

**NEWTOWN COMMISSION ON AGING**  
**Regular Meeting**  
**Monday, September 18, 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, Barbara Bloom, Judit DeSefano, Patricia Bailey, Micheal Stern, Ziao Han

**Present Via Zoom:** Bill Darrin

**Absent:** Lia Levitte, LeReine Frampton, Tricia Gogliettino

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

**Public Comment:** None

**Minutes:** C. Theune moved to approve the minutes of the July 17, 2023 meeting. B. Bloom seconded, all in favor.

**Chair Report:** None

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

**Treasurer's Report:** None

**OLD BUSINESS**

*Report on September 7 discussion with East Hampton regarding UR Community Cares – A. Rothstein reported that she, N. Jackson and J. Boccuzzi met with the chair of the East Hampton Commission on Aging. They generated a community survey to residents over 60 in East Hampton. They got a 17% return. They asked questions about health, lonely ness, and transportation. They determined they had enough people with unmet needs. They had an informational meeting where 35 people signed up but 58 people showed up. They explained the fact that both providers and recipients have to pay \$100 to get vetted which only occurs once. After being vetted they use an electronic bulletin board where people sign up to request for services and others sign up to provide the service. They have \$10,000 in funding for the initial people sign up. It was discussed that Facebook has a Newtown Neighbors United page with 10,000 members where they can put up a survey to see if there are enough unmet needs to make UR Community Cares*

## **NEW BUSINESS**

*Arts Festival Plan* – Set up with be done by J. Boccuzzi and N. Jackson. There are still some slots that need to be filled for coverage. They will display some crafts and also display the FONS and Senior Center banners.

**Members Comments:** B. Bloom announced that FONS is having an Oktoberfest at NewSylum Brewing Company on October 4<sup>th</sup> (Attachment B). A. Rothstein discussed the regional COA meeting at the end of September. Southbury does not have a COA but they do have 5 buses that pick up at home and bring to the senior center, doctors appointment and go on trips several times a week. A. Rothstein will reach out and see if they can speak at the regional COA meeting on how they are able to accomplish this. M. Stern discussed the strategic planning for the COA. A. Rothstein explained on the agenda for the September 30<sup>th</sup> meeting, there is 45 minutes for strategic planning.

Having no further business, the meeting was adjourned at 4:47pm.

Respectfully Submitted,  
Arlene Miles, Clerk

Attachment: Report from Director of Human Services, Oktoberfest flier



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: September 18, 2023

Hello members of the COA,

#### Senior Center Grant Updates:

This past month we were notified that we have been awarded two grants we applied for. Both are now moving through the Town process to be approved for acceptance of funds by the BOS, BOF, and LC.

#### **American Rescue Plan Act (ARPA) Senior Center Funding**

As reported at our May meeting Governor Ned Lamont and Aging and Disability Services Commissioner Amy Porter announced that the Connecticut Department of Aging and Disability Services was awarded \$10 million in funding from the federal American Rescue Plan Act (ARPA) to be used to support upgrades and enhancements at senior centers statewide in Connecticut.

The state designated \$9 million of this funding to be distributed to municipalities. The municipalities were charged with using the funding to support upgrades at their local senior centers through facility improvements and programming. All allocations contain two parts: the base allocation and a formulaic allocation. All municipalities receive a base allocation of \$5,000. The remainder allocation is calculated using Census data on Town demographics, including share of population aged 60 and older, race/ethnicity status, disability status, poverty status and whether the town is in a rural location. Newtown's calculated allotment is \$60,674. The proposed use of funds must connect to combatting the effects of the pandemic on our senior population. We will be using our funds to create an outdoor area to be used for programming, dining and general space for socialization. We will be creating an outdoor patio space in the front of the building which will include both covered and uncovered areas.

We are currently in the process of meeting with construction companies to secure needed bids. Updates to come as the process continues.

#### **Western CT Area Agency on Aging**

We have been awarded \$5,000 by WCAAA through the 2024 Older American Act (OAA) and State funds for \$5,000 to be used towards senior physical activities (non-evidence based). Physical activity programs focus on key areas important to the health and fitness of older adults such as stretching and flexibility, low-impact aerobics, strength training, and balance. With these funds we will be able to expand our delivery of Health & Wellness classes at our Center to include two additional classes a week over the FY. In addition we will be purchasing equipment for our yoga classes (yoga blocks). A special thank you to John Boccuzzi, President of Newtown Seniors (FONS), for his role and support on the grant application process. I'll look forward to announcing the class additions at our next meeting as we are in the process of finalizing with instructors.

#### Social Service Program Updates:

##### **Energy Assistance**

The Energy Assistance Program has opened for the 2023/2024 season. 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. To make an appointment or for questions call Jackie @ 203-270-4331 or a resident can work directly with Community Action @ 203-744-4700.

### **ARPA Tutoring Funds**

Last fall \$100,000 in ARPA funds was approved to be directed to the Department of Human Services to pay for 1:1 tutoring services for Newtown students to address the learning gap as a result of the pandemic. Last year a student's family needed to meet ALICE income guideline to be eligible for the service. This fall we have removed the income restriction as the program was being underutilized. Information was sent out to all district families alerting them of the availability at the start of the year. The response has been significant and families and tutors have begun matching. A huge thank you to our COA member, Judit, for her incredible partnership and support of this program through her position at the BOE. In addition we will also be able to allot some of these funds to expand the after school homework club run through Newtown Youth & Family Services.

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Just a reminder this weekend is the 2023 Arts Festival. Come by to say hello to COA members, the NSC, and FONS members at the senior services table & don't miss NSC's very own Line Dancers perform on Saturday at 11 am!

Respectfully submitted,

*Natalie*

Natalie Jackson, LCSW  
Director, Newtown Human Services

**Event Statistics from 08/01/2023 to 08/31/2023**

<b>Category</b>	<b>Duplicated</b>	<b>Unduplicated</b>
F - Class/Workshop	124	37
F - Health/Fitness	797	146
F - Nutrition	107	34
F - Rec./Entertain	81	9
F - Social Activity/Event	66	40
F - Socializing	146	34
F - Special Events	122	40
F - Special Groups	6	6
P - Health Screenings	10	10
P - Health/Fitness	95	39
P - Trips	26	21
<b>Total Event Signins</b>	<b>1580</b>	<b>225</b>

**People that were active between 08/01/2022 and 08/31/2022**

<b>Age Range as of 08/31/2022</b>	<b>Count</b>	<b>Percent</b>
Ages 55-59	2	0.7%
Ages 60-64	15	5.5%
Ages 65-69	33	12.1%
Ages 70-74	76	27.8%
Ages 75-79	59	21.6%
Ages 80-84	50	18.3%
Ages Below 55	2	0.7%
Ages Over 85	36	13.2%
<b>Totals</b>	<b>273</b>	<b>100%</b>
<b>City/Town</b>	<b>Count</b>	<b>Percent</b>
In Town	217	79.5%
Out of Town	56	20.5%
<b>Totals</b>	<b>273</b>	<b>100%</b>

**Event Occurrences from 08/01/2022 to 08/31/2022**

<b>Category</b>	<b>Event</b>	<b># of Event Hours Scheduled</b>	<b>Unduplicated</b>	
F - Class/Workshop	Art Class (Tuesday 10:00 AM)	5	10	15
	Knitting	2	2	15
	Technology with Zack	3	4.5	5
	<b>Total</b>	<b>10</b>	<b>16.5</b>	<b>33</b>
F - Health/Fitness	Broadway Burn (Friday 10:30 AM)	2	2	25
	Chair Pilates (Thursday 9:00 AM)	3	3	24
	Chair Yoga B (Thursday 1:00PM)	3	3	40
	Deep Stretch (Wednesday 9:00 AM)	4	4	25
	Flex Fit & Tone (Tuesday 10:00)	5	5	34
	Floor Yoga	7	7	35
	Line/Country Dancing (Wednesday	5	5	30
	Move and Groove	3	3	18
	Tai Chi (Monday 10:00AM)	4	4	34
	Zumba (Monday 1:00 PM)	4	4	26
	<b>Total</b>	<b>40</b>	<b>40</b>	<b>144</b>
F - Nutrition	Daily Lunch	11	11	69
	<b>Total</b>	<b>11</b>	<b>11</b>	<b>69</b>
F - Rec./Entertain				
	Billiards	20	100	12
	<b>Total</b>	<b>20</b>	<b>100</b>	<b>12</b>
F - Social Activity/Event				
	Book Club	1	1	13
	Crafting Crew	12	36	7
	Ping Pong	5	5	1
	Poker	5	15	7
	Special Event	1	1	62
	<b>Total</b>	<b>24</b>	<b>58</b>	<b>83</b>
F - Socializing				
	Socializing & Just Visiting	20	170.33	38
	<b>Total</b>	<b>20</b>	<b>170.33</b>	<b>38</b>
F - Special Events				
	Speaker	10	10	73
	Speaker AM	2	2	18
	<b>Total</b>	<b>12</b>	<b>12</b>	<b>80</b>
F - Special Groups				
	Silver Tones	1	1.5	7
	Womens Discussion Group Chickel	5	5	21
	<b>Total</b>	<b>6</b>	<b>6.5</b>	<b>27</b>
F - Volunteer Opportunities				
	Garden Brigade	5	5	5
	<b>Total</b>	<b>5</b>	<b>5</b>	<b>5</b>
P - Health Screenings				
	Blood Pressure Screening (Thursda	1	2.42	12
	<b>Total</b>	<b>1</b>	<b>2.42</b>	<b>12</b>
	<b>Grand Totals</b>	<b>149</b>	<b>421.75</b>	<b>273</b>

Friends Of Newtown Seniors Inc (FONS)

# "Oktoberfest"

*Under the Stars*

**Wednesday, October 4, 2023**

(rain date: Wednesday, October 11, 2023)

**5-9 PM**

**NewSylum Brewing Company**

(Fairfield Hills campus)

**\$30 per person / cash bar**

Catering by: **Full Bloom Catering**  
*chicken schnitzel, red cabbage, spätzle, dessert*

Music provided by:  
**"Solid Gold Times Two"** (Bob/Josie)

Purchase tickets\* by calling  
203-430-0633 or 203-648-6905, **or**  
stop by the Newtown Senior Center before **10/1**

*\*Tickets must be purchased in advance; no refunds will be issued.  
Tickets will not be sold at the door. Make checks payable to FONS.*

