

**COMMISSION ON AGING
REGULAR MEETING
Monday, June 19, 2017 5:00 pm
Newtown Senior Center
14 Riverside Road
Sandy Hook, CT 06482**

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

The Commission on Aging held a regular meeting on Monday, June 19, 2017 at the Senior Center, 14 Riverside Road, Sandy Hook, CT.

Call to order: 5:00 pm.

PRESENT: Anna Wiedemann, George Guidera, Mae Schmidle, Anne Rothstein, Ruby Ryles, Barbara Bloom, Curt Symes, John Boccuzzi, Claire Theune.

ABSENT: LeReine Frampton.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, Communications Director Newtown Emergency Communications Center Maureen Will, 4 members of the public, 1 press.

ANNOUNCEMENTS: Ms. Bloom announced the upcoming Friends of Newtown Seniors fundraiser.

PUBLIC PARTICIPATION: Officer Maryhelen McCarthy commented on the positive effects of the TRIAD events. (*Description of TRIAD in Attachment A.*)

MINUTES: Mr. Guidera moved to approve the minutes of the May 15, 2017 meeting. Second by Mr. Schmidle and unanimously approved.

REPORTS:

DIRECTOR OF SENIOR SERVICES: Ms. Place discussed the Director's Report. (ATTACHMENT A) Ms. Place reviewed the United Way all-day event, volunteers removed green mold on the building exterior, mulched around the Adventure Center, good teamwork on the part of all volunteers including those from Newtown Savings Bank and Duracell. Ms. Place added to Officer McCarthy's comments regarding the upcoming TRIAD events, there is an effort to provide information, education, and signs of elder abuse. Speakers at the event will include 2 speakers from the state, Director of Health Donna Culbert, Officer Maryhelen McCarthy, Communications Director Maureen Will, and Peoples Bank manager. Mr. Guidera spoke to the difficult challenges of managing the affairs of the elderly, family members as conservators. Mr. Symes referred to trusts that can be taken advantage of and that more education is needed. Before concluding her report, Ms. Place took questions - Mr. Symes asked about spraying around the property, which Ms. Place referred to the property sprayed 2 weeks ago and that signs put are out in notification of spraying.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco reviewed the Director of Social Services/ Municipal Agent for the Elderly Report (ATTACHMENT B). Ms. LoBosco highlighted program statistics, Postal Food Drive, backpack program, training completed for Jackie Watson, assistance for client with prescription drug plan, and the Operation Fuel Program. Ms. Wiedemann asked about the funds from the Salvation Army, Ms. LoBosco replied yes, received. Mr. Symes asked about an

increase in traffic this year. Ms. LoBosco indicated an increase in phone calls from children with aging parents inquiring about services that are available. Mr. Symes brought up State funding cuts, affecting programs, Ms. Place added that the cuts that imminent. Mr. Guidera cited an example of job program for teens that was cut and funding was provided from another area to continue this program, \$1,000 per student: \$9,000 total allotted. Mr. Symes commented that it is important to document the overall concern of over State budget cuts and to increase awareness.

TREASURER'S REPORT: Ms. Rothstein distributed the Treasurer's Report (ATTACHMENT C). Ms. Rothstein moved to file for audit. Second by Ms. Schmidle and unanimously approved.

CHAIR/VICE CHAIR: Ms. Wiedemann and Mr. Guidera presented the Chair and Vice Chair report (ATTACHMENT D). Ms. Wiedemann spoke about the recent special meeting with Rusty Malik and Kevin McFarland regarding the new Senior Center and Community Center, with good turnout from the public. Mr. Boccuzzi referred to Mr. Malik's feedback, good suggestions. Every Friday they meet, and the COA is in attendance. Ms. Wiedemann said to express concerns before it is too late. Mr. Guidera referred to a groundbreaking in the fall. Mr. Guidera cautioned as bids come in.

OLD BUSINESS:

Lunch and learn regarding HART bus transportation– Ms. Place said that attendance was poor for the June 2 Lunch and learn with HARTransit, there will be another session in the fall, note that that July 19 is scheduled for Nunnawauk Meadows. Ms. Wiedemann referred to education for seniors of bus transportation; Mr. Symes sees a need for positive encouragement to utilize transportation. Ms. Place referred to the importance of visuals and a positive message. Mr. Boccuzzi mentioned how we can better service the people who live in Newtown, Hart is a good system, but can't meet all of the needs. Ms. Wiedemann explained there is a form to fill out and steps in a process to help people. Mr. Boccuzzi said that outreach is necessary.

Need to update our Senior Resource Guide. Ms. Wiedemann is looking into increasing attendance at the Senior Center and the advancement of a resource guide for seniors. Ms. Theune referred to a guide used by the Town of Ridgefield that includes directory information. Mr. Symes suggested that the team set up objectives of what they want the booklet to achieve. Ms. Place referred to helping people in a crisis and immediate next steps for people to contact services that can help. Officer McCarthy shared the crisis booklet which has a directory of numbers which can be used as reference as they develop the resource guide. Ms. Schmidle suggested using the Ridgefield guide as a model. Ms. Wiedemann will look to set up a subcommittee to start work on developing the guide.

Elder Abuse Forum – COA with Newtown PD, Officer McCarthy. (*Updates noted in previously in Public Participation, TRIAD in Attachment A.*)

Walnut Tree Phase 2, 3:00 9/18 – Ms. Wiedemann said that she is waiting to hear if their board approves COA attending.

NEW BUSINESS:

Card to Margaret Imbro thanking her for her years of service - everyone signed.

Committees:

Senior Center Advisory - Board of Selectman voted in, but all are welcome. Scheduled for Friday mornings, Ms. Wiedemann, Mr. Guidera, Mr. Boccuzzi, Ms. Frampton to attend every Friday along with Ms. Place.

Grants: Barbara Bloom, John Boccuzzi & Anne Rothstein. Discussions included the process of grant applications and restrictions/conflicts of award process. Also discussed was the importance of following up with grant award and timeliness/notification of check arrival. Ms. Place suggested to let her know of grant application and she will follow up. Ms. Rothstein to look into coordinating with the Town in the grant process. Mr. Boccuzzi referred the Town as fiscal agent for the Friends of Newtown Seniors. Discussion of a grant for putting outdoor exercise equipment along walking trail in Fairfield Hills. Mr. Guidera moved to support the Friends of Newtown to get exercise equipment. Second by Ms. Rothstein and unanimously approved.

Review and updates SC booklet: Claire Theune and Anne Rothstein. Ms. Place shared the Senior Center booklet and wants to look into updating the booklet.

Elderly Financial Abuse: Ms. Wiedemann said COA members include George Guidera, Marilyn Place, Ann LoBosco, Advisory: Maryhelen McCarthy, Maureen Will.

Wellness Series: Ms. Wiedemann said COA members include Anna Wiedemann and John Boccuzzi.

TRIAD: COA members: Marilyn Place, Anna Wiedemann, John Boccuzzi. Advisory: Maryhelen McCarthy.

Communication: Ms. Ryles, along with Ms. Wiedemann and Mr. Guidera to be included. Committee to decide when to meet and elect a chair.

Ms. Schmidle suggested that the Senior Center take part in the Newtown Labor Day Parade and to have a Labor Day committee. Mr. Boccuzzi said that the Friends of Newtown Seniors will have a presence and offered his convertible for the parade. Ms. Schmidle moved that the Commission on Aging take part in the Newtown Labor Day Parade. Second by Mr. Guidera and unanimously approved.

PUBLIC PARTICIPATION: Ms. Marie McClendon asked for an explanation of the entity Friends of Newtown Seniors, Mr. Boccuzzi and Mr. Guidera explained that it is a separate entity, with a 501(c)(3) status in process, which works together with the Commission On Aging. Ms. McClendon brought up a concern of the Treadwell pool where construction is now going on, there is no place to park a van for handicap access though others can traverse around the construction to gain access to the pool and why this work was not started earlier. Ms. Wiedemann cited timing of bonding and offered to bring these concerns to the attention of the Parks and Recreation Department.

ADJOURNMENT: There being no further business the meeting adjourned at 6:34 pm.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Director of Senior Services Report, Director of Social Services Report, Treasurer's Report, Chair/Vice Chair Report.

NEWTOWN SENIOR CENTER
 Director of Senior Services
 May 13, 2017 – June 16, 2017

ATTACHMENT
 A

PROGRAMS NUMBER OF ATTENDANTS (MAY)

Meditation	36
Zumba Gold	27
Exercise	233
Floor Yoga (2 days)	56
Chair Yoga (2 day)	62
Cards	21
Mah Jong	8
Bingo/Keno	14
Lunch	73
Hot Dog/pizza Luncheon	26
Knitting	20
Iris Fold cards	12
Quilting/sewing	9
Walk-Ins	26
Billiards/ping pong	6
Crafts	12
Trips	56
Newsletter	0
Wii	10
Painting/Art	24
Special events/entertainment	116
Tai Chi	32
Qi Gong	39
AARP Safe Driving	
Ballroom Line dance	0
Barn Dance	18
Current Events Discussion	26
Spanish Lessons	31
Speakers	9
Chair Pilates	32
Strength & Balance	20
Inter-generational w/ CAC	56
Password	19
Blood Pressure	11
AARP Taxes	

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
178	268	239	183	260	1128

COMPLETED EVENTS:

- Memorial Day presentation May 25
- TRANSPORTATION FORUM June 2
- Monuments of DC presentation June 5
- Best Friend's Approach to Dementia June 16
- AGEWELLCT.ORG website launch May 30

UPCOMING EVENTS:

- Free Massages for Stress relief for seniors June 21
- A Life Less Ordinary speaker June 23
Transitional Senior Care Coach
- Declaration of Independence Speaker July 6
- Wii Bowling Tournament July 26

TRIPS:

- One World Observatory June 29
- Mohegan Sun July 20
- Block Island July 25
- Frankie Vallie August 17
- 9/11 Memorial Sept 6
- Newport Cabaret Playhouse Sept 12
- Elvis @ Grand Oak Villa Sept 19
- National Parks Experience Oct 10-16

CRUISES:

- Transatlantic Cruise Spain/Canary Island Oct 19-Nov 3, 2017
- Canyon Country Experience Oct 10- 16

SPEAKERS:

Lunch and Learns:

1. Transitional Senior care Coach " A Life Less Ordinary" June 23
2. WCAAA Assistive Technology August 18
3. Precious Moments Tours 2018 upcoming tours Sept 11

Cultural History Series: Continues w/ Arthur Gottlieb LSCW

1. Declaration of Independence July 26

GIFT FUND:

A BIG THANK YOU donation of \$150.00 from Taunton Press !!!

**Also, referring to April 17 COA minutes..... \$388.55 was used from the \$500 donation to be used at my discretion....for the annual flowers and mulch surrounding the building.
The \$500 was spent on Art supplies as stated by donor.**

REMINDER:

agewellCT.orgBuck's Foundation website Launch on May 30 was a wonderful event, huge success. The Aging in Place Council had the event at The New Hope Baptist Church in Danbury. More than a year ago when Danbury first launched their new website I contacted Susan T. Director of Danbury Senior Center...on "How can we get on board?" And before too long it's a reality! A big THANK YOU to Ruby Ryles! And to Sandor Max !!!, A wonderful group to work with! Just being there to help with any questions esp late nights for me getting info and submitting and updating for the website. It was good to see many of COA members in attendance. Fantastic website, a complete SENIOR RESOURCE without advertising!

UPDATE:

All Lunch and Learns on Friday are a big success and are ongoing.

Lunch and Learn on Friday June 2 w/ HARTransit. Was poorly attended for such a subject that is out there. It was very informative. Kennedy Center was also in attendance to explain the handicap transportation also. There will be a repeat in the Fall, here at the center. But also esp. for Nunnawauk Meadows on July 19.

Annual Statewide Senior Picnic is Monday August 21
Annual Senior picnic @ Masonicare is Sept 15

I'm planning a TRIAD in the Fall....Have spoken with Officer MH McCarthy, Jennifer Crane, Center for Support and Wellness and Arthur Gottlieb LCSW, and St Dept. of Protective Services. Would like to include Health Dept and the VNA and COA. Topic(s) isn't settle yet but it will be about Elder Abuse.

UPDATE: TRIAD ...below is a full description of TRIAD for those not familiar. In 2003 Newtown became the 11th town in the state to partake in a collaboration with local law enforcement to create a safer community.

This year topic..."Shades of Purple" (Purple is the Awareness color)

1. Elder abuse
2. Bullying
3. Dementia

This will be a special educational/informative event. I have 8 speakers so far. Each speaker will be discussing one of the 7 signs no more than 10 minutes long.

All of us can contribute so much to help our senior population from the seven signs of abuse:

1. physical
2. mental
3. emotional
4. neglect
5. abandonment
6. financial
7. exploitation

I'm looking at the month of Sept. on a Friday, Sept 1, 8, 22, or 29 (not Friday Sept 15) from 1 to 4.

This can be a "heavy" subject to some, but needed. We can make it "light" with so many of us supporting facts from professional experience.... making a difference and helping our aging population. Awareness is and can be very valuable to seniors. WILL HAVE MORE INFO MONDAY.

WHAT IS TRIAD?

Triad is a community policing initiative between seniors, law enforcement and service providers to increase safety through education and crime prevention. Its goals are:

- To reduce criminal activity that targets older Americans
- To alleviate seniors' fear of victimization, build confidence and improve the quality of life
- To enhance delivery of law enforcement services to older persons
- WHAT DO TRIADS DO?
- **Empower** - give seniors direction.
- **Educate** - gather information on criminal activity, and sponsor crime prevention workshops and other programs.
- **Reach Out** - reduce fear and increase peace of mind for seniors who live alone, through home visits by law enforcement officers.
- **More Links** - provide a forum to discuss crime-related needs and concerns of seniors, identify problem areas and develop and implement community-wide solutions.

WHAT CAN RESULT?

Seniors can gain from regular contact with police officers, direct involvement in crime prevention strategies and awareness of available services.

Law enforcement gains more contact with seniors, better awareness of seniors' crime-related fears, more understanding of the human service field, and increased respect and understanding for the department by members of the community.

Human service providers gain from improved distribution of services, more cooperation with other providers, and better understanding of law enforcement and the challenges it faces.

Summer is here ... More to report on Monday

Keeping the seniors busy and active.

Marilyn



**DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR
THE ELDERLY**

June 2017

Program Statistics

Energy Assistance Applications (245 applications to date)
Food Pantry (45 individuals/families visit weekly)
Operation Fuel Program ended May 31st – (16 applications to date - \$6,997.88 total).
Salvation Army – (30 applications to date - \$9,552.92 total)
Goodwill gift cards – 4 distributed
Renter's Rebate – Program started on April 3rd (42 applications to date).

The Postal Food Drive was held on May 13th. Although the weather did not cooperate, we collected over 6,700 lbs. of food for the pantry. We are continuing to sort and shelve the items which should keep us well stocked through the summer.

We are going through our backpack and school supply inventory and will be working with Salvation Army to prepare for the August program.

My assistant, Jackie Watson, has completed her CHOICES training and is now able to counsel clients on their Medicare options.

Helping a client who is approaching the coverage gap in her prescription drug plan. She has Parkinson's and one of her prescription is very expensive; therefore, in the process of applying for the Patient Assistance Program offered through the drug manufacturer. She received this help last year as well. Her prescription will be provided to her at no cost until the end of the year.

The Operation Fuel Program will start up again on July 5th for the summer which helps with electric bills. In the meantime, we have been helping clients through Salvation Army. The Energy Assistance Winter Protection Plan ended in April which protects against shutoffs. Clients will be able to apply for the program again in the fall.

COA/SENIOR SERVICES GIFT FUND							
JUNE 19, 2017							
DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	GRANT	BALANCE
4/13/2017	Ck #27423 Prime Publishers	(62.27)					50,609.26
4/19/2017	Ck #27525- Marilyn Place-Food & Paper	(95.36)					50,513.90
4/20/2017	Trust Distribution T-50584			562.15			51,076.05
4/27/2017	Ck #27469- Bee Publishing	(23.80)					51,052.25
4/27/2017	Ck #27565- Anna Wiedemann-Flowers	(80.03)					50,972.22
4/30/2017	March P-Card-CT POST Ad	(313.45)					50,658.77
5/10/2017	Donation to Gift Fund T-54398		1,000.00				51,658.77
5/22/2017	April P-Card- BJS	(321.07)					
5/22/2017	April P-Card- Triarco Art	(412.33)					
6/8/2017	Ck #27941- Martha Porubanik	(150.00)					50,775.37
	Grant WCAAA						
	Grant -Regi-Pottery					1,664.38	
7/26/2016	Ck #24135- Brookfield Craft Center					(182.50)	
7/28/2016	Payment for Pottery Class-T-6609					70.00	
8/18/2016	Ck #24566- Lynn Welsh					(615.00)	
9/15/2016	Ck #24931- Lynn Welsh					(285.00)	
9/15/2016	Ck #24796- Brookfield Craft Center					(182.50)	
10/27/2016	Ck #25517- Lynn Welsh					(457.50)	
11/7/2016	Ck #25723-Lynn Welsh					(11.88)	
						0.00	

June 19, 2017

COA Chair Report:

ATTACHMENT D

We will have a full meeting because I'd like to discuss, under new business, the committees and the advisory persons that signed up at our last meeting. We need to think about what these committees represent and what their function/scope will be. When meetings are planned, they all need to be posted, so communication will be key. We have not been compliant with FOI rules, but beyond that, posting these meetings may bring more people in attendance. We need to educate the community on what a "Senior" is and encourage more people to use the center.

Meetings continue to happen each Friday at Caldwell & Walsh with updates from the Town architects and team. Last week was centered around different configurations of pools. Looking at different way to configure the zero entry pool so that it will get the most use from all age groups and possibly taking one of the lanes from the main pool and making a ramp for wheelchair accessibility.

We had a special meeting Wednesday, June 14 with wonderful attendance. Rusty Malik and Kevin McFarland did their best to present the slides depicting what the Senior Center and Community Center could look like. I was happy so many had questions and I hope folks feel more comfortable with the process. When you are out and about in the community, please engage people and seek their opinion on the upcoming building. We don't have all the answers and yesterday's meeting proved if we keep an open mind and listen, we will learn what the concerns are, we will learn how and why things might be done differently - for example, putting cabinets under the windows rather than up high to make for easier access. Someone else suggested a medical room in the event of an emergency. Lots of ideas but also a lot of things explained. For instance, we can't have an attic in a municipal building. It should always be a two way street (but respectful) where communication is involved. Thank you to the members who were there and to Marilyn for being able to answer a lot of questions as well.

There will be Outreach events with the Advisory Teams for both the Community Center and the Senior Center at the town library on June 21 from 7-8 and June 24 from 10-11. It would be wonderful to have COA members attend.

Two more Lunch and Learns - June 23 at noon - A Life Less Ordinary presented by William Crawford and August 18 at noon WCAAA Assistive Technology Center presents Gadgets & Gizmos.

Check the Calendar page of the Newtown Municipal Center periodically for agenda's that pertain to the Community Center/Senior Center Advisory Committees and any other items that may be of interest to you: <http://www.newtown-ct.gov/> It's a great way to learn about and get involved in other areas of the town. I will send e mails that include agenda items specific to the Senior Center.

Stay hydrated and stay safe with the warm weather. Check on your neighbors.

Warm regards, Anna