

COMMISSION ON AGING PROGRAMMING SUB-COMMITTEE  
MINUTES OF June 15, 2018

Meeting called to order at 2:00pm

Attendance, Marilyn Place, George Guidera, Anne Rothstein, Barbara Bloom, Anna Wiedemann  
Public: Selectman Rosenthal, Larry Passero, Mary Maday, Ned Simpson, Gary Macrae, Sharon Cohen,  
Beryl Harrison  
Guest: Gail Schiron, former Director of Redding

Ms. Schiron discussed the variety of programs she used to run that would entice members to attend more frequently. Ratio of men to women was 25%. Lectures, guest speakers, hobbies, woodworking, making kites, were some of the programs that would encourage male participation. Classes were \$5 for an hour class and \$8 for two hours. She explained that it's always good to look at new programming because seniors today are not the seniors of our parents and grandparent's generation. Volunteers are utilized in both helping at the center and in teaching classes. They had a bus that drove members to medical appointments, shopping to and from the Center. They would go to Danbury, Bethel, Ridgefield and Redding. Redding's newsletter is on line and emailed to members. Funding for mailing was cut a while ago. Ms. Schiron asked if we had FISH and if they had an umbrella policy covering drivers. Ms. Wiedemann reached out to Colleen Honan who helps coordinate FISH drivers. All drivers are under their own private insurance.

Ms. Place said we generate about \$6,000 from paid classes and other programs where a fee is charged. Selectman Rosenthal said perhaps we could look at a tier pricing structure.

Transportation and Communication are the biggest issues. We have a Senior Center Bus and also have the Hart bus. A central location for all agencies, commissions, clubs, etc. for a calendar of events would be a big help for the community.

Ms. Place mentioned programs that will be on going (see attachments). Looking to add to the current core programs, i.e. karate.

Mr. Macrae was asked to report on Plymouth's Mass. Senior Center which is called Center for Active Living. Their center is 18,000 square feet and they have a staff of 10. Their community has 60,000 residents and the Center has 6,000 members. They have no fees for classes but allow gratuities. Some of their offerings are tech/computer, grandparents raising grandchildren, single seniors, winery visits, bird watching, walking groups, Friday morning coffee (drop ins are encouraged), pickle ball. Congregate lunches draw 25% of their membership. Their director is working on a 20 year strategic plan.

Ms. Bloom felt it was a good time to begin thinking about renaming the Senior Center. The word "Senior" seems to keep folks away. Other Centers that removed the word actually almost doubled their membership!

Mr. Guidera felt we should visit other centers in the very near future and see what programs they are offering that are drawing more people to them. We will visit Shelton, Ridgefield, Southbury and Brookfield. Ms. Maday suggested that when we visit the other Centers that we ask about their "Bread" program. She said local restaurants, Panera and others, give donations to the Center for the seniors.

Mr. Ariniello (the new director of the Community Center) mentioned already reaching out to a software company to look for a central calendar for community use.

Ms. Wiedemann will reach out to those who were emailed – Park and Rec, Clergy, Government Departments, Library, BOE and try to line up 2 or 3 classes that can be offered this summer, with the intent of adding more in September. Once classes are decided upon, we can see if there is a time and space at the Senior Center. Otherwise, there are a variety of options. The Library, ETH, churches, etc.

Meeting was adjourned at 3:30. Next meeting is Friday, July 13, 2018, 2pm at the Municipal Center, Council Chambers

Respectfully submitted, George Guidera, Chair Programming Sub-Committee

## June 15 Sub- Committee Meeting

### New programs going forward:

1. Zumba Gold will in mid July w/ Fitness Fury This will be a core program
2. PASSPORT in PLACE (chairside traveling)

Local photographer begins his presentation with a solo exhibition on "Chateaux of France"

This program will continue every other month with a different destination of his travels. (This is a VOLUNTEER)

3. Lia Levitt, a one woman show is an inspirational speaker, storyteller, writer and actress who has already gave a presentation on "Ain't She Sweet".  
A topic on (aging) her relationship w/ her Grandmother.  
She is also once a month.  
In July she too will contribute to PASSPORT in PLACE with her stories on travel with her global journey.  
In August she will be helping with entertainer Nicky D  
In Sept she will be doing a one woman Cabaret Show.  
She adds and changes her programs to inspire and entertain. (This is a VOLUNTEER)
4. Letter to My Younger Self Discussion and Writing Group  
  
A senior VOLUNTEER it's a writing course on what you would tell and advise your 12 year old or younger self as to life, career and living a good fulfilling life? What advice would you give your children/grandchildren? What would you tell them about your own life, and perhaps how to achieve their own dreams
5. Every 2<sup>nd</sup> Thursday will be history discussion geared to all but esp men. @ 10:30am
6. Every 4<sup>th</sup> Thursday Wellness series  
(see other pages)

*Karate - this will be a core program.*

Arthur N Gottlieb, LCSW, CSA  
114 East Ave. Norwalk, CT 06851  
203.912.6101  
[agott@optonline.net](mailto:agott@optonline.net)

Architectural, Technical and Cultural History Series:

New York Historical Landmarks:

- Ansonia Apartments
- Brooklyn Bridge
- Central Park
- Citigroup Center
- Chrysler Building
- Coney Island
- Dakota Apartments
- Ellis Island
- Empire State Building
- Flatiron Building
- Fulton Fish Market
- George Washington Bridge
- Grand Central Station
- High Line
- Levittown
- Manhattan Bridge
- NYC Subway System
- NYC Subway Mosaic Tiles
- New York World's Fair: 1939-40
- New York World's Fair: 1964-65
- One World Trade Center
- Pennsylvania Station
- Queensboro Bridge
- Rockefeller Center
- Radio City Music Hall
- Staten Island Ferry
- St. Patrick's Cathedral
- Statue of Liberty
- Tappan Zee Bridge
- The Croton Aqueduct System
- The Cloisters
- The 5 Boroughs of NYC
- The Oculus
- Times Square

## Wellness Presentation Series

Arthur N. Gottlieb, LCSW, CSA  
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1. Alcoholic Family Systems
2. Attention Deficit Disorder (ADD)
3. Baby Boomers & the Denial of Aging
4. Being Alone
5. Boundaries
6. Colorform World
7. Combating Isolation
8. Computer Anxiety and the Technology Gap
9. Conducting a Family Meeting
10. Cultural Intelligence
11. Dealing With Conflict
12. Domestic Violence and Abuse
13. Effective Communication Skills
14. Emotional Fatigue
15. Emotional Intelligence
16. Enabling vs. Helping
17. Experiencing Loss: The 5 Stages of Grief
18. Fighting the Shame & Stigma of Mental Illness
19. Fighting Invisibility
20. Finding Peace With Yourself
21. Growing Closer: Improving Relationships with Loved Ones
22. Having a Plan
23. Hidden Language Codes
24. Hoarding
25. Holiday Stress
26. Intervention
27. Life After Loss
28. Long Distance Caregiving
29. Male vs. Female Aging
30. Maintaining Dignity
31. Motivations
32. Obsessive Compulsive Disorder (OCD)
33. Parent Child Role Reversal
34. Preventing Caregiver Burnout
35. Resilience
36. Self-Love vs. Self-Esteem
37. Spirituality & Aging
38. The Family in Denial
39. The Far Away Favorite
40. The Sandwich Generation
41. Understanding Anxiety
42. Understanding Co-dependence
43. Understanding Dementia
44. Understanding Depression

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Military & Political History Series:

Atomic Bomb  
Air War over Britain  
Air War Over Germany  
Air War over Korea  
Air War over Vietnam  
Barbarossa  
Battle of the Bulge  
Battle of the Falkland Islands: 1982  
Battle of Guadalcanal  
Battle of the Java Sea  
Battle of Jutland: 1916  
Battle for Leyte Gulf  
Battle of Manila Bay: 1898  
Battle of Midway  
Battle of the River Plate: 1939  
Battle of Savo Island  
Benito Mussolini  
Berlin Airlift  
Berlin Wall  
Cruise of the Emden: 1914  
Cuban Missile Crisis: 1962  
D Day: The Invasion of Normandy  
December 7, 1941: The Attack on Pearl Harbor  
Dunkirk  
Inside Nazi Germany  
Italian Campaign  
Iwo Jima  
Kristallnacht  
Monitor vs. Merrimac: The Battle of Hampton Roads: 1862  
Naval Battle of Casablanca: 1942  
Neville Chamberlain & Appeasement  
North African Campaign  
Okinawa  
Operation Crossroads  
PT 109  
Pursuit of Battleship Bismarck  
Raid on St. Nazaire  
Stalingrad  
Tonkin Gulf Incident: 1964  
Tuskegee Airmen  
U Boat War in the Atlantic: 1939-1945  
US Pacific Fleet Submarines in WW II  
Warsaw Uprising

- Triangle Shirtwaist Fire
- World Trade Center

United States Historical Landmarks:

- Arlington National Cemetery
- Eisenhower Interstate System
- Erie Canal
- Golden Gate Bridge
- Grand Canyon
- Hoover Dam
- Las Vegas
- Merritt Parkway
- National Monuments of Washington DC
- Philadelphia
- Rio Grande
- Washington Monument
- Yellowstone National Park

International Landmarks:

- London
- Eiffel Tower
- Panama Canal
- Suez Canal

The Great Depression and FDR's New Deal:

- Civilian Conservation Corps (CCC)
- Federal Writer's Project
- National Industrial Recovery Act (NIRA)
- Tennessee Valley Authority (TVA)
- WPA Murals
- The Crash of 1929
- The Great Depression

Famous Ships:

- American Liner United States
- Clipper Ships
- Edmund Fitzgerald
- French Liner Normandie
- Italian Liner Andrea Doria
- Liberty Ships
- Lusitania
- Nantucket Lightship
- Russian Submarine Kursk
- Titanic

#### Famous Photographers:

- Ansel Adams
- Diane Arbus
- Margaret Bourke-White
- Alfred Eisenstadt
- Lewis Hine
- Dorothea Lange
- Alfred Stieglitz
- Edward Steichen
- Weegee
- Edward Weston

#### Science & Technology:

- Electrical Generation and the Power Grid
- Fossil Fuels
- Global Positioning System (GPS)
- Hydro-electric Power
- Nuclear Power
- Radar
- Solar Power
- Why Boats Float
- Wind Power

#### Technology Disasters:

- Castle Bravo
- Deepwater Horizon Oil Spill
- Exxon Valdez Oil Spill
- Kuwait Oil Fires
- Love Canal
- Mianus River Bridge Collapse
- Three Mile Island: 1979

#### Black History:

- George Washington Carver
- Harriet Tubman
- Tuskegee Airmen - Jan 24 1:00
- Underground Railroad

#### Women's History:

- Amelia Earhart
- Eleanor Roosevelt
- Rosie the Riveter



# NEWTOWN SENIOR CENTER

14 Riverside Road Sandy Hook, CT 06482

## ***Computer Anxiety & the Technology Gap***

Of all the modern advancements that define the way we live, none has had the transformative power of the computer, the internet and wireless devices. This program will examine the all-pervading, 24/7 interconnectivity of the 21<sup>st</sup> Century and its effect on society, families and individuals. A special focus will be placed on adults that, having been born in an earlier era, may be finding it a challenge just keeping up with all of the new gadgets and terms that now permeate our rapidly changing world.

## ***Understanding Interpersonal Boundaries***

*Although we hardly notice them, we are guided by boundaries in every aspect of our lives. Which side of the street to drive on... not breaking into other people's homes... a closed door- indicating you wish to be left alone in your own personal space. This program will discuss interpersonal boundaries which can be more complex to define but, when misunderstood or violated, can lead to the same emotional apprehension and pain as if one's home was broken into.*

Biography, Arthur N. Gottlieb, LCSW, CSA

Mr. Gottlieb is a local historian on subjects of political and military history. He was formerly a professional curator of naval history and the Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in NYC. In these roles, Mr. Gottlieb worked regularly with veterans of all services towards the creation of exhibits accurately illustrating the history of 20th century warfare.

From 1989 through 1997, Mr. Gottlieb coordinated with all branches of the armed services and National Guard towards the preservation of historic ships, aircraft and armor from around the world, and has facilitated the recovery of scores of artifacts from warships slated for demolition from reserve fleets.

For the past eight years Mr. Gottlieb has refocused his professional efforts towards reaching out and addressing the growing needs of aging veterans and their families. In addition to maintaining a private practice as a Counselor and Certified Senior Advisor in Norwalk, CT, he provides Pro-Bono trauma counseling to soldiers returning from Iraq and Afghanistan.

Mr. Gottlieb is an Auxiliary Officer of the United States Coast Guard formerly serving as Commander of Flotilla 7-2, Division 1 (Southern Region), Sector Long Island Sound North.

# NEWTOWN SENIOR CENTER

*14 Riverside Road Sandy Hook, CT 06482*

*Announces a Special Presentation by:*

**Arthur N. Gottlieb, LCSW, CSA**



## **New York, New Haven & Hartford Railroad**

Fairfield County residents are familiar with the railroad bridges and unique towers carrying the power-lines over local rivers that were originally part of the New York, New Haven and Hartford Railroad. Now part of Metro North's New Haven Line, this essential link of the Northeast Rail Corridor was first conceived by J.P. Morgan and began carrying traffic in 1872.

**Thursday July 12, 2018**

**10:30 am to 11:30 am**



## Newtown Senior Center Presents LAUGH FOR THE HEALTH OF IT!

Friday June 15 @ Noon

LUNCH & LEARN

Join Trevor Smith B.A. M.A. M. ED. CLL Founder of Blue Sky Consulting, a training and development organization from Springfield, MA. w/ Fifteen years of experience as a Therapeutic Recreation Specialists mental health practitioner.

### What is Laughter Therapy?

- Laughter Therapy is a systematic, structured health promotion program that uses a combination of simple, empowering and tension releasing laughter exercises and actions combined with gentle breathing techniques in a supportive environment.
- Laughter is initially simulated as a physical exercise while maintaining eye contact with others in the group and promoting childlike playfulness. This leads to real and contagious laughter.
- Science has proved that we cannot differentiate between simulated and real laughter
- Laughter Therapy is the only method that allows adults to sustained hearty laughter without using cognitive thought.
- As a combination of physical and mental activities, Laughter Therapy is a powerful tool to reduce stress, promote group cohesion and trust, increase energy, burns calories, lower your blood pressure and heart rate and provide a superior cardiovascular workout.
- These exercises are appropriate and beneficial for all.
- A Laughter Therapy session begins with gentle warmup techniques which include stretching, chanting, clapping and body movement.
- Breathing exercises are used to prepare the lungs for laughter followed by a series of artificial forms of laughter exercises that combine the method of acting and visualization techniques with playfulness.

### Learning Outcomes

At the conclusion of the program, participants will learn strategies to:

- Reduce daily stress to allow for greater productivity and efficiency
- Develop a positive attitude towards self and others (reduce hardening of the attitudes and foster flexible, open, creative thinking)
- Minimize anxiety and feelings of isolation
- Discover a new sense of mental balance and perspective
- Fosters trust, team collaboration and leadership

### Discuss six principles of Good hearted living with group discussion

- The leader introduces the six principles
- The participants focus on one behavior at a time.
- The leader uses stories to illustrate meaning of each practice and to give the participants some idea of what kinds of behaviors/attitudes are included
- Introduce a few little tricks (exercises) that will help focus the mind on the mindfulness practices.

Sign up at front desk for reservations or call 203-270-4310

# “Good- Hearted Living”©

## Follow These Six Daily Practices to Prevent Hardening of the Attitudes and Add More Laughter to Your Life

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This is easy and fun. Begin with mindfulness. Each day remember what the special practice is for the day. Whenever you see the opportunity, take action to fulfill that solution for the day. Your actions will become habits and the habits will become a natural positive way of life for you. *Soon you will be amazed to find that you laugh more and are more cheerful and optimistic.*

**Mondays are for compliments:** This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others. Tell them about it and you just might end up laughing together.

*Monday Thought: “A kind word often goes unspoken, but never goes unheard.”*

**Tuesdays are for Flexibility:** There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in.

*Tuesday Thought: “A tree that bends in the wind does not break.”*

**Wednesdays are for Gratitude:** A good way to feel miserable is always think you need something to make you happy. An attitude of gratitude brings serenity and laughter.

*Wednesday thought: “As you go through life, let this always be your goal, keep your eye upon the donut and not upon the whole”.*

**Thursdays are for Kindness:** Think of ways of making the other person's life a little easier. Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace, harmony and the planet that we all share.

*Thursday Thought: “The practice of kindness inspires people to pass kindness on to others.”*

**Fridays are for Forgiveness:** Forgiveness means letting go of anger. Finding a way to see those who have hurt you in a new light of compassion. Releasing anger makes you healthier and opens up room for your heart for more laughter.

*Friday thought, “I never hold a grudge because while I am being angry the other guy is out dancing”*  
(Buddy Hackett)

**Weekends are for Chocolates:** Remember to eat some chocolate or any other favorite food. Remember to take time for leisure, pleasure and relaxation.

*Weekend thought: “A bad day fishing beats a good day working”.*

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