

**NEWTOWN COMMISSION ON AGING**  
**Regular Meeting**  
**Monday, March 20, 2023**  
**Newtown Senior Center**  
**8 Primrose Street, Newtown, CT 06470**  
**Called to order at 4:00pm**

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

**Present:** Claire Theune, Bill Darrin, Tricia Gogliettino, Nicole Camporeale, Ziao Han, Barbara Bloom

**Present via zoom:** Anne Rothstein, LeReine Frampton, Lia Levitt, Michael Stern

**Absent:** Judit DeStefano

**Also Present:** Director of Human Services Natalie Jackson, Director of Nunnawauk Meadows Mary Salley, 5 members of the public and 1 member of the press (via zoom)

**Public Comment:** Margaret Posteraro, 14 Watkins Drive - She is interested in the work the COA does. The website isn't clear and she would like to know more about what they do. A. Rothstein asked for her contact information and will send her the bi-laws to get a better understanding.

**Minutes:** L. Frampton moved to approve the minutes of the 2/27/23 meeting. B. Darrin seconded, all in favor.

**Chair Report:** A. Rothstein reported that they did not submit the AARP grant application. There needs to be more collaboration with the town. There is a small group that work with the town to make sure there is support in the project they are submitting applications for.

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

**Treasurer's Report:** No report.

**Members Comments:** B. Bloom discussed the need for transportation. She will reach out to area towns to find out how their transportation works.

Having no further business, the meeting was adjourned at 4:36pm.

Respectfully Submitted,  
Arlene Miles, Clerk

Attachment: Report from Director of Human Services



## 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: March 20, 2023

#### **Updates for the Newtown Senior Center**

It has been a busy month at the Newtown Senior Center. Early March brought two occasions to party—Mardi Gras and St. Patrick's Day. Both events were well attended and the entertainment and food at both received rave reviews! The Senior Center staff are continuing to explore new ways to increase overall program options. There are several health and wellness classes that are reaching maximum capacity, resulting in a waitlist. The staff are committed to keeping our members active and stimulated and are working to increase access to classes in the following ways:

- \*Increased budget for 23/24 which includes the addition of another class
- \*Increasing capacity of lower impact classes to 30
- \*Recent grant proposal submission to WCAAA for funding to add several classes
- \*Adding special series at a cost (i.e. the addition of Ballroom Dance with Matt A., 6 week series for \$35)
- \*Providing virtual class from the MPR room at the same time as in-person instruction for members on a waitlist (ie. chair yoga)

In addition to finding ways to increase health and wellness programming, spring is bringing new monthly programs and events including bi-weekly corn hole, the 2<sup>nd</sup> annual NSC Pool Tournament, and Walking with Wendy. We hope the addition of some new programming helps us continue to bring in new members.

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#### **Social Service Programs & Updates**

Human Services is gearing up for the annual partnership with Women In Newtown (WIN) for Easter baskets for our young residents. Basket distribution will begin April 3<sup>rd</sup>.

The Connecticut Congressional delegation recently announced that Connecticut will receive an additional \$10.6 million in regular Low-Income Home Energy Assistance Program (LIHEAP) funds to assist homeowners with their energy bills. The \$560 million in LIHEAP funds, of which Connecticut will receive \$10.6 million, is administered by the U.S. Department of Health and Human Services (HHS) and comes at a time when energy assistance remains in high demand. Individuals interested in applying for energy assistance can visit [energyhelp.us](https://energyhelp.us) or contact our Department.

The Renter's Rebate program will be opening April 1. State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room or living in cooperative housing, or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. Applications may be completed with our Department through October 1<sup>st</sup>.

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Respectfully submitted,

*Natalie*

Natalie Jackson, LCSW  
Director, Newtown Human Services

<b>Age Range as of 03/17/2023</b>	<b>Count</b>	<b>Percent</b>
Ages 55-59	2	0.7%
Ages 60-64	20	7.2%
Ages 65-69	51	18.5%
Ages 70-74	78	28.3%
Ages 75-79	57	20.7%
Ages 80-84	39	14.1%
Ages Below 55	1	0.4%
Ages Over 85	28	10.1%
<b>Totals</b>	<b>276</b>	<b>100%</b>
<b>City/Town</b>	<b>Count</b>	<b>Percent</b>
In Town	202	73.2%
Out of Town	74	26.8%
<b>Totals</b>	<b>276</b>	<b>100%</b>

**Curent Members**

<b>Resident</b>	566	
<b>Non Resident</b>	116	
<b>Total</b>	682	(+22 from last month)
<b>New Members</b>	240	

**Event Occurrences from 02/17/2023 to 03/17/2023**

<b>Category</b>	<b>Event</b>	<b># of Events</b>	<b>Hours Scheduled</b>
F - Class/Workshop			
	Art Class	4	8
	Knitting	5	5
	Spanish	4	4
	Technology with Zack	4	6
	<b>Total</b>	<b>17</b>	<b>23</b>
F - Health/Fitness			
	Broadway Burn	4	4
	Chair Pilates	4	4
	Chair Yoga	4	4
	Deep Stretch	4	4
	Flex, Fit & Tone	4	4
	Floor Yoga	9	9
	Line/Country Dancing	4	4
	Move and Groove	4	4
	Tai Chi	3	3
	Zumba	3	3
	<b>Total</b>	<b>43</b>	<b>43</b>
F - Nutrition			
	Daily Lunch	11	11
	<b>Total</b>	<b>11</b>	<b>11</b>
F - Rec./Entertain			
	Billiards	20	100
	Bunco	1	1
	Corn Hole	1	1
	<b>Total</b>	<b>22</b>	<b>102</b>
F - Social Activity/Event			
	Cards	17	102
	Crafting Crew	2	6
	Lunch and Learn	3	3
	Matts Ballroom	1	1
	Poker	4	12
	Special Event	8	19
	<b>Total</b>	<b>35</b>	<b>143</b>
F - Socializing			
	Socializing & Just Visiting	21	178.85
	<b>Total</b>	<b>21</b>	<b>178.85</b>
F - Special Events			
	Speaker	8	8
	Speaker AM	4	4
	<b>Total</b>	<b>12</b>	<b>12</b>
F - Special Groups			
	Coffee & Conversation with First	1	1
	Current Event Talk	1	1
	Womens Discussion Group Chic	3	3
	<b>Total</b>	<b>5</b>	<b>5</b>
	<b>Grand Totals</b>	<b>166</b>	<b>517.85</b>

**Event Statistics from 02/17/2023 to 03/17/2023**

<b>Category</b>	<b>Duplicated</b>	<b>Unduplicated</b>	<b>Hours</b>
F - Class/Workshop	103	40	117.5
F - Health/Fitness	877	158	877
F - Nutrition	174	50	174
F - Rec./Entertain	123	48	459
F - Social Activity/Event	314	123	664.25
F - Socializing	137	38	1166.78
F - Special Events	178	59	178
F - Special Groups	41	22	41
<b>Total Event Signins</b>	1947	276	3677.53