

**NEWTOWN COMMISSION ON AGING**  
**Regular Meeting**  
**Monday, October 16, 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:** Barbara Bloom, Claire Theune, Judit DeStefano, LeReine Frampton, Tricia Gogliettino, Patricia Bailey, Michael Stern, Bill Darrin

**Absent:** Anne Rothstein, Lia Levitt, Xiao Han

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

**Public Comment:** None

**Minutes:** P. Bailey moved to approve the minutes of the September 18, 2023 meeting. M. Stern seconded, all in favor.

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

**Treasurer's Report:** L. Frampton reported there has been no change. M. Stern moved to approve the Treasurer's report. T. Gogliettino seconded. All in favor.

**OLD BUSINESS**

*Discussion and planning of survey to be distributed via Newtown Neighbors Unite to assess interest in UR Community Cares:* The survey relative to UR Community Cares was discussed in detail. J. DeStefano will use data from the past survey of 1 ½ years ago and put it on social media; it will be kept simple. J. DeStefano will present the survey at the next meeting; N. Jackson will provide data from the previous survey. B. Bloom said that short term and long term goals need to be set relative to programming, UR Cares and transportation.

**NEW BUSINESS – none.**

**Members Comments:** C. Theune stated there have been break in's; police encourage everyone to lock their homes and vehicles. They are trying to get the police to come talk to the residents; seniors are forgetful and sometimes forget to lock their doors.

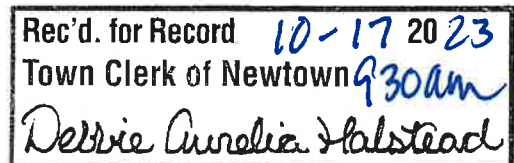
P. Bailey advised to be aware of fraudulent credit cards via the mail.

There was discussion about bringing back Triad to help seniors.

Having no further business, the meeting was adjourned at 4:46p.m.

Respectfully Submitted,  
Susan Marcinek, Clerk pro tem

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: October 16, 2023

Hello Members of the COA,

I am happy to report we are closing in on once again being fully staffed again in the Department of Human Services. Earlier this summer, Corinne Ofgang, DHS Clinical Manager, and her husband welcomed their son to the world. She is returning from maternity leave this week. We are also at the tail end of the hiring process to replace our Care Navigator/Social Worker. Alyssa Cole left this position at the beginning of September to take an exciting new opportunity for the Town of New Milford with their Social Services Department and PD. While we have been two key positions down I don't believe we skipped in beat in meeting the needs of the community and those we serve. The rest of the DHS team did an incredible job stepping up to cover the workload. We were also very fortunate to have Jennifer Faircloth (formally part-time at the Senior Center front desk) return to the team to help cover the social services' mainline. I will look forward to sharing more about our new Care Navigator next month.

#### **Key Updates and Information:**

##### **Update on the Senior Center patio project through ARPA funds designated to CT Senior Centers:**

We are currently working with the Town Purchasing Agent as this has to go out to bid due to the cost of the project. We are aiming for sealed bids to be in early winter with a project start at the start of spring.

##### **Potential Behavioral Health Alliance:**

In September a delegation from Newtown traveled to New Canaan to learn more about the formation of their Behavioral Health Alliance, spearheaded by the Town's Department of Human Services and Silver Hill Hospital. The mission of the NC Alliance is:

*Mental Wellness is an integral aspect to overall community health. New Canaan Behavioral Health Alliance (NCBHA) encourages, develops and supports a greater community awareness of behavioral health issues and resources in our area. Through community partnering, the alliance's mission is to improve access to behavioral health care for New Canaan residents seeking help.*

DHS is looking now to establish a steering committee to explore forming an Alliance here in Newtown.

##### **Preparing for a medical emergency at home:**

Thank you to a member for checking-in on what the NSC offers around this topic following a medical emergency in their own home. It has been awhile since Newtown Ambulance came to speak at the NSC so we have reengaged that partnership. They will be coming on November 7th to present and will have this as the focus of their talk. Also, Maureen Will, the Director of Newtown Communications/Dispatch, will be coming to educate folks about CodeRed and Smart 911 on November 20th.

##### **WCAAA grant:**

With FONS President, John Boccuzzi, we applied for a grant to support increased health and wellness classes. We have been awarded \$5,000 by WCAAA through the 2024 Older American Act (OAA) and State funds to be used towards senior physical activities (non-evidence based). We are in the process of bringing back Ageless Grace in November as well as 2 additional classes. That will then have our health and wellness room fully booked!! In addition will be able to purchase some yoga blocks & additional weights.

**ARPA Tutoring Funds:**

As shared last month we lifted the income restriction for the \$100,000 in ARPA funds to be directed to the Department of Human Services to pay for 1:1 tutoring services for Newtown students; the goal to address the learning gap as a result of the pandemic. Since removing that restriction we have had 63 applications. Students and tutors have begun matching and scheduling and sessions are underway. I'm thrilled to see the program being utilized to this greater degree. Again, a huge thank you to our COA member, Judit, for her partnership and support of this program through her position at the BOE, and to Jennifer Faircloth for fielding the influx of calls.

Save the date for the 28<sup>th</sup> Newtown Health Fair on October 28<sup>th</sup> from 9:00-12:00 at Reed School. Flyer Attached!

Respectfully submitted,

*Natalie*

Natalie Jackson, LCSW  
Director, Newtown Human Services

# Newtown's 28th HEALTH FAIR

*Saturday,*  
**October 28th**  
9 am-12 noon

**Reed Intermediate School**

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**FREE EVENT**  
**SOMETHING FOR ALL AGES!!**

- FLU SHOTS - Bring your insurance card
- Health Screenings
- Family Health & Wellness Information
- Drawings
- Multiple Vendor
- Giveaways
- Wellness Treatments
- Demonstrations



**For more information:**  
**Newtown Health District 203-270-4291**



**People that were active between 09/15/2023 and 10/13/2023**

<b>Age Range as of 10/13/2023</b>	<b>Count</b>	<b>Percent</b>
Ages 55-59	1	5.3%
Ages 60-64	1	5.3%
Ages 65-69	6	31.6%
Ages 70-74	4	21.1%
Ages 75-79	2	10.5%
Ages 80-84	2	10.5%
Ages Below 55	1	5.3%
Ages Over 85	2	10.5%
<b>Totals</b>	<b>19</b>	<b>100%</b>

Curent Members  
Resident  
Non Resident  
Total

436  
78  
514

\* As of Start of 23/24  
Membership Year - July 1, 2023

# **Event Occurrences from 09/15/2023 to 10/13/2023**

<b>Category</b>	<b>Event</b>	<b>Hours Scheduled</b>
F - Class/Workshop	Art Class (Tuesday 10:00 AM)	5
		4.5
	Knitting	4
	Sewing Crew	21.5
	Spanish Class (Thursday 10:30 AM)	3
F - Health/Fitness	<b>Total</b>	2
	Broadway Burn (Friday 10:30 AM)	3
	Chair Pilates (Thursday 9:00 AM)	3
	Chair Yoga A (Monday 2:30 PM)	4
	Chair Yoga B (Thursday 1:00PM)	3
	Deep Stretch (Wednesday 9:00 AM)	7
	Flex, Fit & Tone (Tuesday 10:00)	4
	Floor Yoga	4
	Kevin's Line Dance Exercise (Thursday 10:30 AM)	1
	Line/Country Dancing (Wednesday 10:30)	3
	Modified Exercise	4
	Move and Groove	2
	Pilabolus	1
	Tai Chi (Monday 10:00AM)	1
	The History of Fairfield Hills W/Ann Marie Macey & Zumba (Monday 1:00 PM)	
	<b>Total</b>	45
F - Nutrition	Daily Lunch	5
	<b>Total</b>	5
F - Rec./Entertain	Billiards	100
	<b>Total</b>	100
F - Social Activity/Event	Book Club	1
	Lunch and Learn	5
	Matts Ballroom	2
	Ping Pong	5
	Pinochle	6
	Poker	12
	Special Event	5
	<b>Total</b>	36
F - Socializing	Socializing & Just Visiting	170.33
	<b>Total</b>	170.33
F - Special Events	Speaker	6
	Talent Show & Dance Party	1
	<b>Total</b>	7
F - Special Groups	Coffee & Conversation with First Selectman	1
	Lunch and Learn	
	Parkinson Support Group	1

Silver Tones	1
Womens Discussion Group Chicken Soup for the Soul	3
<b>Grand Totals</b>	<b>3</b>
	<b>400.41</b>



**Event Statistics from 09/15/2023 to 10/13/2023**

<b>Category</b>	<b>Duplicated</b>	<b>Unduplicated</b>	<b>60 and Over Guests</b>	<b>Under 60 (Hours)</b>	
F - Class/Workshop	13	3	0	0	16
F - Health/Fitness	51	12	0	0	51
F - Nutrition	12	4	0	0	12
F - Rec./Entertain	2	1	0	0	10
F - Social Activity/Event	25	8	0	0	26.5
F - Socializing	22	4	0	0	187.37
F - Special Events	9	4	0	0	9
F - Special Groups	11	5	0	0	11.5
P - Class/Workshop	1	1	0	0	1.08
P - Trips	1	1	0	0	4.5
<b>Total Event Signins</b>	<b>147</b>	<b>19</b>	<b>0</b>	<b>0</b>	<b>328.95</b>