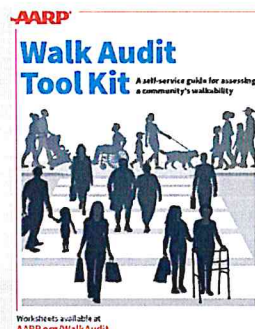
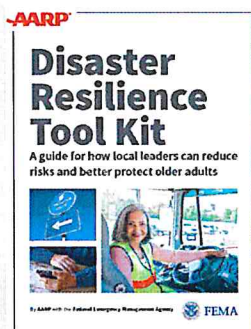
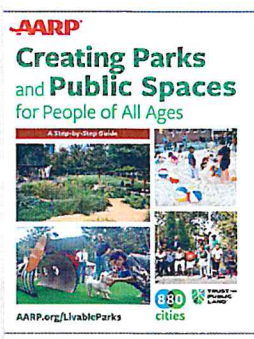
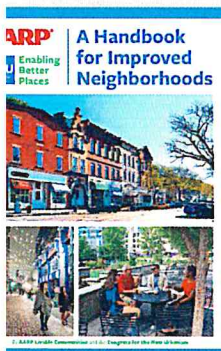
[LIVABLE@AARP.ORG](mailto:LIVABLE@AARP.ORG)

MORE



# AARP® LIVABLE COMMUNITIES LIBRARY

Visit our collection of free, award-winning information- and photo-filled publications about housing, community engagement, inspiring examples, and other livability and age-friendly topics created to inform and inspire local leaders and community residents. Download a digital file or order a printed copy of the titles below and many more at [AARP.org/LivableLibrary](https://AARP.org/LivableLibrary) or by scanning the QR code.



FIND THESE PUBLICATIONS AND MORE IN OUR **LIVABLE LIBRARY:**

**Creating Parks and Public Spaces for People of All Ages**

[AARP.org/LivableParks](https://AARP.org/LivableParks)

**AARP Disaster Resilience Tool Kit**

[AARP.org/DisasterResilience](https://AARP.org/DisasterResilience)

**Enabling Better Places**

[AARP.org/Zoning](https://AARP.org/Zoning)

**AARP HomeFit Guide**

[AARP.org/HomeFit](https://AARP.org/HomeFit)

*(Available in: English, Spanish, Chinese, Korean, and Vietnamese)*

**Making Room: Housing for a Changing America**

[AARP.org/MakingRoom](https://AARP.org/MakingRoom)

**AARP Roadmap to Livability Collection**

[AARP.org/LivabilityRoadmap](https://AARP.org/LivabilityRoadmap)

**AARP Rural Livability Workshop Report**

[AARP.org/RuralLivability](https://AARP.org/RuralLivability)

**The ABCs of ADUs**

[AARP.org/ADUs](https://AARP.org/ADUs)

**The American Rescue Plan and Older Adults**

[AARP.org/LivableLibrary](https://AARP.org/LivableLibrary)

**AARP Pop-Up Placemaking Tool Kit**

[AARP.org/LivablePopUp](https://AARP.org/LivablePopUp)

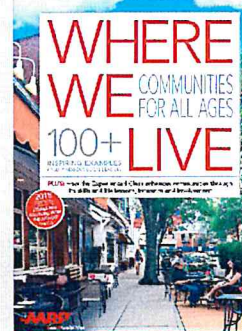
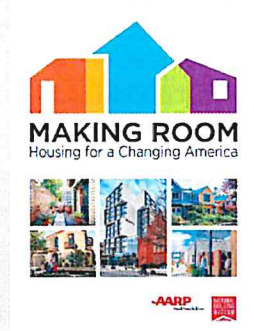
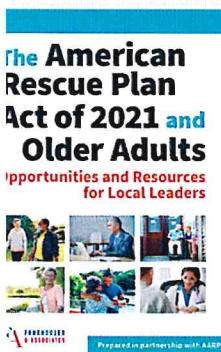
**AARP Walk Audit Tool Kit**

[AARP.org/WalkAudit](https://AARP.org/WalkAudit)

*(Available in: English and Spanish)*

**Where We Live: Communities for All Ages**

[AARP.org/WhereWeLive](https://AARP.org/WhereWeLive)



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