

NEWTOWN COMMISSION ON AGING
Regular Meeting
Monday, November 21, 2022
Newtown Municipal Building, 3 Primrose Street, Newtown, CT 06470
Called to order at 3:08pm

THESE MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

Present: Anne Rothstein, Barbara Bloom, LeReine Frampton, Claire Theune, Bill Darrin, Lia Levitt (via telephone)

Absent: Jamie Geraci, Xiao Han, Judit Destefano, Larry Passaro, Tricia Gogliettino, Nicole Camporeale

Also Present: Director of Human Services Natalie Jackson, Director of Nunnawauk Meadows Mary Salley

Public Comment –None

Minutes – L. Frampton moved to approve the minutes of the 10/17/22 meeting. C. Theune seconded, all in favor.

Chair Report, Report on Regional Senior Center Meeting – A. Rothstein, C. Theune and B. Bloom attended a region Commission on Aging meeting. New Fairfield, Danbury and Newtown were the only attendees. Affordable housing, transportation and grants were three major topics discussed. They will be holding another meeting in Newtown on May 20, 2023 and more towns will be invited.

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. C. Theune seconded, all in favor.

NEW BUSINESS

Nominating Committee – C. Theune and L. Frampton will be the nominating committee. They will put together a slate of officers for the December meeting. The vote will happen at the December meeting and they will take office in January.

2023 Meeting Schedule – L. Frampton moved to approve the 2023 meeting schedule (Attachment C). B. Darrin seconded and moved to have the meeting times be at 4pm. All in favor with the change.

Member Comments – None

Having no further business, the meeting was adjourned at 3:55pm.

Respectfully Submitted,
Arlene Miles, Clerk



Attachment A

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: November 21, 2022

Hello Members of the COA,

We have kicked off the holiday season at the Senior Center! Last Friday over 50 members gathered for our Friendsgiving dinner. Thank you to LeReine Frampton for pulling off a feast for 50, the Commission on Aging and Friends of Newtown Seniors for subsidizing the event, and the many volunteers who helped make the day a success! A special thank you to our new Senior Center team, Wendy and Nicole, for everything they did behind the scenes last week to transform our multipurpose room into a beautiful Thanksgiving dining room! As we roll into December we're looking forward to enjoying several upcoming holiday events with our members.

AARP Livable Community

Attached to my report is our recently received AARP Livable Community Certificate recognizing approval of our Livable Community Plan. The filing of the plan marks a milestone in the six year effort, led by the Town and the Friends of Newtown Seniors to move Newtown toward the vision stated in 2016: "Friends of Newtown seniors is working with a variety of organizations and businesses to establish Newtown as a leader by the year 2022 in quality of life for seniors within our community. Programs designed to eliminate social isolation, build confidence and positive attitudes and promote healthful lifestyles are the hallmark of this organization. Seniors actively involved in their community and able to take full advantage of all the resources and amenities the Town of Newtown has to offer are an integral part of Friends of Newtown Seniors as are those who face handicaps and challenges which limit their participation." The culmination of this effort resulted in a 20 page Executive Summary, highlighting Newtown's Livable Community Initiative, demographic and historical information, Newtown's many amenities, and the key components of Newtown's capacity to be an age friendly community. In addition, a long range plan detailing goals and 118 objectives was filed. The entire report will be available on the AARP Livable Community site.

The Senior Center Lunch Program:

I am thrilled to report that Chartwells, the school district's new meal provider, will be beginning meals at the Senior Center. In December the program will be operating a full schedule with meals on Mondays, Tuesdays, and Wednesdays. We are working to restart the subsidy for meals through grant funding with WCAAA which will allow the diner contribution to remain only \$3 per meal.

Holiday Programs:

Last Friday Thanksgiving baskets through WIN were delivered to 80 households. Human Services is continuing to work with residents in need to complete their gift basket wish lists which will include gifts and food for the holidays. At our January meeting I will be able to report how many seniors were recipients of these charitable holiday programs. As always if you know of any neighbors in need this holiday please be in touch with us.

Don't forget to come by the crafters' Holiday Popup Boutiques at the Newtown Community Center on December 3rd. Get some holiday shopping done while supporting our amazing crafters and the Senior Center!

Happy Thanksgiving to you and yours!

Respectfully submitted,

Natalie

Natalie Jackson, LCSW

Director, Newtown Human Services



THIS IS TO CERTIFY THAT THE

Town of Newtown, Connecticut

has created an action plan for becoming more age-friendly under the criteria established by AARP and has been renewed as a member of

The AARP Network of Age-Friendly States and Communities

THIS CERTIFICATION IS VALID UNTIL

October 10, 2025

Nancy A. LeaMond, Chief Advocacy and Engagement Officer
COMMUNITY, STATE AND NATIONAL AFFAIRS, AARP | WASHINGTON, D.C.

The AARP Network of Age-Friendly States and Communities,
a program of the AARP Livable Communities initiative,
is an independent affiliate of the World Health Organization Global Network
for Age-Friendly Cities and Communities.®



Age-Friendly Communities
Are Livable for
People of All Ages
aarp.org/livable

People that were active between 09/14/2022 and 10/14/2022
Filters:

Age Range as of 10/14/2022	Count	Percent
Ages 55-59	3	1.1%
Ages 60-64	21	7.7%
Ages 65-69	37	13.6%
Ages 70-74	74	27.2%
Ages 75-79	56	20.6%
Ages 80-84	51	18.8%
Ages Over 85	30	11.0%
Totals	272	100%
City/Town	Count	Percent
In Town	218	80.1%
Out of Town	54	19.9%
Totals	272	100%

Curent Members

Resident	487
Non Resident	80
Total	567

New Members Since July 2022 166

Event Statistics from 09/14/2022 to 10/14/2022

Filters:

Category	Duplicated	Unduplicated
F - Class/Workshop	163	55
F - Health Screenings	18	16
F - Health/Fitness	778	150
F - Nutrition	175	54
F - Off Site Excursions	29	27
F - Rec./Entertain	99	12
F - Social Activity/Event	163	74
F - Socializing	156	40
F - Special Events	109	54
F - Special Groups	86	46
F - Volunteer Opportunities	2	1
Total Event Signins	1778	272

Event Occurrences from 09/14/2022 to 10/14/2022

Filters:

Site(s):

All

Category	Event	# of Event Hours Sch Unduplicated		
F - Class/Workshop				
	Art Class	4	8	16
	Knitting	5	5	21
	Memoir Writing	3	3	7
	Spanish	5	5	10
	Technology with Zack	3	6	4
	Total	20	27	55
F - Health Screenings				
	Blood Pressure	1	2	2
	Flu Shot	1	2	11
	Total	2	4	11
F - Health/Fitness				
	Broadway Burn	4	4	29
	Chair Pilates	5	5	19
	Chair Yoga	5	5	42
	Deep Stretch	5	5	21
	Flex, Fit & Tone	4	4	33
	Floor Yoga	9	9	36
	Line/Country Dancing	4	4	30
	Modified Exercise Class	1	1	3
	Move and Groove	5	5	15
	Tai Chi	3	3	22
	Walking Video	10	10	11
	Zumba	4	4	21
	Total	59	59	143
F - Nutrition				
	Daily Lunch	7	7	52
	Total	7	7	52
F - Off Site Excursions				
	Farris Ice Cream	2	2	26
	Total	2	2	26
F - Rec./Entertain				
	Billiards	22	110	12
	Total	22	110	12
F - Social Activity/Event				
	Book Club	1	1	5
	Crafts	14	28	4
	Lunch and Learn	5	5	42
	Ping Pong	3	3	0
	Poker	4	12	7
	Special Event	1	3	0
	Total	28	52	57
F - Socializing				
	Socializing & Just Visiting	22	198	40
	Total	22	198	40
F - Special Events				
	Speaker	6	6	39

Speaker AM	3	4	15
Total	9	10	42
F - Special Groups			
Coffee & Conversation with First	1	1	14
Parkinson Support Group	1	1	0
Poetry	1	1	3
Silver Tones	2	4	10
Speaker	1	1	11
Womens Discussion Group	3	3	17
Total	9	11	41
F - Volunteer Opportunities			
Garden Brigade	2	2	1
Total	2	2	1
Grand Totals	182	482	272

Attachment 15

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	(170.74)			41,960.73
7/25/22	July P-Card- Holy Cow- Ice Cream for Trivia	(56.35)			41,904.38
7/25/22	July P-Card- Amazon- Replacement bingo cards	(44.97)			41,859.41
7/25/22	July P-Card- Amazon- Bingo set & display Board	(92.05)			41,767.36
8/2/2022	Qtrly Distribution Knotts			767.00	42,534.36
10/7/2022	Pottery Class				42,309.36
10/28/2022	Qtrly Distribution	(225.00)		767.00	43,076.36
10/31/2022	Deficiency payment for			650.10	43,726.46
	Less unspent approvals				
	Thanksgiving Lunch contribution				250.00
	Speaker lunches & Snacks				591.75
					<u>\$ 41,467.61</u>

Attachment C

COMMISSION ON AGING
NEWTOWN MUNICIPAL BUILDING
COUNCIL CHAMBERS, 3 PRIMROSE STREET, NEWTOWN, CT

2023 MEETING SCHEDULE

Meetings are held the third Monday of the month

January 23, 2023 (forth Monday) – 4:00pm

February 27, 2023 (fourth Monday) – 4:00pm

March 20, 2023 –4:00pm

April 17, 2023 –4:00pm

May 15, 2023 –4:00pm

June 19, 2023 –4:00pm

July 17, 2023 –4:00pm

August 21, 2023 - 4:00pm

September 18, 2023 –4:00pm

October 16, 2023 –4:00pm

November 20, 2023–4:00pm

December 18, 2023 –4:00pm

January 24, 2024 (fourth Monday) – 4:00pm