

NEWTOWN COMMISSION ON AGING
Regular Meeting
Monday, July 17, 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: Anne Rothstein, Claire Theune, Tricia Gogliettino, Barbara Bloom, Nicole Camporeale, Judit DeSefano (4:09)

Present Via Zoom: Micheal Stern, Bill Darrin, Lia Levitt

Absent: Patricia Bailey, LeReine Frampton, Ziao Han

Also Present: Director of Human Services Natalie Jackson, Director of Nunnawauk Meadows Mary Salley, eight members of the public and one member of the press

Public Comment: Anne Micklus, 4 Farrel Court – Spoke saying that Newtown residents are already paying high taxes and it is outrageous for tax payers to subsidize out of town members.

Minutes: B. Bloom moved to approve the minutes of the June 19, 2023 meeting. T. Gogliettino seconded, all in favor.

Chair Report: A. Rothstein informed the board that based on past practice we will not have a meeting in August.

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

Treasurer's Report (Attachment B): B. Bloom moved to send the treasurer's report to audit. C. Theune seconded, all in favor.

C. Theune moved to add the Art's Festival to the agenda. T. Gogliettino seconded, all in favor.
C. Theune moved that FONS and COA share a table at the arts festival. B. Bloom seconded, all in favor.

NEW BUSINESS

Presentation by UR Community Cares, Inc. – Michelle Puzzo from UR Community Cares, Inc., presented what and how UR Community Cares, Inc. works (Attachment C). There is a website that people can put in their need such as a doctor's appointment and volunteers can pick up that task. Currently there is a program at the Library that allows people to contact groups and let them know they are interested in being a volunteer. Beverly Bennett-Schaedler from FONS expressed frustration because she has been doing this for the past 3 years and has a difficult time finding people who are in need of services.

Members Comments: None

Having no further business, the meeting was adjourned at 5:07pm.

Respectfully Submitted,
Arlene Miles, Clerk

Attachment: Report from Director of Human Services, Treasurer's Report, UR Community Cares



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: July 17, 2023

Greetings members of the COA,

I am looking forward to welcoming Michelle Puzzo, Executive Director of UR Community Cares to our meeting today. As I shared last month when proposing she join us to present information about the agency and the work, UR COMMUNITY CARES helps fill in the gaps of traditional at-home care services by mobilizing residents to care about and connect with each other. Their goal is to link people who can help to those who need help. Using their secure website, interested Volunteers and Community Members are connected. To help ensure safety and security, all Volunteers and Community Members are enrolled via the website and must pass a background check. Tasks can range from respite care to relocation packing and moving, smartphone or other device assistance, and much more. I'm looking forward to hearing more from Michelle and learning how this might be an opportunity for Newtown.

This Thursday we are hosting our first Senior Center *Open House and Health and Wellness Expo*. The Senior Center is thrilled to partner with the Newtown Health District to host a health fair geared specifically toward our senior residents. The event is free to all visitors. Vendors will be located throughout the Center with special events and demonstrations between 10:00 am and 1:00 pm.

While visitors gather information from the various vendors and professionals located throughout the Center, they will enjoy live music by "The Acoustic Duo" Bob & Josie Schmidt as well as piano performances by Zackary Macey. Special attractions include: Nicks Catering who provides lunches at the Newtown Senior Center offering prepared meals to go for sale, Senior Center exercise instructors providing thirty-minute demonstrations of some of the Center's most popular classes (including Deep Stretch at 10:15, Broadway Burn at 11:00, Chair Yoga & Meditation at 11:45 and MELT at 12:30), an eye care for seniors presentation by Dr. Young at 11:00, blood pressure checks with our Community Nurse, Joan Santucci, as well as games and giveaway. Vendors will include: Nuvance Health Care, Hartford Health Care, The NYA, Coastal Hearing, the Newtown Health District, Church Hill Village, resources for suicide prevention, Kindred Spirits, the Newtown Ambulance, Friends of Newtown Seniors (FONS), Regenerative Works, Stern At-home Therapy, Edward Jones, TLC Senior Living, the Newtown Community Center and Parks & Recreation, and many more. We hope this proves to be a success and becomes an annual event.

The new membership year began July 1. So far we have 309 residents and 58 non-resident new or renewed memberships already signed up by mid-July. As folks come in they are alerted when scanning if they need to renew. We are hoping the Open House brings in new first time members to the Center. July 1 also began our online payment system. The transition to online sign-ups and payments has gone very smoothly. Signing up is easy at myactivecenter.com!

Hope everyone is enjoying their summer!

Respectfully submitted,

Natalie

Natalie Jackson, LCSW
Director, Newtown Human Services



Center For Active Living

**FREE
SCREENINGS!
PRIZES
GIVE-AWAYS**

• **FREE ADMISSION**

HEALTH AND WELLNESS OPEN HOUSE & EXPO!

**THURSDAY, JULY 20TH, 2023
10 AM-1 PM**

SHOWCASING

- FRIENDS OF NEWTOWN SENIORS (FONS)
- LIONS CLUB
- CHURCH HILL VILLAGE
- NEWTOWN AMBULANCE
- NURSE JOAN SANTUCCI BLOOD PRESSURE CHECKS
- NEWTOWN HEALTH DISTRICT
- ADULT RESOURCES
- SAMPLE SOME OF OUR MOST POPULAR EXERCISE CLASSES
- DR. DELLA SCHMID CHIROPRACTIC
- CHIROPRACTIC CARE
- HARTFORD HEALTH CARE
- FINANCIAL PLANNER EDWARD JONES, MARIA XAVIOR
- AND SO MUCH MORE!!

PRESENTATIONS

- **SPEAKERS:** Dr. Young's "Aging Eyes"

LIVE MUSIC

**FOOD FOR SALE FROM OUR LUNCH
PROVIDER NICKS CATERING**

EXERCISE

**SAMPLE SOME OF OUR MOST
POPULAR EXERCISE CLASSES**

**FOR MORE INFORMATION CONTACT
THE NEWTOWN SENIOR CENTER
203-270-4310**

People that were active between 05/19/2023 and 06/16/2023

Age Range as of 06/16/2023	Count	Percent
Ages 60-64	23	8.1%
Ages 65-69	44	15.4%
Ages 70-74	81	28.4%
Ages 75-79	65	22.8%
Ages 80-84	42	14.7%
Ages Below 55	2	0.7%
Ages Over 85	28	9.8%
Totals	285	100%
City/Town	Count	Percent
In Town	214	75.1%
Out of Town	71	24.9%
Totals	285	100%
Deceased	Count	Percent
No	285	100.0%
Totals	285	100%

Event Occurrences from 05/19/2023 to 06/16/2023

Category	Event	# of Events	Hours Scheduled	Unduplicated
F - Class/Workshop				
	Art Class (Tuesday 10:00 AM)	4	8	16
	Knitting	5	5	21
	Sewing Crew	4	6	6
	Spanish Class (Thursday 10:30 AM)	4	4	14
	Technology with Zack	1	1.5	0
	Total	18	24.5	52
F - Health/Fitness				
	Broadway Burn (Friday 10:30 AM)	5	5	35
	Chair Pilates (Thursday 9:00 AM)	4	4	30
	Chair Yoga A (Monday 2:30 PM)	3	3	20
	Chair Yoga B (Thursday 1:00PM)	4	4	49
	Deep Stretch (Wednesday 9:00 AM)	4	4	25
	Flex Fit & Tone (Tuesday 10:00)	4	4	41
	Floor Yoga	8	8	37
	Kevins Line Dance Exercise (Thursday 10:30 AM)	4	4	29
	Line/Country Dancing (Wednesday 10:30)	3	3	30
	Move and Groove	4	4	26
	Tai Chi (Monday 10:00AM)	3	3	27
	The History of Fairfield Hills W/Ann Marie Macey &	1	1	0
	Zumba (Monday 1:00 PM)	3	3	27
	Total	50	50	154
F - Nutrition				
	Daily Lunch	6	6	36
	Total	6	6	36
F - Rec./Entertain				
	Billiards	20	100	10
	Corn Hole	2	2	7
	Total	22	102	14
F - Social Activity/Event				
	Cards	8	48	5
	Lunch and Learn	2	2	50
	Matts Ballroom	4	4	11
	Ping Pong	2	2	1
	Poker	4	12	7
	Special Event	4	6	61
	Special Event (Thursday) 10 Tips for Stress and 12 Ans	1	1	22
	Special Event (Friday) Spring Fling at 4:00 - 7:00 PM -	1	3	29
	Total	26	78	120
F - Socializing				
	Socializing & Just Visiting	21	178.85	39
	Total	21	178.85	39

Event Statistics from 05/19/2023 to 06/16/2023

Category	Duplicated	Unduplicated	Hours
F - Class/Workshop	148	52	196
F - Health/Fitness	947	154	947
F - Nutrition	77	36	77
F - Rec./Entertain	79	14	359
F - Social Activity/Event	262	120	448
F - Socializing	139	39	1183.82
F - Special Events	70	36	70
F - Special Groups	37	29	43
P - Health/Fitness	13	11	12.25
P - Trips	29	23	62.83
Total Event Signins	1801	285	3398.9

Attachment 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 Program by Zack & Larry	(170.74)			41,960.73
7/25/22	July P-Card- Holy Cow- Ice Cream for Trivia with Zack & Larry	(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 Trust 200-12			767.00	42,534.36
10/7/2022	Ck #51758- Newtown Comm. Center- Senior Pottery Class	(225.00)			42,309.36
10/28/2022	Qtrly Distribution Knotts Trust 200-77			767.00	43,076.36
10/31/2022	Deficiency payment for Knotts Trust 12/31/21 200-85			650.10	43,726.46
12/23/2022	Donation- Bazaar 220-15				44,955.46
12/31/2022	Nov P-Card- Lion's Bleeker- Pizza Lunch-Senior Center	(45.52)	1,229.00		44,909.94
1/12/2023	Ck #52986- Bee Publishing-craft fair ads	(121.60)			44,788.34
1/18/2023	Donation- In memory of Larry Passaro- 220-15A				45,788.34
1/30/2023	Qtrly Distribution Knotts Trust 200-160		1,000.00		46,788.34
1/31/2023	Dec P-Card- Restaurant Depot- Food for Holiday party	(250.00)		590.00	46,128.34
1/31/2023	Dec P-Card- Lions Bleeker-Lunches for craft boutique volunteers	(51.61)			46,076.73
1/31/2023	Donation- In memory of Larry Passaro- 220-22		100.00		46,176.73
3/23/2023	Feb P-Card- Uline- Art Tables and chair dolly **	(863.82)			45,312.91
3/31/2023	Donation- Bazaar 220-40		525.00		45,838.91
4/21/2023	March P-Card- Barnwood- Lunches for craft volunteers	(174.93)			45,663.98
4/30/2023	Qtrly Distribution Knotts Trust 200-238			590.00	46,253.98
6/27/2023	Craft pop-up sale 220-61		97.00		46,350.98

** over amount approved.

Community Partnership

Donations are tax-deductible, we are a 501(c)(3).



UR Community Cares

- Would you like to collaborate to refer those in need and register those in need online at www.URCommunityCares.org or ask them to call us at 860-430-4557?
- Would you be willing to help create awareness and enthusiasm for our partnership? Potentially co-host periodic special events to boost participation? Joint participation in local publicity, social media, newsletter, etc.?
- Are you able to make a tax-deductible donation to cover participation in UR Community Cares?

Get to know us

UR Community Cares provides a secure website that connects older adults and people with physical disabilities to community-based volunteer support to help them live safely at home. At-home services are offered free of charge, including household chores, yard work, companionship including pick-up/delivery of groceries/pet care, and local transportation (subject to volunteer availability).

Our online match-up system at URCommunityCares.org is a collaborative, self-generating, and self-sustaining solution for interested communities and organizations. People age 70+ and/or 18+ with a permanent or temporary physical disability comprise roughly one-third of every town's population. This sector is growing in size in many towns, presenting new challenges for social services and public safety. Local residents can work together to assist neighbors and help them overcome risks of falling, mobility restrictions, isolation, and loneliness.

We rely on funding such as donations, sponsorships, grants, and municipal budget allocations. Our estimated per-participant annualized cost is \$100/person. This must be addressed in advance in order for us to cover direct program costs (i.e., background checking, website security/software, admin., marketing, operational expenses and insurance coverage). Our goal is to offer services at no charge to participants. Contributions to our 501(c)(3) nonprofit are tax-deductible.

To participate, community members will enroll online, can be signed up by a partner or call 860-430-4557, then undergo a background check and then once approved request assistance from the volunteers in town. Volunteers undergo the same sign-up process and then will accept service requests whenever they can (eligibility starts at age 15 and adult consent/supervision is required for 15-17 year olds). Volunteers decide their schedule and the category they are interested in helping in.

Guided by our Executive Director, our participation criteria have no restrictions in terms of income, assets, benefits status, race, ethnicity, gender, religion, or sexual orientation.

Neighbors Helping Neighbors Town by Town

Enrollment Costs (\$100/person)

- Insurance
 - Auto
 - Workers Comp
 - General Liability
 - Board & Directors
 - Umbrella
- All participants Background Checked
 - Driving history for transportation volunteers
 - 7-year federal/state history background checks
- Technology
 - Geo-location
 - Security
 - Software updates
 - Support
- Administration
- Marketing



Sample: \$5,000/yr donation to participate

- Community members up to 25
 - Community volunteers up to 25
- Unlimited Requests for Help
-UCC provides help with:
Technology services
Advertising
Hometown Hero pursuit
Community Outreach
Social Media
Flyers
Fundraising Ideas



www.URCommunityCares.org