

NEWTOWN COMMISSION ON AGING

Minutes

Regular Meeting

Monday, August 19, 2019

NEWTOWN SENIOR CENTER

CENTER FOR ACTIVE LIVING

MULTIPURPOSE ROOM B

8 Simpson Street

Newtown, CT

5:00 PM

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

The Commission On Aging held a regular meeting on Monday, August 19, 2019 at 5:00 pm at the Newtown Senior Center Center for Active Living, Multipurpose Room B, 8 Simpson Street, Newtown, CT.

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

PRESENT: Anna Wiedemann, Barbara Bloom, John Boccuzzi, LeReine Frampton, Ruby Ryles (until 5:45), Curt Symes, Claire Theune, Larry Passaro. Alternates: Joanne Albanesi, Cris Fadus.

ABSENT: Ms. Rothstein, Mr. Edwards.

ALSO PRESENT: First Selectman Dan Rosenthal, Selectman Maureen Crick Owen, Community Center Director Matt Ariniello, Director of Human Services Natalie Jackson, 2 public.

PUBLIC COMMENTS: None.

MINUTES: MR. PASSARO MOVED TO APPROVE THE MINUTES OF THE JULY 15, 2019 MEETING. SECOND BY MS. BLOOM. ALL IN FAVOR. MOTION PASSES. (8-0)

SENIOR CENTER / COMMUNITY CENTER UPDATE

Ms. Jackson said that membership has reached 700. Creating socialization opportunities at the Senior Center. Mr. Symes suggested inviting family and friends to birthday celebrations, Ms. Jackson to look into. Ms. Wiedemann said the bylaws will be updated in the fall to reflect Senior Center membership age is 55. Revisit documents and social media for consistency.

Mr. Ariniello reported the Community Center is approaching 1,400 members, 121 seniors individuals, 64 senior couples. Senior aquacize classes have been very popular with approximately 19-21 per class. Kicking off new programming partnering with regional YMCA, Aging Mastery Program launching on Tuesday, September 10 at 4:30. (ATTACHMENT) Upcoming events include: November 9 Bazaar, September 28 town-side health fair, October 10 cardiology event, plus a Halloween parade with pre-school participants.

COMMISSION ON AGING

REPORTS

CHAIR REPORT: Ms. Wiedemann shared the chair report. (ATTACHMENT)

Ms. Wiedemann reviewed a discussion to share a tent with Social Services and FONS at the Newtown Arts Festival on September 21 and 22, cost of \$125 divided three ways. MR. SYMES MOVED TO APPROVE TO CO-SPONSOR AND SHARE IN THE COST OF A TABLE ALONG WITH SOCIAL SERVICES, FONS, AND COA AT THE NEWTOWN ARTS FESTIVAL SEPTEMBER 21-22, 2019. SECOND BY MS. BLOOM. Mr. Symes to help coordinate details of tent and chairs. There will be places to display art and will need volunteers. Ms. Wiedemann to help coordinate volunteers. ALL IN FAVOR. MOTION PASSES. (8-0)

Ms. Wiedemann would like to thank Shauna and Jamie with moving, manning the desk, taking people on tours by giving each of them a \$25 gift card. MS. BLOOM MOVED TO APPROVE \$25 GIFT CARDS EACH FOR SHAUNA AND JAMIE. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

Mr. Passaro asked about the involvement of the Director of Programming with activities at the Senior Center. Ms. Jackson said that Ms. Cebry coordinates paid programming, and along with Judy, and herself, coordinate programming at the Senior Center.

Ms. Fadus suggested front-desk instructions and training. Mr. Ariniello and Ms. Jackson will put together information, such as a volunteer guide.

Ms. Wiedemann noted noise abatement needed for some of the rooms, Mr. Ariniello is looking into various options, plus chair covers to protect the floors.

VICE-CHAIR REPORT: Ms. Wiedemann asked COA to review the resource guide, an introduction paragraph(s) is needed, format needs to be more legible, schedule a separate meeting to review.

TREASURER'S REPORT: Ms. Bloom shared the Treasurer's Report. (ATTACHMENT) Mr. Passaro asked for a review of the bills for items for the Senior Center. Ms. Jackson asked for any numbers from last fiscal year, refer to Bob Tait for actuals. MR. PASSARO MOVED TO SEND THE TREASURER'S REPORT TO AUDIT. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

DIRECTOR OF HUMAN SERVICES REPORT

Ms. Jackson shared the Department of Human Services: COA Report. (ATTACHED) Ms. Jackson created a check-in slip to further aid those in need of the food pantry, the food pantry remains at Town Hall South. Confidentiality is maintained. Mr. Passaro asked about donation bins at various schools and wrote a list of what was needed, and to get the word out that food donations are available regularly and where to pick up. Signs for food pantry and hours are posted at Town Hall South. Donations are also accepted at the Senior Center, the Center for Support and Wellness. Arrangements can be made for scheduled drop off donations.

Ms. Jackson's has a desk at the Center for Support and Wellness and an office space at the Senior Center. Jackie Watson will be back once a month to help with government assistant applications. Ms. Theune suggested to clarify Ms. Jackson's title in the Senior Resource Guide.

COMMISSION ON AGING

Round table discussions will continue, and generally meet the Friday before the monthly COA meetings. Ms. Jackson to help coordinate social services program information and representatives.

SENIOR CENTER REPORTS: Ms. Jackson distributed the Senior Center reports.
(ATTACHMENT)

COMMITTEE REPORTS

FUNDING SOURCE FOR SENIORS OF NEWTOWN

Ms. Ryles said still accepting applications for funding, deadline is September 19, applicants will be notified week of October 28, and awarded on November 1.

GRANTS COMMITTEE:

Ms. Bloom said will apply for the grant mentioned by Ms. Ryles and ceramics grant.

RESOURCE GUIDE:

Ms. Wiedemann will check status with Ms. Rothstein.

LIVABLE COMMUNITY UPDATE:

Ms. Wiedemann, Mr. Boccuzzi, Ms. Jackson to collaborate and share information, prepare a more formal plan and put on the agenda for the next COA meeting. Discussed chore services, need an organization to help coordinate. Ms. Fadus suggested to contact Brookfield regarding a job bank advertised.

NEW BUSINESS

Resource Guide – table discussion.

Furniture Needs – table discussion.

Senior Social – Saturday, September 14, 2019 from 2:00 pm – 5:00 pm. There will be a meeting at 2:45 August 29 for volunteer help.

October 5, - Community Center Grand Opening

October 6 - Senior Center Grand Opening

OLD BUSINESS

Purchase of multipurpose chairs for the new Senior Center. Chairs received.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MR. PASSARO MADE A MOTION TO ADJOURN AT TIME 6:19 PM. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (7-0)

Respectfully submitted,
June Sgobbo, Clerk

Attachments: Chair Report, Senior Center Reports, Aging Mastery Program Flyer and Registration Form, Treasurer's Report, Department of Human Services: COA Report.



Aging Mastery Program®

National Council on Aging

Join the adventure!

The Regional YMCA of Western Connecticut

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

This program will take place on Tuesdays from 4:30pm - 6:00pm beginning September 10th. Facilitated by YMCA instructor, Maureen Farrell. Classes at Newtown Community Center located at Fairfield Hill Campus.

A graduation will take place on Tuesday, November 19, 2019 for those that attend at least 7 of the 10 classes.



Limited spots available: Sign up now!

The program will launch on Tuesday, September 10th at 4:30pm , but participants have to be signed up by Tuesday, September 3rd. Please RSVP to: Jennifer Cebry, Program Coordinator by calling 203.270.4327

You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Aging Mastery Program®

National Council on Aging

Aging Mastery Program® Registration Form

The Aging Mastery Program® (AMP) will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. **Our class will meet Tuesdays 4:30p to 6:00 p at Newtown Community Center, located at the Fairfield Hills Campus. Graduation is planned for November 19, 2019 for those who attend at least 7 out of 10 classes.**

What you will gain from the program:

- ✓ Information to help you make small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- ✓ Real incentives and rewards for taking small steps that can improve your well-being.
- ✓ A chance to meet new friends, provide support and encouragement to your peers, and become more involved in your community.

What the program requires of you:

- ✓ Commitment to attend at least 7 (but hopefully more!) of the 10 ninety-minute classes.
- ✓ Following up after each class with Action Steps specific to that class topic.

Jennifer Cebry, Program Coordinator for the Newtown Community Center is collecting the registration forms for the Sept. 10, 2019 launch of the program in Newtown. There is no fee to participate in this program. Just your commitment!!! Call or email Jennifer at calling 203.270.4327.

For questions about the program content please contact Debbie Nichols at (203) 775-4444 ext. 136

PARTICIPANT REGISTRATION INFORMATION

Full Name: _____

Mailing Address: _____

City: _____ State/Province: _____

Zip/Postal Code: _____

Telephone: (____) _____ - _____

Email: _____

REGIONAL YMCA OF WESTERN CONNECTICUT www.regionalyymca.org



CHAIR REPORT FOR JULY 15, 2019

We had a Special Meeting on Monday, July 8th. I will include the minutes from that meeting as well as our June meeting, and agenda at Monday's meeting. Please let me know if you are unable to attend.

The highlight from that meeting regarding the Senior Center Gift Fund are as follows:

- \$959 for a 42x96 sign to be installed in the reception area
- Up to, but not to exceed, \$2,000 for two smart TV's and installation brackets
- Tabled was discussion on chairs

The Ribbon Cutting Ceremony will take place next Friday, July 19, 2019 at 10:00am. As members of the COA, I emailed you all the invitation. Please RSVP to Matt Ariniello before July 16th if you plan on attending. I cannot even begin to express how excited I am that this is finally becoming a reality. Having been on the COA for the better part of 15 years, and having looked at numerous locations and architectural renderings, this is a dream realized for Newtown and our seniors.

Regarding Old Business on the agenda, here are updates:

- Food Insecurity – we will continue this discussion as information is received.
- Smart TV's – approved and will be purchased shortly
- Possible screen for projector – we are okay with equipment we currently have, no action needed
- Funds for Ribbon Cutting ceremony – approved last meeting
- Funds to move and tune piano – tabled until we are in the space and have more specifics
- Funds for landscaping – approved, landscaping completed. Funds will be transferred upon billing
- SC Signage – approved at Special Meeting on 7/8. Lamppost Banners tabled until FFH Authority approves the type to be used

The weather will be exceedingly hot the next few days. Don't forget to reach out to neighbors and check on them and don't forget to stay hydrated yourselves! I speak for myself, but I know I'm not always so good at reminding myself!

Enjoy the weekend, Anna

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/R	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	BALANCE
7/1/19	Beginning Balance				59,111.31
7/11/2019	Donation- Friends of Seniors T-4575	2,500.00			61,611.31
7/25/2019	Qtrly Distribution - Knotts Trust T-5765		507.68		62,118.99

Department of Human Services: COA Report

August 19, 2019

How time flies! One month ago today we cut the ribbon and entered our new home at 8 Simpson Street. It has been a busy month settling in and enjoying our new space. The response to the new Senior Center has been overwhelmingly positive. We continue to work out a few “new home kinks”, such as the location of coffee and populated classes—an excellent problem to have in my eyes!

In the coming days our September/October newsletter will be hot off the presses, unveiling some new programming aimed at increasing opportunities for current members and getting more of our senior population engaged. This is a trend that will continue in the coming months, as we utilize the potential of the new space and hear from members about what they want to see happening at 8 Simpson. We plan to begin to host a monthly roundtable discussion to elicit thoughts and visions for the Center from members to share with COA-- details to come. Also stay tuned for more details on our first *Saturday Senior Social* happening on September 12th. I know it will be a terrific event, kicking off our new building, introducing our Center to new members, and celebrating our current members. As of today, we are just 2 members shy of hitting 700!

With the move soon behind us I will look forward to digging into new initiatives and broadening our reach into the larger senior community. In September and October watch out for the Department of Human Services at the 26th Annual Health Fair, the Arts Festival, and the Need Help Fair—bringing awareness and education to the community about all the Department has to offer through senior and social services.

Social Services Update:

The collaboration, momentum, and strength of Social Services and The Center for Support and Wellness team continues as they embark on the 3rd month in their shared location. Highlights and key information to note include:

- Food Pantry: the Pantry continues to operate twice a week from its' location in Town Hall South. We will remain in the building for the foreseeable future, as it remains open until the Police relocate next year. In the period from July 22 to August 8th 38 individuals visited the Pantry. Of the 38, 20 identified themselves as seniors, and 10 as disabled. I echo my thanks to Anna, Larry, Cris and all the volunteers they have overseen to allow us to continue operating from in a location separate from Social Services.
- Backpacks: on Friday we finished stocking almost 40 backpacks with supplies for distribution through Social Services to children in need. Students receiving backpacks this year range from preschoolers to high school. This endeavor is possible largely through the support of the Salvation Army.
- Government assistance programs: just a reminder that the Renter's Rebate program continues until October 1st. This is a reimbursement program for CT renters for are seniors or disabled, who meet a certain income limit. It allows for residents to receive a rebate up to \$900 for couples and \$700 individuals. On September 16th residents struggling to pay their utility bills can apply for home heating assistance through Social Services, Newtown's designated Community Action Agency (CAA). Beginning mid-November, CAAs will certify oil deliveries for those who heat with oil, propane, and deliverable fuels.

Social Services will resume a monthly visit to the Senior Center to assist with applications and other questions/needs in September. Now we have a comfortable and confidential conference room to use for these meetings in our new Center!

See you at the Senior Social!

Submitted By:

Natalie

Natalie Jackson, Director

People that were active between 07/16/2019 and 08/16/2019

Age Range	Count
Ages 55-59	6
Ages 60-64	31
Ages 65-69	66
Ages 70-74	83
Ages 75-79	56
Ages 80-84	34
Ages Below 55	2
Ages Over 85	62
Totals	340

Total Members: 698

Event Statistics from 07/16/2019 to 08/16/2019

Filters:

Category	Duplicated	Unduplicated
F - Class/Workshop	88	33
F - Health Screenings	9	8
F - Health/Fitness	766	155
F - Rec./Entertain	10	7
F - Social Activity/Event	220	73
F - Socializing	351	178
F - Special Events	27	26
F - Special Groups	88	37
P - Class/Workshop	6	6
P - Nutrition	158	38
P - Off Site Excursions	10	10
Total Event Signins	1733	339

Event Occurrences from 07/16/2019 to 08/16/2019

Filters:

Site(s): All

Category	Event	# of Events	Hours Scheduled	Unduplicated	No Fob
F - Class/Workshop	Art	1	2	4	
	Art in the Atrium	4	8	11	5
	Knitting	5	9	21	
	Tech Troubleshooting	2	2	4	
	Total	12	21	33	
F - Health Screenings	Blood Pressure	2	2	8	
	Total	2	2	8	
F - Health/Fitness	Chair Pilates	5	5	24	
	Chair Yoga	8	8	45	
	Fitness Fury	10	10	42	
	Flex & Fit	3	3	31	
	LINE/COUNTRY DAN	4	4	31	
	Morning Meditation	5	5	11	
	Qi Gong	5	5	5	
	Strength training	3	3	8	
	Tai Chi	5	5	18	
	video exercise 2	9	9	18	
	Yoga	8	8	43	*over capacity
	Zumba	5	5	27	
	Total	70	70	155	
F - Rec./Entertain	Canasta	4	10	3	
	Mah Jong	2	15	3	
	Mandala Adult Colorin	2	2	1	
	Wii Bowling	4	4	0	
	Total	12	31	7	
F - Social Activity/Event	Cards	22	112	18	
	Catch Phrase	2	2	1	10
	Chess	1	1	1	
	Coffee with the first se	1	1	13	5
	Craft	9	4	13	10
	Lunch and Learn	2	14	26	
	Password	3	3	9	
	Poker	5	15	5	
	Puzzles	18	-25	7	
	Quilting/Sewing	4	10	10	
	Total	67	137	73	
F - Socializing	.Socializing/Just Visitir	24	215	178	
	Total	24	215	178	
F - Special Events	Ct state Police search	1	2	15	12
	SPEAKER	1	1	11	
	Total	2	3	25	
F - Special Groups	Hot Topics	5	5	17	
	Men Breakfast Club	1	1	7	
	Womens Discussion C	4	4	18	
	Total	10	10	37	
P - Class/Workshop	AARP DRIVING COUI	1	4	6	10
	Total	1	4	6	
P - Nutrition	Lunch	19	19	38	
	Total	19	19	38	

P - Off Site Excursions

Light House Tours	1	8	10	7
Trip Esseeex	1	8	0	16
Total	2	16	10	
Grand Totals	221	528	339	