

NEWTOWN COMMISSION ON AGING

Minutes

Regular Meeting

Monday, September 16, 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, September 16, 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, Anne Rothstein, Barbara Bloom, LeReine Frampton, Ruby Ryles, Curt Symes, Claire Theune, Larry Passaro (until 6:23 pm). Alternates: Joanne Albanesi, Cris Fadus, Bob Edwards. **ABSENT:** John Boccuzzi.

ALSO PRESENT: First Selectman Dan Rosenthal, Selectman Maureen Crick Owen, Director of Human Services Natalie Jackson, Newtown Age Friendly Livable Community Ned Simpson, AARP Tia Murphy, 7 public.

PUBLIC COMMENTS: None.

MR. SYMES MOVED TO ADD TO THE AGENDA NEWTOWN ARTS FESTIVAL.
SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

MS. FADUS MOVED TO ADD TO THE AGENDA PURCHASING PING PONG TABLE.
SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

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

REPORTS

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

TREASURER'S REPORT: Ms. Bloom said some items purchased, will need to do a fundraiser. (ATTACHMENT) **MS. ALBANESI MOVED TO SEND THE TREASURER'S REPORT TO AUDIT. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)**

COMMISSION ON AGING

DIRECTOR OF HUMAN SERVICES REPORT

Ms. Jackson shared the Department of Human Services: COA Report. (ATTACHMENT) Ms. Jackson said the first Senior Social was held this past weekend. It was a very successful, fun event. She thanked the committee for all the hard work put in for the event.

There are almost 800 members of the Senior Center. More programming is needed, Broadway Burn is a huge hit, the Parkinson's disease event had 30 people. Will continue to evolve programming and appreciated the COA round table discussion great feedback, positive about changes, and excellent suggestions for improvement. Plan to do another roundtable next month.

Social Service updates, gearing up for energy assistance, taking applications starting today. Last year processed 261 applications for assistance, planning on the same level this year. There is a work station set up, so she will help process applications.

The deadline for applications for Renter's Rebate is October 1, 2019. 67 applications processed, last year 81, expect the same.

Over a 3-week period, 21 people visited the Food Pantry, 13 identified as seniors.

Looking forward to a busy fall, Arts Festival, Health Fair, need help with the Health Fair later in the fall, and will share more information.

SENIOR CENTER REPORTS: Ms. Jackson distributed the Senior Center reports. (ATTACHMENT) Event statistics indicate a total of 335 sign-ins. They are working to make sure people are fobbing in, some attendance numbers may not be so accurate. Instructors remind attendees to sign in. Capturing accurate attendance helps build programming.

COMMITTEE REPORTS

FUNDING SOURCE FOR SENIORS OF NEWTOWN

Ms. Ryles said Wednesday is due for applications, she hopes that Newtown Seniors will be a beneficiary. Will be notified November 1.

GRANTS COMMITTEE:

Ms. Bloom said ceramics grant declined. Receive \$4,000 for a mosaic project. The Friends of Newtown Seniors applied for grant through Tufts Foundation for chore services, where people can call up for services that can be provided by electrician, plumber. Need to qualify for funding, the referral will be at a lower rate.

RESOURCE GUIDE: Ms. Rothstein will schedule a meeting with Ms. Theune and Mr. Symes for a final meeting. Meeting to be posted. Chase Media on Pecks Lane, referral by Selectman Maureen Crick Owen.

COMMISSION ON AGING

LIVABLE COMMUNITY UPDATE:

Ms. Bloom is working with The Friends of Newtown Seniors, Senior Services, and the Commission On Aging regarding communications. Looking to collaborate for communications going out via email and other forms of outreach.

Ms. Bloom has offered a tent for the Arts Festival, joining together to set up a booth at the Arts Festival with Senior Services, The Friends of Newtown Seniors, and the Commission On Aging. There will be handouts, newsletters, and other relevant print collateral.

NEW BUSINESS

Resource Guide – table discussion.

Furniture Needs

Ms. Jackson went through the wish list of items for the Senior Center. WB Mason did a walk through and are waiting for pricing. Need more tables, had to borrow tables from the Community Center. Ms. Frampton offered to donate table. Need to do electric hook-ups, some technology items, display system, information board for daily events like the television screens in the Community Center, window treatments are on the wish list too. Mr. Passaro suggested to prioritize wish list items. Ms. Fadus brought up discussion about the ping pong table, Ms. Wiedemann researched ping pong table under consideration, good ratings, Kettler brand.

MS. BLOOM MOVED TO SPEND \$175.00 OUT OF THE GIFT FUND FOR THE PURCHASE OF THE PING PONG TABLE. SECOND BY MR. PASSARO. Inspect the ping pong table prior to purchase. MS. FRAMPTON MOVED TO AMEND SPEND \$175.00 OUT OF THE GIFT FUND FOR THE PURCHASE OF THE PING PONG TABLE AFTER INSPECTION. SECOND BY MR. PASSARO. MOTION TO AMEND PASSES. ALL IN FAVOR. (8-0) MAIN MOTION TO SPEND \$175.00 OUT OF THE GIFT FUND FOR THE PURCHASE OF THE PING PONG TABLE AFTER INSPECTION. ALL IN FAVOR. MOTION PASSES. (8-0)

PRESENTATION FROM TIA MURPHY

Ms. Murphy presented The Road to Livability PowerPoint presentation. (ATTACHMENT) Ms. Bloom suggested to provide presentations like this to the public. Ms. Murphy said AARP can do a presentation and provide brochures, or connect with an AARP specialist for more information.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. FRAMPTON MADE A MOTION TO ADJOURN AT 6:43 PM. SECOND BY MR. EDWARDS. ALL IN FAVOR. (7-0) MOTION PASSES.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Chair Report, Treasurer's Report, Director of Human Services Report: COA, Senior Center Reports, AARP PowerPoint Presentation.

COA September Chair Report

I hope everyone is as happy as I am that the days are getting cooler. I'm not happy to see the days getting darker earlier, but we can't have everything!

At Monday's meeting I hope to have a resolution regarding the Resource Guide. We have plenty of copies to give out at the Arts Festival but will definitely need to go into another printing. It was also mentioned at a recent meeting to have it in PDF form, which we can absolutely do. It will take time to get everyone on board to not having a "paper" copy of anything any longer. I know we were waiting on some bids.

I will pass around the sign-up sheet because we still need help with Newtown/Sandy Hook Senior Discounts as well as Jobs for Seniors. A chair is still needed for Board/Commission collaboration.

We are still helping man the front desk – a sign up for that is going around as well.

There is a meeting on September 24th there will be a Salvation Army meeting and the direction of the Food Pantry will be addressed. Thank you to Cris and Larry for helping with this important project.

Just a reminder that on the Arts Festival will run from September 20-22 at FFH. Saturday, September 28 from 9-12 is the 26 Annual Health Fair and on Thursday, October 10 there will be a Cardiac Health Event for First Responders and Veterans, from 3:30-800pm. You do not have to live in Newtown to attend any of these events.

Natalie had a Roundtable Friday morning which was very well attended. It was good to hear feedback, suggestions and ideas from a number of people. It's a new building, and as one member put it "it's like having moved into a new home – there are still things that need to be unboxed, set up, etc." What I am especially proud of is hearing that CLASSES ARE TOO FULL! What an awesome problem to have!

By now, the Senior Social will have taken place, which I am sure will have been a resounding success! Thank you to FONS, and all who helped make this first social so wonderful.

I truly appreciate all the time and effort of everyone. Anytime there is a need, someone always steps up to the plate.

Enjoy the weekend, Anna

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	GRANT	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
8/21/2019	July P-Card- Best Buy-Samsung TV	(1,604.96)					60,514.03
8/21/2019	July P-Card-The Sign Shoppe- Senior Center Main Lobby sign	(600.00)					59,914.03
8/21/2019	July P-Card- Belnick Retail- Senior Center chairs	(2,201.07)					57,712.96
8/30/2019	Ck #37514- Kinga Walsh- Reim for food for Ribbon Cutting	(512.00) *					57,200.96

* Only \$500.00 was approved by COA

Department of Human Services: COA Report

September 13, 2019

This weekend we will hold our first *Senior Social* in our new home. With almost 200 registered to attend we are looking forward to a successful and enjoyable afternoon- *Bringing Newtown's Seniors Together!* The Senior Social is just one of the exciting programs we have been able to bring to the Senior Center since our move. With our larger space and almost twice as many members than we had at the start of 2019, we are looking to bring new classes and events to our schedule. Our goal is to have something for everyone, while providing opportunities to bring our larger senior community together. To name just a few, new September programs include the Broadway Burn class (an instant hit), the Parkinson Support Group and Social Services visiting to answer questions and assist with various assistance applications. In addition to new programming, the space also continues to evolve..... how exciting that our pool table and piano have arrived!

Today, COA and I held our first Round Table discussion to hear feedback about the Center and brainstorm for the future. It was wonderful to hear the positive feedback about our new newsletter, programming, and space. We will be working diligently to implement our members' suggestions as we continue to improve our space in all areas possible.

Social Services Updates:

Food Pantry: data collected over three weeks from mid-August to the start of September shows 21 individuals visited the Food Pantry. Thirteen, or 62%, identified as seniors. The volunteers who have stepped in to help us continue operations since moving Social Services from Town Hall South have been invaluable!

Government Assistance Programs:

- **Renter's Rebate-** This is a program for CT renters who are disabled or seniors, who meet income limits to receive a rental reimbursement of up to \$900 for couples and \$700 for individuals. The deadline for applications is October 1st. As of today, 67 applications have been completed for Newtown seniors. Last year we completed 81 applications so it is expected we will hit about the same number, showing need remains consistent from 2018.
- **Energy Assistance:** Residents struggling to pay their utility bills can apply for heating assistance. We are preparing to begin taking applications on September 16th. Last year Newtown submitted 261 applications.

Housatonic Habitat's Brushed with Kindness Program: We continue to participate in the Brushed for Kindness program but to date have not had one completed application for assistance submitted to us. We will look to additional ways to promote this home repair program for seniors in community as it is a valuable resource.

I am looking forward to an exciting and busy fall. Look out for Human Services/the Senior Center at the Arts Festival, the Health Fair, and November's Need Help Fair. And don't forget to mark your calendars, the annual Bazaar is happening on November 9th.

Submitted by:

Natalie

Natalie Jackson, Director

People that were active between 08/12/2019 and 09/12/2019

Age Range	Count
Ages 55-59	8
Ages 60-64	26
Ages 65-69	70
Ages 70-74	82
Ages 75-79	57
Ages 80-84	36
Ages Below 55	2
Ages Over 85	54
Totals	335

TOTAL MEMBERS AS OF
9/13/2019: 781

Event Statistics from 08/12/2019 to 09/12/2019

Category	Duplicated	Unduplicated
F - Class/Workshop	98	44
F - Health Screenings	11	10
F - Health/Fitness	955	163
F - Rec./Entertain	14	7
F - Social Activity/Event	245	85
F - Socializing	320	126
F - Special Events	17	14
F - Special Groups	158	73
F - Trips	12	12
P - Health/Fitness	25	21
P - Nutrition	190	37
Total Event Signins	2045	335

Event Occurrences from 08/12/2019 to 09/12/2019

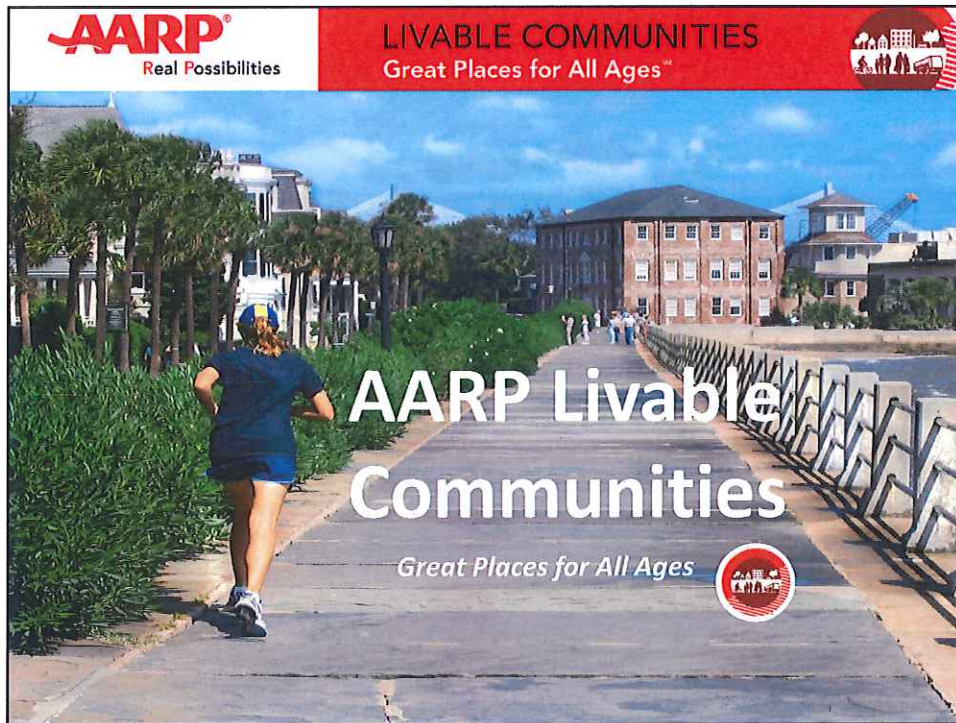
Filters:

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	10	
	Knitting	4	8	24	
	SPANISH	2	2	10	
	Tech Troubleshooting	4	4	4	
	Total	15	24	44	
F - Health Screenings					
	Blood Pressure	2	2	10	
	Total	2	2	10	
F - Health/Fitness					
	Chair Pilates	5	5	26	
	Chair Yoga	11	11	52	
	Fitness Fury	9	9	43	
	Flex & Fit	4	4	26	
	LINE/COUNTRY DANCING	4	4	32	
	Morning Meditation	5	5	12	
	Qi Gong	3	3	7	
	Qi Gong/Tai Chi	2	2	23	
	Strength training	5	5	14	
	Tai Chi	3	3	20	
	video exercise 2	7	7	14	
	Walking Club	1	1	2	
	Yoga	9	9	46	
	Zumba	5	5	26	
	Total	73	73	163	
F - Rec./Entertain					
	Canasta	4	12	2	
	Mah Jong	3	19	5	
	Wii Bowling	2	2	0	
	Total	9	33	7	
F - Social Activity/Event					
	Cards	21	147	21	
	Catch Phrase	4	4	9	
	Coffee with the first selectman	1	1	13	5
	Craft	10	20	12	
	Lunch and Learn	2	15	34	6
	Mah Jong	2	8	5	
	Poker	5	15	8	
	Puzzles	10	38	5	
	Quilting/Sewing	4	16	10	
	Total	59	188	85	
F - Socializing					
	Socializing/Just Visiting	24	216	126	
	Total	24	216	126	
F - Special Events					
	SPEAKER	2	2	14	11
	Total	2	2	14	
F - Special Groups					
	Book club	2	2	8	
	COA Round table	1	1	0	22
	FBI	1	1	45	13
	Hot Topics	5	5	14	

	Men Breakfast Club	1	1	11	
	Parkinson Support Group	1	1	2	28
	Social Services	1	1	1	
	Womens Discussion Group Chic	4	4	18	
	Total	16	16	73	
F - Trips					
	Florence Griswold Museum Tour	1	6	8	7
	Holiday Hill	1	8	4	9
	Total	2	14	12	
P - Health/Fitness					
	Broadway Burn	2	2	21	
	Total	2	2	21	
P - Nutrition					
	Lunch	20	20	37	
	Total	20	20	37	
	Grand Totals	224	590	335	436



AARP's Vision

A society in which all people live with dignity and purpose, and fulfill their goals and dreams.

AARP's Purpose

Empower people to choose how they live as they age

AARP's Motto

"To serve, not to be served."



Why Do We Need Age-Friendly Communities?
Because people want to age in their community!

The 40+ population in CT rate their communities well in terms of a place to live as they age and in the types of services available to help residents maintain their independence as they age.

More than two-thirds of Connecticut residents age 40+ have lived in their communities for more than 20 years. Many are not likely to move outside of Connecticut in the next 10 years.

Nearly seven in ten adults age 40+ living in Connecticut say that it is extremely or very important to them that services to aid independent living as one ages be made available in their community.

Source: AARP Connecticut commissioned telephone survey of 1,000 Connecticut residents age 40 and older, 2014

5



LIVABLE COMMUNITIES
Great Places for All Ages™



**Age-Friendly
Communities**

What's the  Difference?

Livable Communities



**AARP Network Of
Age-Friendly Communities**

Membership requires the community's highest elected official or governing body to sign an application committing them to age-friendly work to prepare the community for the rapid aging of the U.S. population.

Livable Communities

"...is safe and secure, has affordable and appropriate housing, diverse transportation options, and supportive community features and services. Once in place, these resources enhance personal independence and health, and engage residents in an area's civic, economic and social life."



**AARP Network Of
Age-Friendly Communities**

Once a member, the community works to assess the needs of older residents, craft an action plan for improvements, implement and evaluate the efforts.

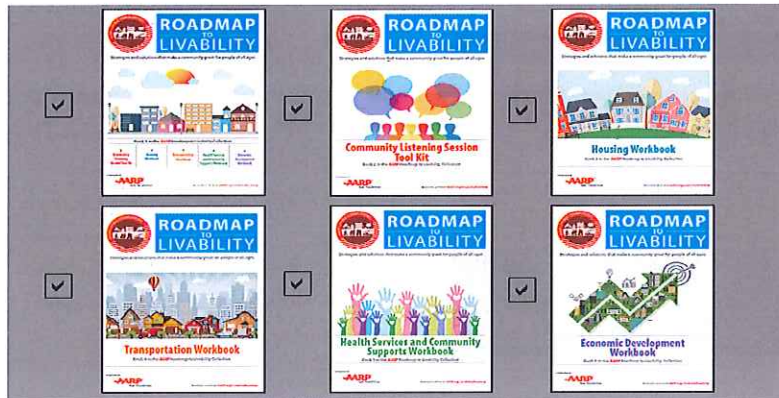
**Livable
Communities**

In other words, active places where residents of all ages can live, work and play from 8 to 80!



AARP Roadmap to Livability Collection

6 workbooks with strategies and solutions that make a community great for people of all ages. The *Roadmap to Livability* collection can be downloaded or ordered for free. Just go to www.aarp.org/livable-communities/



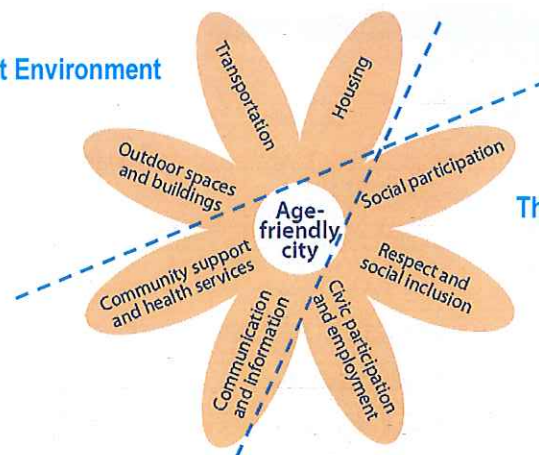
The **AARP** Network of Age-Friendly Communities

Real Possibilities

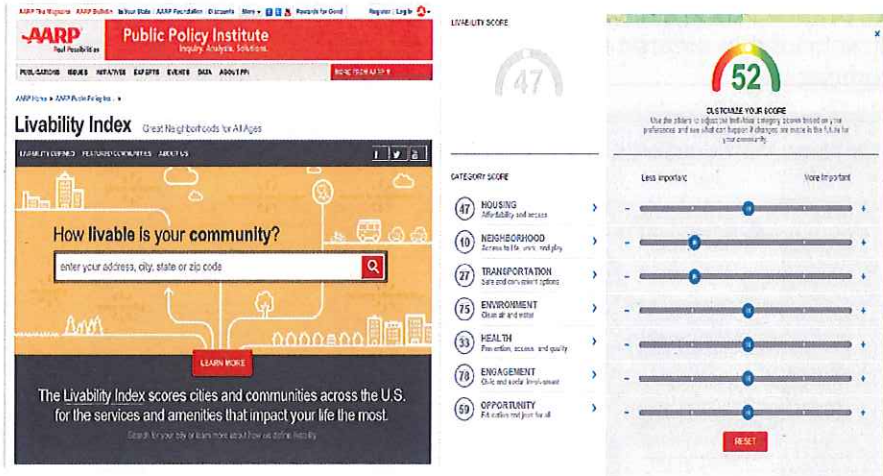
Our Vision and the "8 Domains of Livability"

The Built Environment

The Social Environment

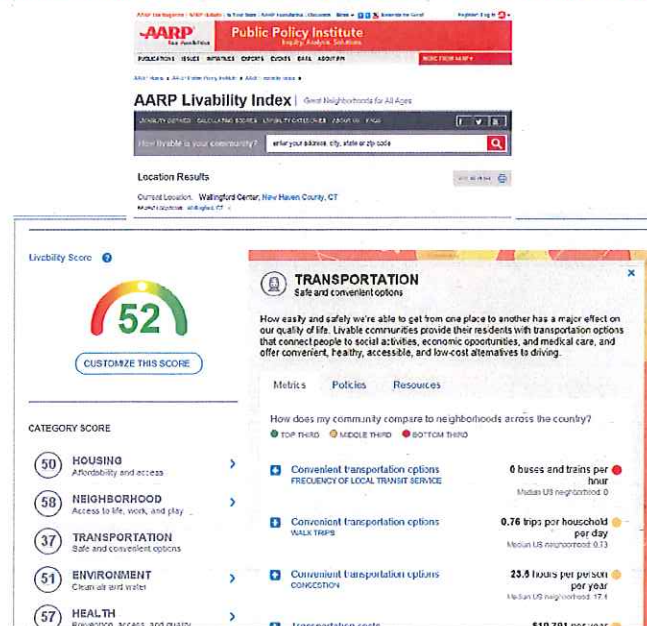


WHAT IS THE LIVABILITY INDEX: GREAT NEIGHBORHOODS FOR ALL AGES?



11

WHAT IS THE LIVABILITY INDEX FOR YOUR COMMUNITY?



12

What We Have...



AARP
Real Possibilities



3

What We Need...

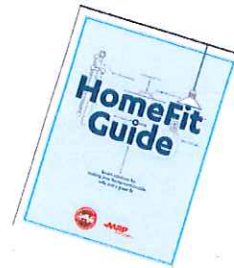


AARP
Real Possibilities

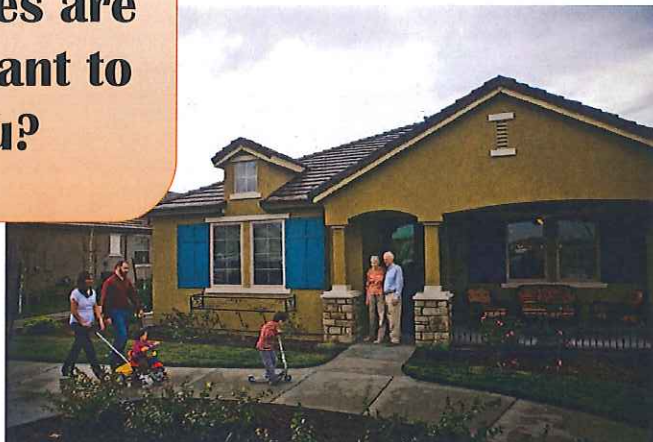


4

Home Fit Workshops



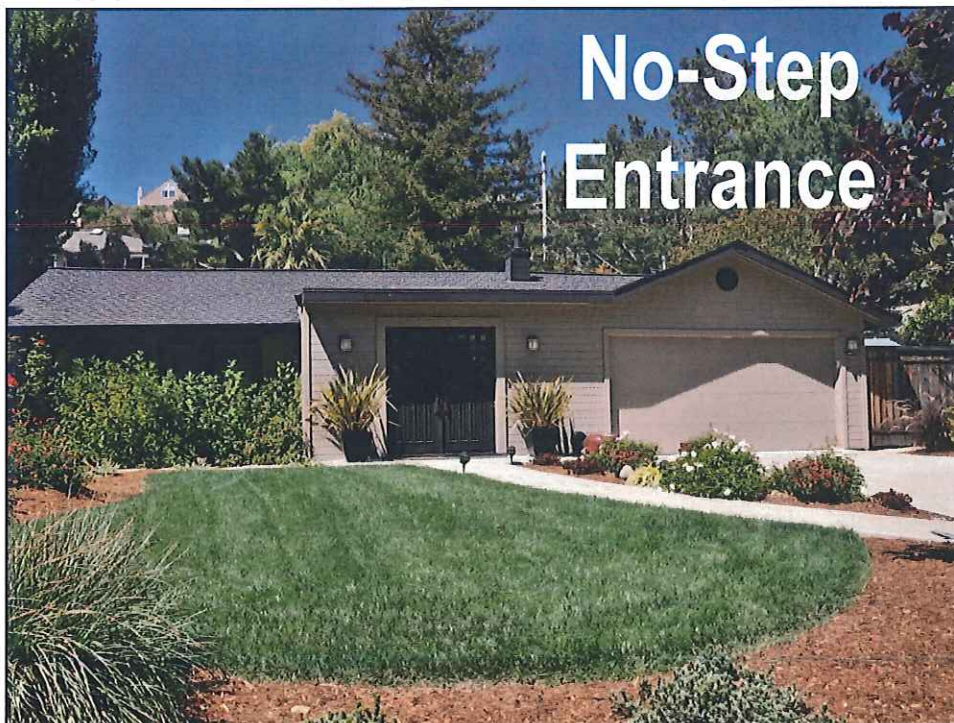
**What
activities are
important to
you?**



Exterior Safety and Lighting



No-Step Entrance



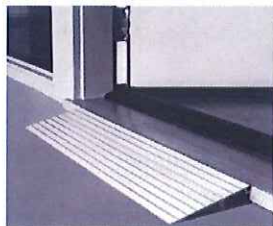
Are Entrance Modifications Always Practical?

AARP
Real Possibilities



Step Alternatives

- Handrails
- Porches

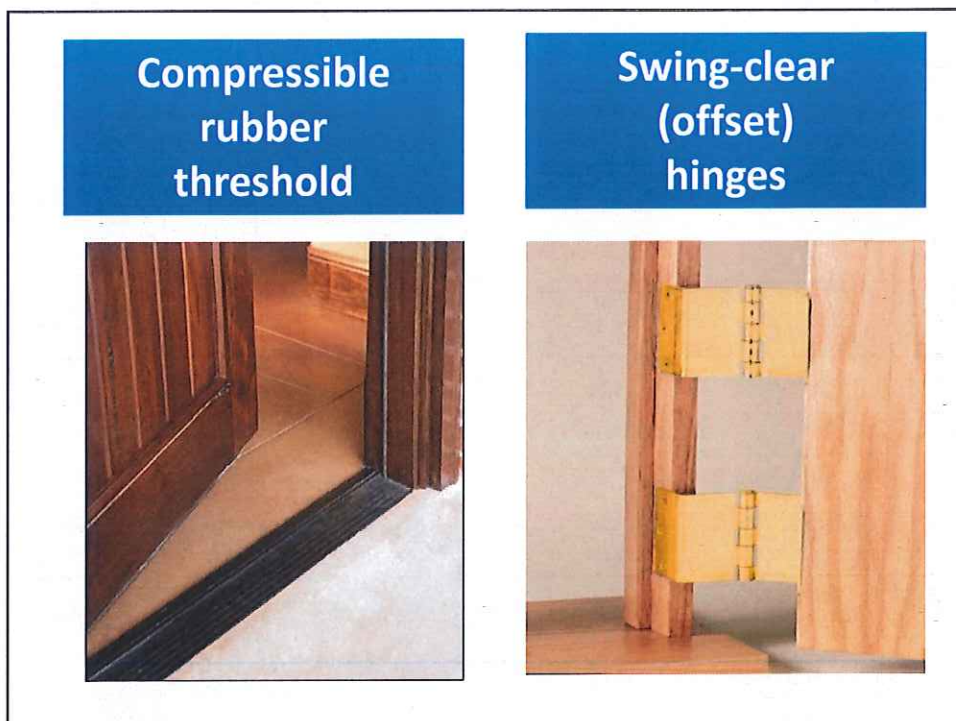
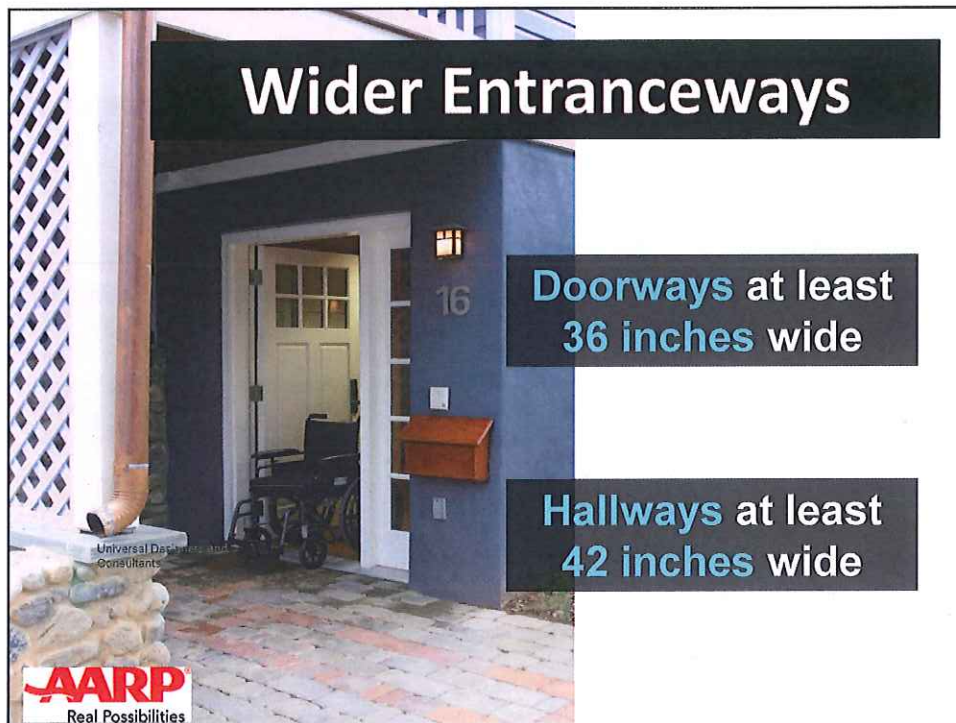


- Ramps

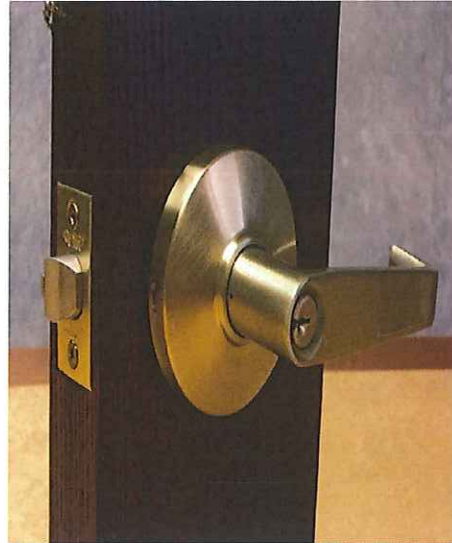
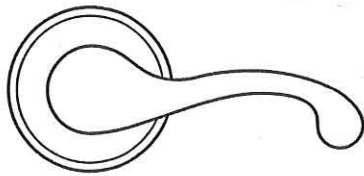


Photo courtesy of Concrete Change, for Universal Design for the Home, Quarry Books, 2008

AARP
Real Possibilities



Lever door handles



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Stairways

Are there handrails on both sides of all stairways?

Are the stairways well lit?

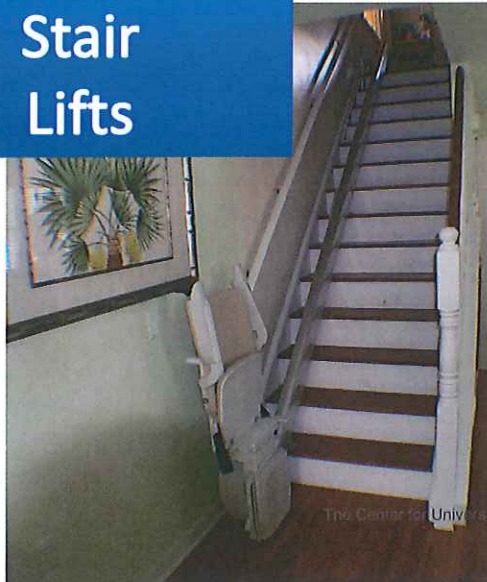
Do stairs have a non-slip surface?

Are there throw rugs at the bottom or top of the stairs?

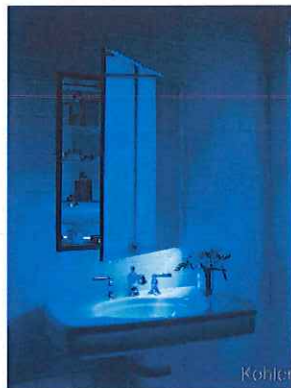


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Stair Lifts



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Real Possibilities



Night Lights

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Bathrooms

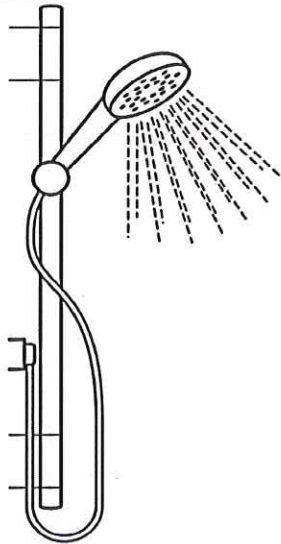


Comfort height toilet



Inexpensive alternative

Hand Held Shower



29
Confidential – For AARP

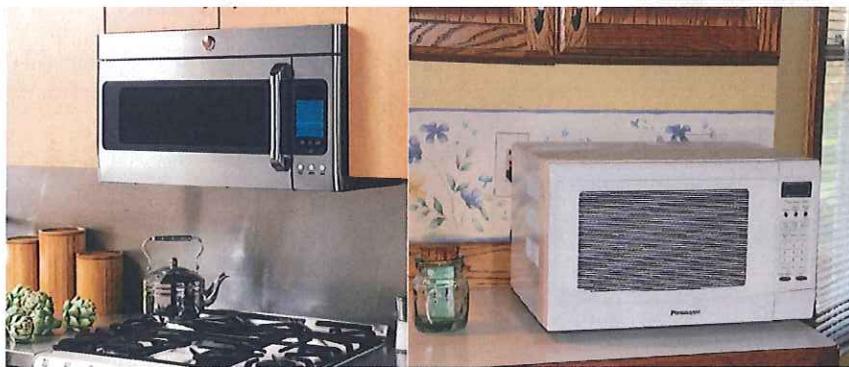
Grab Bars



Kitchens



Over the stove vs. countertop microwave



Stove Controls



2010 Livable Communities Awards Winner
Mannigan Design Pasadena, CA



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Real Possibilities

Pull out counter spaces



Universal Designers and
Consultants



AARP
Real Possibilities

D-shaped
pulls/ handle



Lever style faucets



Task lighting



Who Can Help You?

**Certified Aging in Place Specialist
(CAPS)**

Occupational Therapist (OT)

Remodeler

**Architect / Landscape Architect /
Builder**



AARP.org/Livable



Livable Communities Great Places for All Ages™



ABOUT US LIVABLE IN ACTION HOUSING GETTING AROUND TOOL KITS & RESOURCES A-Z ARCHIVES MORE FROM AARP ▼

AARP Home » Livable Communities » AARP » The AARP Network of Age

A Self-Service Tool Kit

The AARP Network of Age-Friendly Communities

Age-friendly towns, cities and counties are great for people of all ages. Our self-service guide explains how your community can join this World Health Organization-affiliated program

Text Print Share Email LinkedIn Share Tweet Like 119

The AARP Network of Age-Friendly Communities encourages states, cities, towns and counties to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

By doing so, these communities are better equipped to become great places, and even lifelong homes, for people of all ages.



Communities in the AARP age-friendly network are not retirement villages, gated developments, nursing homes or

Livable Communities Free E-Newsletter

Tool kits, guides, how-to's, interviews, slideshows, news and more

Subscribe!



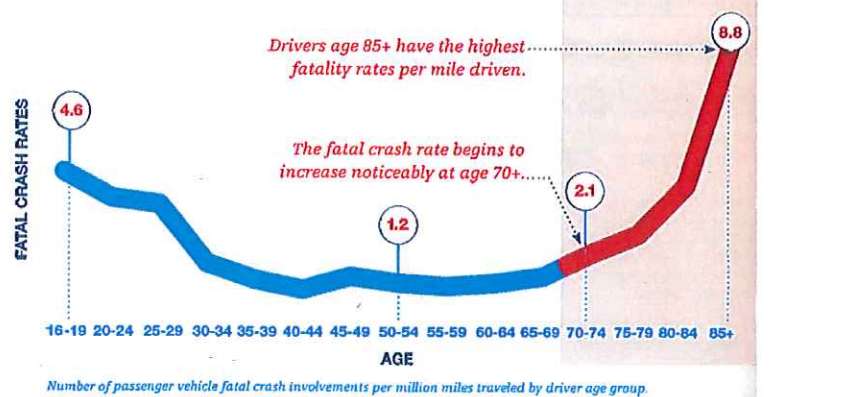
What We Have...



38

National Driving Statistics

Fatal Crash Rates



6 AARP Smart Driver

AARP
Real Possibilities

ARE YOU A SMART DRIVER?

- **S**eat Belts Save Lives
- **M**edications and Driving
- **A**dverse Weather Tip
- **R**ight-of-Way
- **T**hree-Second Following Distance

AARP
Real Possibilities

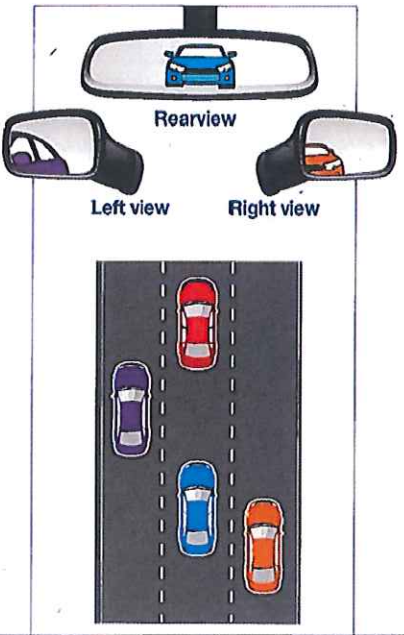
Getting the Right “Fit” in Your Car



- **C**lear Line of sight over the steering wheel.
- **A**adjust the head restraints properly.
- **R**oom between - chest & airbag.
- **F**it in your seat comfortably.
- **I**nspect seat belt.
- **T**ouch gas & brake pedals.



Mirror Settings

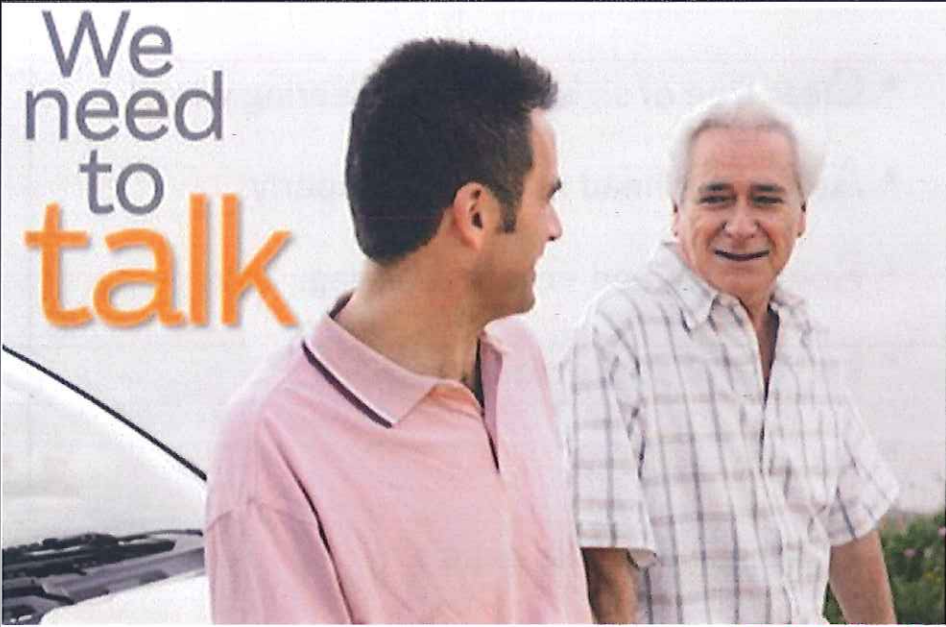


The diagram illustrates the correct mirror settings for a driver. At the top, a rearview mirror shows a blue car directly behind. Below it, the left side mirror shows a purple car in the left lane, and the right side mirror shows an orange car in the right lane. At the bottom, a top-down view of a road shows a red car in the center lane, a blue car in the center lane, and an orange car in the right lane. A purple car is in the left lane.

Does your car fit you?
Go to www.aarp.org/carfit
for more information.

AARP
Real Possibilities

We
need
to
talk



A photograph of two men standing outdoors. The man on the left is younger, with dark hair, wearing a pink polo shirt. The man on the right is older, with white hair, wearing a light-colored plaid shirt. They are both smiling and looking at each other. The background is a bright, slightly hazy outdoor setting.

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Real Possibilities

TransitNet
Transit Network for Connecticut

HOME ABOUT CONTACT TRANSPORTATION RESOURCES MY TOWN

Select Language
Powered by Google Translate

Search

CONTACT US!
BLOG
EVENTS
TAKE A SURVEY
TRANSITNET BROCHURE
LIKE US ON FACEBOOK

Municipal Agent:
L.P. Wilson Community Ctr.
Phone: 860.285.1839

Senior Center:
Windsor Senior Center
Address: 599 Matianuck Ave.
Phone: 860.285.1992
Fax: 860.285.1974
E-mail: seniorservices@townofwindsorct.com
Hours: M-F 8:00 a.m. - 5:00 p.m.

[Transportation Info](#)

AARP
Real Possibilities

AARP
Real Possibilities

LIVABLE COMMUNITIES
Great Places for All Ages™

The Tools

- Short-Range Projects** include Bicycle Lanes, Chicanes, Crossing Islands, Curb Extensions, Directions (or "Wayfinding"), Head-Out Diagonal Parking, Lane Narrowing, Parklets and Pocket Parks, Pedestrian-Scaled Lighting, Rain Gardens, Safety Buffers, Sharrows and Street Trees
- Mid-Range Projects**: Roundabouts, Road Diets, Shared-Use Paths and Sheltered Bus Stops
- Long-Range Projects**: Liner Buildings and Mixed-Use Development
- Planning & Policies**: Complete Streets Policies, Form-Based Codes, Health Impact Assessments, and Placemaking

The Imaging Livability Design Collection
A visual portfolio of tools and transformations

AARP
Real Possibilities

Windsor and Union
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The Road to Livability

