

NEWTOWN COMMISSION ON AGING
Regular Meeting
Monday, November 19, 2018
MUNICIPAL CENTER
3 Primrose Street
Newtown, CT
Council Chamber
5:00 PM

THESE MINUTES ARE SUBJECT OF THE APPROVAL OF THE COMMISSION ON AGING.

The Commission On Aging held a regular meeting on Monday, November 19, 2018 at 5:00 pm at the Newtown Municipal Center, Council Chambers, 3 Primrose Street, Newtown, CT.

CALL TO ORDER: Ms. Wiedemann called the meeting to order at 5:00 pm.

PRESENT: Anna Wiedemann, Barbara Bloom, LeReine Frampton, George Guidera, Ruby Ryles (5:03), Curt Symes. Alternates: Larry Passaro, Claire Theune, Maureen Will.

ABSENT: John Boccuzzi, Anne Rothstein, Mae Schmidle.

ALSO PRESENT: First Selectman Dan Rosenthal, Director of Social Services Ann LoBosco, Officer Maryhelen McCarthy, Selectman Maureen Crick Owen, Cyrenius H. Booth Library Assistant Director Beryl Harrison, 5 members of the public.

PUBLIC COMMENTS:

Louise Zierzow, Sandy Hook – A few months ago, Ms. Zierzow said she inquired about unsafe parking lot and sidewalk conditions at the Senior Center, conditions still exist and have not been addressed. Ms. Zierzow was told this would be addressed. She shared photos of sidewalk and other areas showing unsafe, poor conditions, potholes, and asked what will be done, expressing a sense of urgency. Mr. Rosenthal offered to speak to Public Works in the morning. Ms. Zierzow also asked about the transportation meeting, Mr. Rosenthal said that he had inquired with WestCOG and they will hold another meeting in Newtown and better advertise it.

Gary Macrae, Newtown – Mr. Macrae offered his help to research programs similar Village to Village Network.

MINUTES: MS. BLOOM MOVED TO APPROVE THE MINUTES OF THE OCTOBER 22, 2018 SPECIAL MEETING. SECOND BY MS. FRAMPTON. ALL IN FAVOR. (6-0) MOTION PASSES.

REPORTS

CHAIR REPORT: Ms. Wiedemann shared the November 2018 COA Chair Report. (ATTACHMENT) Ms. Wiedemann recognized Officer McCarthy, Ms. Will, and Ms. Schmidle for recent awards. Ms. Wiedemann reached out to The Bee and Voices regarding the

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programming subcommittee information. Ms. Wiedemann said that The Regency requested 65 copies of the Resource Guide, when printing also consider additional quantities for other similar senior residences. Ms. Wiedemann asked if COA could share thoughts or concerns about Senior Center reports so Ms. Place can help address and get answers to any questions ahead of scheduled COA meetings.

VICE CHAIR REPORT: Mr. Guidera said there is an upcoming program subcommittee meeting on December 14, he encouraged attendance at the meeting. Mr. Guidera requested a comprehensive plan from management that includes robust attendance projections with strong programming for the new senior center. Mr. Symes shared a 3-track programming plan and offered to help identify needs.

DIRECTOR OF SENIOR SERVICES: In Ms. Place's absence, Ms. Wiedemann asked for questions on reports provided by the senior center. (ATTACHMENT) Mr. Passaro expressed concern over some of the attendance statistics and to progress on ways to boost attendance. Clear attendance details are necessary for grant applications and insurance purposes. Mr. Symes asked for clarity on attendance by zip codes. Mr. Guidera noted the need for solid leadership at the senior center and the importance of attendance at COA meetings. Ms. Ryles inquired about staffing levels at the senior center. Mr. Symes mentioned the importance of volunteer support. Mr. Rosenthal said that budgeting for staffing at the new senior center is under discussion.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services Report. (ATTACHED)

GRANTS COMMITTEE: Ms. Bloom said she received an email about arts grants and will also look into for grants for transportation.

NOMINATING COMMITTEE: Ms. Frampton said that the current officers wanted to stay, Ms. Wiedemann – Chair, Mr. Guidera – Vice Chair, Ms. Schmidle – Parliamentarian, Ms. Rothstein – Treasurer. Vote will be at next month's meeting. Offices take effect in January 2019.

Rebranding of the senior center – Ms. Wiedemann proposed meeting for further discussion on December 14 at 3:00 prior to the subcommittee meeting.

LPI – Ms. Wiedemann said that efforts continue with Constant Contact.

Village to Village – Mr. Macrae discussed the concept that cities and towns have adopted to enhance the quality of life for senior who choose to age at home, remain active in the community. Village to Village Network and Beacon Hill Village are examples of organizations that help seniors age in place. Beacon Hill Village, www.beaconhillvillage.org, a member-driven organization for Boston residents 50 and over, provides programs and services so members can lead vibrant, active and healthy lives, while living in their own homes and neighborhoods. Benefits include access to discounted providers who can help seniors manage their household, stay active and healthy, and serve needs. Social and cultural programs are always changing to support member interests. For further insight into changing demographics of the senior community, Mr. Macrae suggested reading the book, *The Longevity Economy*.

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Should towns be interested in these types of organizations, towns are not responsible for recommending, but an organization like Friends of Newtown can reach out and make recommendations.

Draft of the Calendar: MS. FRAMPTON MOVED TO ADOPT THE 2019 COMMISSION ON AGING CALENDAR. SECOND BY MS. BLOOM. (ATTACHED). ALL IN FAVOR. (6-0) MOTION PASSES.

Livable Community Update – Not much new information. Mr. Symes described a positive interaction with NHS students and seniors, providing real-world perspective.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. FRAMPTON MADE A MOTION TO ADJOURN AT 5:49 PM. SECOND BY MS. BLOOM. ALL IN FAVOR. (6-0) MOTION PASSES.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Chair Report, Director of Senior Services Reports, Director of Social Services/Municipal Agent for the Elderly November 2019 Report, 2019 Calendar.

NOVEMBER 2018 COA CHAIR REPORT

Congratulations to Newtown Police Officer Maryhelen McCarthy who received the Senior Citizen Service award from the Agency on Aging of South Central Connecticut for her work in aiding senior citizens. Congratulations also to Maureen Will who received an award from the Association of Public Safety Communications Officials.

I did reach out to WestCOG twice – but no one has called me back. If anyone has a contact person, I'd be happy to reach out to ask if there will be future public info session regarding Regional Transportation.

Below are links to a program that was put in place in Beacon Hill, MA. They formed this organization to help Seniors age in place. I didn't get to go to Darien, but I'm thinking this seems somewhat similar. A very interesting read and certainly something that our community could gain from.

https://www.beaconhillvillage.org/content.aspx?page_id=22&club_id=332658&module_id=77064

We need to move forward with the Renaming contest. The COA Programming Subcommittee is going to meet Friday, December 14 at 4:00. I propose we meet at 3:00 to review what has been turned in and then discuss at our meeting? Please let me know if this is acceptable.

I was recently invited to the Fairfield Hills Authority where they wanted to know from the Director of Nunnawauk Meadows, Pat Llodra and myself as chair of the COA what Seniors were telling us and what they might be looking for as the CC and SC were being built with thought to FFH. Active Seniors would like more outdoor active recreation. Seniors would also like to see dedicated pedestrian areas with outside amenities and seating. Benches, shade and water. Develop a bicycle path, add bike lanes to FFH roads. Provide accessible public restrooms. They'd like pickle ball courts as well. Another thing Seniors would like is an interactive Kiosk in the front of the SC and CC letting them know what was available. One of the FFH Authority members talked about 911 call boxes throughout FFH. Lots of great and exciting ideas and possibilities.

Enjoy the weekend, Anna

NEWTOWN SENIOR CENTER
Director of Senior Services

PROGRAMS NUMBER OF ATTENDANTS (October)

(See Attachment)

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
237	440	288	399	250	1614

COMPLETED EVENTS:

- Emergency preparedness made easy Oct 5
- Men's Karate Demo w/ Naida Oct 10
- WCAAA assistive technology demo Oct 12
- Kayaking w/ LL Bean on Ct River Oct 15
- How to Read a Map & Compass w/ LL Bean Oct 19
- Seasons Hospice & Pallative Care / Music Therapy Oct 26
- Halloween Bingo Party Oct 31
- Annual Senior Center Bazaar Nov 10
- Elder law Strategies "How to keep Medicaid from taking it all" Nov 14

UPCOMING EVENTS:

- Hearing Aids & Technology Nov 19
- Send a Smile Card (Holiday) program Nov 26
- Animal Shelter Buddy reading program Nov 28
- Release the Holiday Stress w/ complimentary back massage Dec 3
- Annual Holiday Party Dec 6
- Hank Meirowitz Photo Travel Series Dec 7
- Trim the SC Tree Dec 7
- Tinsel & Tunes Holiday Gathering @ SC Dec 14
- Secret Santa Bingo Dec 19

TRIPS:

- Phantom @ WBT Nov 8
- Radio City Music hall Nov 16
- UCONN Women's Basketball Game @ Mohegan Sun Nov 17

VAN TRIPS:

- Kayaking w/ LL Bean in Glastonbury, CT Oct 15
- Toast to the Armed Forces & Veteran's Nov 13

SPEAKERS:

Lunch and Learns:

1. Hank Meirowitz Photo Travel series Myanmar(formerly Burma) Dec 7
2. Hearing Aids & Technology Dec 19

Cultural History (2nd Thursdays @ 10:30) and Wellness Series (4th Thursdays @ 10:30)

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|-------------------------------|--------|
| • World Trade | Oct 11 |
| • Domestic Violence and Abuse | Oct 25 |
| • Ulysses S. Grant | Nov 8 |
| • Seasonal Depression | Nov 29 |
| • Sears Roebuck & Co | Dec 13 |

UPDATE:

Annual Bazaar on Nov 10 was a big success. A great day for many volunteers coming together and preparing for this annual event.

Dec 6 is Annual Holiday Party @ Michael's at the Grove. If you plan on attending please call to sign up before Dec 1st. Cost is \$37 pp.

This will be our last year at this venue. Looking forward of having it in the new SC next year.

Besides daily programming and preparing for the new Senior Center.....

Winter is upon us, with that comes an awareness of making sure our seniors are ready.

Info is out on Code Red and Smart 911.

Checking to make sure snow removal service is in play.

Making calls to SC clients who are ill.

Follow up w/ SC clients who have lost spouse or child recently.

Visit SC members at local nursing homes during the holiday season

Deliver lap quilts to Praxair Center and dialysis center (made in sew/quilt class)

Deliver adult bibs to nursing homes (made in sew/quilt class)

The first Wednesday of every month @ 1pm I have restarted the Senior Focus Group

At 2pm Ann LoBosco meets seniors on SS questions (rental rebate, fuel assistance etc.)

At 3pm Jennifer Crane from Newtown Center for Support and Wellness meets for group discussions:

Oct. Stress for the Holidays.

Nov. Grief and Loss

Dec. Depression

My Senior Center Program is in play (see attachments)

Members need to come in, re-new membership and receive their key card.

Once complete it will be an accurate source for stats etc. Also, robo calls!

Work in progress.

Happy Thanksgiving

Marilyn


Event Statistics from 10/01/2018 to 10/31/2018
Filters:

Age: >=0

Site(s): All

Category	Duplicated	Unduplicated	60 and Over Guests	Under 60 Guests	Hours	Tickets
Classes/Workshops	131	48	0	0	226.00	0
Health Screenings	11	11	0	0	21.00	0
Health/Fitness	690	95	0	0	658.00	0
Nutrition	131	27	0	0	131.00	0
Recreation/Entertainment	19	9	0	0	37.00	0
Social Activity/Event	215	71	0	0	1,062.00	0
Socializing	201	58	0	0	1,708.50	0
Special Events	5	5	0	0	10.00	0
Special Groups	79	26	0	0	151.00	0
Total Event Signins	1482	178	0	0	4,004.50	0
Total Swipes	977	180				



Date range from 10/01/2018 to 10/31/2018

Filters:

Age:>=0

Site(s):All

Checkin Count 1482

Days in Range 22

Avg Duplicated 67.36

Avg Per Weekday

Monday 66.5

Tuesday 84.8

Wednesday 52.4

Thursday 64.5

Friday 68

Avg Per Day by Month

October 67.36

PAID CLASSES																																								
OCT 2018	DAY	GAMES	MAH JONGG	FITNESS FURRY	MORNING MED	EXERCISE TAPE	FLEX FIT TONE	ZUMBA	YOGA	CHAIR YOGA	QI GONG	BARN DANCING	ART	TAI CHI	BALLROOM DANCE	CHAIR PILATES	STRENGT&BALANC	SPANISH	BIBLE	LUNCH	CARDS / CANASTA	WII / PASSWORD	ROCK PAINTI	WALK INS	MANDALA	KNITTING / SEW	CRAFTS / INTERGE	BINGO / KENO	BLOOD PRESSURE	POKER	TRIPS	ENTERTAINMENT	SPEAKERS	NEWSLETTER	DISCUSSION	SPECIAL EVENTS	TOTALS			
M	1					8	21		13												7	6						3							9	67				
T	2				10				13	7			5	12		10					10	5					2				7				7	88				
W	3			17				8													8	4		3				6	5						4	1	56			
TH	6							12				16				3		4	8		11	7	5		2	3									4	75				
F	7			16		4			13															2		9							32			76				
M	8	C	L	O	S	E	D																													0				
T	9				9				10	6			3	4		13					7	4		4	4		2				5				7	78				
W	10			8				14													8	5											9	7	51					
TH	13								8			8			4		4	8			7	4	6		2	3		60		5			4			123				
F	14			16		5			12												0	4					11	1					4		14	67				
M	15						16		12												6	6		3												43				
T	16				7				12	6			5	8		12					7	5								5				6	73					
W	17							12											1		8	6		2			2					31	6			68				
TH	20								16			12			4		12	7			6	4	6	3		2		67								139				
F	21			15		6			15													3			2		4						10			55				
M	22					7	18		15												7	4			2		3									14	70			
T	23				8				13	7			5	10		11					8	4					5			6				5	25	107				
W	24			14				12													3	5							6		10					50				
TH	27								10			6			3		6	8			9	4	5		2	3							6			62				
F	28			16	2				10												7	3				10										4	52			
M	29					5	15		16												5	4		3											9	57				
T	30				7				15			9	3	9		20					6	4								5			5	11		94				
W	31			12				16													6	3										26				63				
114 43 35 70 62 102 113 26 51 21 43 14 66 26 31 1 136 94 22 12 22 11 40 145 5 11 28 41 32 65 5 69 58 1614																																								
MONDAY 237								TUESDAY 440								WEDNESDAY 288								THURSDAY 399								FRIDAY 250						TOTAL 1614		

People that were active between 10/01/2018 and 10/31/2018

Age Range	Count	Percent
Ages 55-59	2	1.1%
Ages 60-64	6	3.4%
Ages 65-69	32	18.0%
Ages 70-74	38	21.3%
Ages 75-79	33	18.5%
Ages 80-84	27	15.2%
Ages Below 55	1	0.6%
Ages Over 85	39	21.9%
Totals	178	100%

City/Town	Count	Percent
In Town	65	36.5%
Out of Town	113	63.5%
Totals	178	100%

Gender	Count	Percent
Female	157	88.2%
Male	21	11.80%
Totals	178	100%

Totals	178	100%
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DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR THE ELDERLY

November 2018

Program Statistics

Energy Assistance Applications – 2018-2019 (120 applications – 74 Senior/Disabled = 61%)

Food Pantry (56 individuals/families visit weekly – 39 Senior/Disabled = 69%)

Operation Fuel (Summer/Fall) – 10 applications – total \$3,986.62 – 4 Senior/Disabled = 40%)

Salvation Army (2018-2019) – (5 applications to date - \$1,782.33 total – 2 Senior/Disabled = 40%)

Renter's Rebate for 2017 – 78 applications

- Distributed Thanksgiving Baskets to 73 families; 42 are Senior/Disabled. Holiday Baskets will be distributed on December 15th. Received an abundance of extra items for our food pantry.
- Salvation Army will be bell ringing on December 7, 8, 14, and 15.
- Attended Housing Law Workshop presented by CT Legal Services. Topics included tenant-landlord relationship, subsidized housing, evictions, and rights of disabled tenants.
- Attended Elder Law Lunch & Learn at the Senior Center which focused on Medicaid/Title 19. Was very informative!!
- Fuel assistance began deliveries on November 14th. The program is running much smoother this year because of reorganizing at CAAWC.

COMMISSION ON AGING

2019 Meeting Schedule

The Newtown Commission On Aging will hold meetings at 5:00 pm in the Council Chamber at the Newtown Municipal Center, 3 Primrose Street, Newtown, CT as follows:

Monday	January 28
Monday	February 25
Monday	March 18
Monday	April 15
Monday	May 20
Monday	June 17
Monday	July 15
Monday	August 19
Monday	September 16
Monday	October 21
Monday	November 18
Monday	December 16
Monday	January 27, 2020