

**COMMISSION ON AGING
REGULAR MEETING**

Monday August 21, 2017 5:00 pm

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

The Commission on Aging held a regular on Monday, August 21, 2017 at the Senior Center, 14 Riverside Road, Sandy Hook, CT.

Call to order: Ms. Wiedemann called the meeting to order at 5:06 pm.

PRESENT: Anna Wiedemann, George Guidera, Mae Schmidle, Anne Rothstein, Ruby Ryles, Barbara Bloom, Curt Symes, John Boccuzzi, LeReine Frampton, Claire Theune, Larry Passaro, Maureen Will.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, Jules A. Martin, Jennifer Crane – Director Newtown Center for Support and Wellness, Dan Rosenthal, Selectman Will Rodgers, Cathy Sullivan, Cindy Dessel, Marie McLenithan, 2 members of the public.

PUBLIC PARTICIPATION: None.

MINUTES: Mr. Boccuzzi moved to approve the minutes of the July 17, 2017 meeting.
Second by Ms. Frampton and unanimously approved. All in favor.

Ms. Wiedemann introduced Jennifer Crane, Director of the Newtown Center for Support and Wellness. Ms. Crane provided an overview of the center, the role of the center, a referral service, that helps to connect members of the community with wellness resources.

(ATTACHMENT A) The center was started in March 2016, in response to those impacted as well as the whole community since 12/14. Ms. Crane said that the center works closely with Anne LoBosco, on a variety of issues including assistance with food, fuel, for example. The center also works closely with the police department, social work and case management, crisis management, preventative situations. Looking at the whole wellness of the community, Ms. Crane asked what the committee is looking for in relation to services in the community. Ms. Wiedemann said the VNA is celebrating the 100th anniversary, would they be able to coordinate with Ms. Crane and the center and Ms. Crane replied yes. Ms. Crane asked what the center can do for the community, addressing issues in the Newtown population. Ms. Wiedemann referred to depression and loneliness, concern of looking out for someone that lives alone. Ms. Frampton said as many seniors downsize, transportation is an issue. Ms. Place added that loss is of a concern. Mr. Boccuzzi said concern of mental health, socialization. Ms. Crane said this was a vision a year ago as a social work program, they deal with a variety of age ranges right now from of 5 – 89. Ms. Crane is starting to see a lot of hoarding issues/concerns.

Mr. Symes said that stress management is an issue, effective stress management can help with preventing depression, he cited Dr. Joyce Saltman, presentation with humor as a solution to stress management. Ms. Will said to consider the new independent silent senior, not everyone embraces being a senior, there are those who are silent for various reasons. Ms. Ryles said she is in the process of reading a survey of those that cannot afford services based on their income. Ms. Crane spoke to the need to get out to people that need us. Mr. Rosenthal said that he wants to make sure the center serves the whole community. Officer McCarthy said the center is a great service. Ms. Crane will be back on Friday at 11:45. She will be part of the Triad.

Ms. Wiedemann welcomed new member, Maureen Will, to the Commission On Aging.

REPORTS:

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report. (ATTACHMENT B) Ms. Place requested money for refreshments for purple triad up to \$100. Mr. Boccuzzi moved to approve up to \$100 for refreshments for Triad purple event. Second by Ms. Frampton and unanimously approved. All in favor. Ms. Place spoke to upcoming events, art show.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report, highlighting the recent donation from Knights of Columbus, backpack program. (ATTACHMENT C)

TREASURER'S REPORT: Ms. Rothstein spoke to the financial report. (ATTACHMENT D) Mr. Passaro inquired about the list of the purchases, from BJ's and BigY. Ms. Place said that those are for refreshments for the Senior Center. Ms. Frampton moved to file for audit. Second by Mr. Boccuzzi and unanimously approved. All in favor.

CHAIR/VICE CHAIR: Ms. Wiedemann distributed the chair report (ATTACHMENT E) welcoming Ms. Will and announcing the round table discussion on September 18.

OLD BUSINESS: Ms. Theune reported on the SC booklet, she provided three quotes. Three additional vendors recommended. While she pursues additional quotes, Ms. Theune said to think more about the cover, maybe a drawing, consider something different. Mr. Symes recommended a rendering of the new senior center.

COMMUNICATIONS: Ms. Ryles spoke to the brochure, cultural arts. Ms. Wiedemann said to put together locations for pick up and delivery. Ms. Schmide spoke to the parade, all set and ready to go, working on a banner.

NEW BUSINESS:

PUBLIC PARTICIPATION: Mr. Rodgers introduced himself and commented to be proactive about the selection of new members to the COA committee, he explained the BOS needs to post notice of available positions. Ms. Wiedemann asked if there is a way to work better together, if people want to apply, never told of people interviewed. There is a miscommunication that we have to work together better.

Ms. McLenithan said that it was difficult to hear people during tonight's meeting. Ms. Wiedemann said they will rearrange seating and move everyone forward for the next meeting.

ADJOURNMENT: There being no further business, **Ms. Frampton made a motion to adjourn the meeting at 5:55 pm.** Second by Mr. Boccuzzi and unanimously approved. All in favor.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Newtown Center for Support and Wellness card, Depression and BiPolar Support Alliance, Director of Senior Services Report, Lunch & Learn Flyers, Wills, Trusts & Probate Legal Seminar Flyer, Director of Social Services/Municipal Agent for the Elderly Report, Treasurer's Report, Commission On Aging Chair Report.

Other Services:

- Provide specific outreach and communications to the victim's families and survivors of the Sandy Hook tragedy.
- Collaborate with Newtown Schools to provide out of the classroom support for students and families.
- Partner with Social Services, Senior Center, and Newtown Police to connect community members with needed services.
- Provide training and networking opportunities for community providers.

Staff:

Jennifer Crane, Director

jennifer.crane@newtown-ct.gov

Tricia Pinto, Victim Family Care Navigator

tricia.pinto@newtown-ct.gov

Valérie Le Cann Jones, Survivor Care Navigator

valerie.jones@newtown-ct.gov

Corinne Ofgang, Community Care Navigator

corinne.ofgang@newtown-ct.gov



Contact Information:
Center for Support and Wellness
28 Trades Ln. (Fairfield Hills Campus)
Newtown, Connecticut 06470
Phone: 203-270-4612
Fax: 203-270-4614



Our Mission:

The Center for Support and Wellness is the single point of entry which connects members of the community with wellness resources through a strong referral system and dedicates staff to families and individuals in need.

Referral Process:

The CSW supports the Newtown Community, families, and individuals in a judgement-free, confidential environment. Facing stressful times is challenging enough. It is our goal to effectively connect community members with appropriate mental health and wellness resources.

Below is our referral process, however we recognize everyone is unique and may require additional help.

1. Make an assessment appointment with one of our staff members (in the Center or a place more convenient for you).
2. During the assessment appointment we will discuss with you what you are seeking, your current insurance situation, your expectations and limitations.
3. Within a timely manner, we will find a resource that matches your needs, your insurance situation and a convenient location for you. We do the logistical research so you don't have to.
4. You will receive the referral information so that you can call the provider directly.
5. A staff member from the center will follow up until you are connected with an appropriate provider

ATTACHMENT A

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE



Do you live with depression or bipolar disorder? Do you feel like you are the only one? Or, are you afraid to tell people? A new peer-led, confidential support group for people just like you is forming! Our goal is to establish a Newtown chapter of the Depression and Bipolar Support Alliance and share in the mission to provide hope, help, support, and education to improve the lives of people who have mood disorders. If you or a loved one are looking for help we invite you to attend the first meeting.

First meeting: September 14, 2017 at 8:00pm
(future meetings will be at the convenience of the members)
Email or call for the location

If you are interested, please send an email to info@dbsa.org or call 203-270-4612 for further details.

NEWTOWN SENIOR CENTER
Director of Senior Services
July 15, 2017 – August 18, 2017

ATTACHMENT B

PROGRAMS NUMBER OF ATTENDANTS (JULY)

| | |
|------------------------------|-----|
| Meditation | 26 |
| Zumba Gold | 21 |
| Exercise | 303 |
| Floor Yoga (2 days) | 55 |
| Chair Yoga (2 day) | 69 |
| Cards | 48 |
| Mah Jong | 16 |
| Bingo/Keno | 22 |
| Lunch | 121 |
| Hot Dog/pizza Luncheon | 48 |
| Knitting | 20 |
| Iris Fold cards | 9 |
| Quilting/sewing | 8 |
| Walk-Ins | 23 |
| Billiards/ping pong | 7 |
| Crafts | 6 |
| Trips | 56 |
| Newsletter | |
| Wii | 15 |
| Painting/Art | 17 |
| Special events/entertainment | 29 |
| Tai Chi | 16 |
| Qi Gong | 21 |
| AARP Safe Driving | |
| Ballroom Line dance | |
| Barn Dance | 46 |
| Current Events Discussion | 27 |
| Spanish Lessons | |
| Speakers | 35 |
| Chair Pilates | 26 |
| Strength & Balance | 33 |
| Inter-generational w/ CAC | 95 |
| Password | 6 |
| Blood Pressure | 22 |
| AARP Taxes | |

Attendance Daily:

| Monday | Tuesday | Wed. | Thurs | Friday | Monthly Attendance |
|--------|---------|------|-------|--------|--------------------|
| 188 | 207 | 191 | 326 | 281 | 1193 |

COMPLETED EVENTS:

- | | |
|---|-----------|
| • Free Chair Massages for Stress relief for seniors | July 31 |
| • Wii Bowling Tournament | July 26 |
| • Website launch , recognition and reveal | July 27 |
| • AARP Driving Safety Program | August 18 |
| • WCAAA Assistive Technology Lunch & Learn | August 18 |

UPCOMING EVENTS:

- | | |
|--|------------|
| • Annual Summer Picnic @ Holiday Hill | August 21 |
| • Masonicare Senior Annual Picnic | Sept 15 |
| • Senior Artist Highlights | Sept-Oct |
| • Pilobolus Dance Workshop | Oct 4 5 ,6 |
| • Wills, Trusts, Probate Legal Seminar | Oct 11 |
| • AARP Driving Safety Program | Oct 20 |
| • Halloween Bingo Party | Oct 25 |
| • NSC Annual Bazaar | Nov 18 |
| • Annual Holiday Party @ Michael's @ the Grove | Dec 7 |

TRIPS:

- | | |
|------------------------------|-----------|
| • Boston Pops @ Tanglewood | August 19 |
| • Lobsterfest @ Log Cabin | August 29 |
| • 9/11 Memorial | Sept 6 |
| • Newport Cabaret Playhouse | Sept 12 |
| • Mohegan Sun | Sept 14 |
| • Elvis @ Grand Oak Villa | Sept 19 |
| • The Big E | Sept 20 |
| • Cape Cod Scallop Festival | Sept 22 |
| • The Inspiring Intrepid | Sept 28 |
| • Jimmy Sturr The Polka King | Oct 10 |
| • Vermont Fall Foliage | Oct 12 |
| • Neil Diamond Tribute | Oct 22 |
| • Germanfest @ Williams Inn | Oct 26 |

CRUISES:

- | | |
|--|--------------------------|
| • Transatlantic Cruise Spain/Canary Island | Oct 19-Nov 3, 2017 |
| • Western Caribbean w/ Norwegian Breakaway | January 19 – Feb 2, 2018 |
| • Ireland, Iceland and Scotland w/ Celebrity Eclipse | May 10-20, 2018 |

SPEAKERS:

Lunch and Learns:

- | | |
|---|---------|
| 1. Natural Solutions to Arthritis | Sept 22 |
| 2. Natural Solutions to Reverse Type 2 Diabetes | Oct 6 |
| 3. Wills, Trusts & Probate Legal Seminar | Oct 11 |
| 4. Numismatic "Coin Collecting" | Oct 20 |
| 5. Preventing Slowing Mental Decline | Oct 27 |

GIFT FUND:

Monies requested for refreshments for Sept 29 "Shades of Purple" TRIAD.

agewellCT.orgWebsite launch went very well. Since the launch many have commented that they are using the website, sharing it with family and enjoy it.

UPDATE:

Friday afternoon Canasta has taken off. Game nights are back on Friday and will continue till early Spring.

SEPT is National Senior Center Month.

Scheduled to begin in Sept to go into Oct is a Health and Wellness Lunch & Learns Seminar with Dr Edward Markowitz from Advanced Wellness & Injury Center (see attached Flyer)

Sept is the first for a "Highlights of a Senior Artist "Every Picture has a Story". This month I will be Highlighting Shirley Kopnick, a SC member and a Nunnawauk resident. Her paintings will be on display in the piano room for Sept/Oct. Special meet and greet w/ refreshments will be Sept 12 @ 1pm. It's an Honor to have this one woman show and to transform the piano room into an Art Gallery. Every other month different art students will also be on display for all to enjoy.

Wills, Trusts and Probate Legal Seminar is Oct 11 (see attached Flyer)

Pilobolus Dance will resume Oct 4,5,6 (see attached Flyer)

Preparing/ongoing for the SEPT 29 "Shades of Purple" TRIAD

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.

SEE ATTACHMENT for flyer

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.

REMINDER: Senior Center Membership renewal is past due.

It is also that time (every 2 years) whereas I request all exercise teachers have to submit recent certifications/licenses/liability ins.

FYI: this is through the ISAPA (International Society for Aging and Physical Activity)

IFA (International Fitness Assoc.)

Center on Aging (UConn Health)

AFA (Aerobics and Fitness Assoc)

Also note in all State and National Aging reports besides the CASC (CT Assoc. of Senior Center Personnel) all exercise classes (depending on what type of classes) are anywhere from 15 to 20 per class. Some are up to 30 only.... per teacher. This is statewide practice. So, when we have larger size rooms for exercise in the new SC it will make a huge impact of not being claustrophobic as we have now in these small rooms.

More to report on Monday

Keeping the seniors busy, active and independent.

Marilyn





We take you
from pain
to wellness



You're invited to
Free Health Events

**Lunch and Learns @ the Newtown Senior Center
from 12:30 to 1:30**

Call to reserve a spot @ 203-270-4310

FRIDAY SEPTEMBER 22ND NATURAL SOLUTIONS TO ARTHRITIS

You will learn:

1. About natural treatment advances that can limit your need for medication and surgery.
2. Identify which foods inflame your joints and which foods reduce inflammation.
3. What exercises can decrease your symptoms and prevent further damage.

FUTURE UPCOMING EVENTS

FRIDAY OCTOBER
6TH

NATURAL
SOLUTIONS TO
REVERSE TYPE 2
DIABETES

FRIDAY OCTOBER
27TH

OSTEOPOROSIS/
BONE DENSITY
SCREENING WITH
COMPLIMENTARY
MASSAGE

ADVANCED WELLNESS & INJURY CENTER

88 Christopher Columbus
Avenue, Danbury CT 06810
203-798-WELL (9355)

www.glycojointhealth.com

Friday, September 22nd 2017

12:30-1:30



AUGUST 25, 2017 AT 11:30AM LUNCH & LEARN NEWTOWN SENIOR CENTER 14 RIVERSIDE, SANDY HOOK

Located at 28 Trades Lane, on the Fairfield Hills Campus, the Center for Support and Wellness (CSW) is a single point of entry for mental health and wellness resources. The CSW aims to connect any Newtown resident with resources, fill gaps in service, and promote wellness within the community.



Jennifer Crane, Director, will be discussing the services offered at the Center for Support and Wellness, the history of the CSW, and seeking input from seniors about the needs in their community. Jennifer has a background in marriage family therapy, administration, crises response, and a passion for ensuring people do not feel as if they are alone.

WILLS, TRUSTS & PROBATE

Legal Seminar

**Protect your assets, minimize taxes,
and avoid loss of control.**

Come learn how to use Wills, Trusts and Probate to protect assets from Medicaid and VA Aid & Attendance pension, reduce taxes (estate and capital gains taxes), preserve control over your affairs and avoid litigation, and provide for loved ones by protecting resources after your death.

Come hear a discussion on the urgent questions facing every senior today:

- **How can Irrevocable Trusts qualify me for VA Aid & Attendance and Medicaid?**
 - **How do Revocable Living Trusts prevent loss of control?**
 - **How does Probate protect my loved ones?**
 - **Can a family member have me declared incompetent?**
- **How can a Trust in my Will preserve assets for my family?**

Hon. Daniel W. O'Grady is Northern Fairfield County District Probate Judge (including Newtown) and has practiced Estates and Probate law for close to 30 years. Danbury attorneys **Thomas E. Murphy and Michele F. Murphy** have practiced Elder Law, Estate Planning and Probate law for over 46 years combined.

Wednesday, October 11, 2017 12:00-1:30 PM

Newtown Senior Center, 14 Riverside Road, Sandy Hook, CT

RSVP (203) 270-4310

Lunch provided by Bethel Health Care and The Cascades Assisted Living.



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

August 2017

Program Statistics

Energy Assistance Applications (245 applications – 160 Senior/Disabled = 65%)
Food Pantry (45 individuals/families visit weekly – 30 Senior/Disabled = 66%)
Operation Fuel (Spring program) – (16 applications - \$6,997.88 total – 11 Sr/Disabled = 68%)
Operation Fuel (Summer program) – (7 application to date – 3 Senior/Disabled)
Salvation Army – (30 applications to date - \$9,552.92 total – 12 Senior/Disabled = 40%)
Goodwill gift cards – 4 distributed
Renter's Rebate – Program started on April 3rd (63 applications to date).

Donations from the Victory Garden to the pantry have been coming in nicely. The pantry is getting low on some items such as cereal, peanut butter, tuna, pasta sauce, rice, cleaning supplies, and personal products. An email blast was sent out to Town & BOE employees last week asking for help. We have already received some monetary donations as well as items. We expect donations to increase as we get closer to the holidays.

The Backpack Program has begun and we are anticipating 70 backpacks being distributed this year (some of which are for children being raised by grandparents). Volunteers from W.I.N. and The Mom's Club have been assisting with providing the supplies as well as helping to assemble them.

Attended the AgeWellCT kickoff at the Senior Center. The website looks great and we have been referring a number of people to take the time to navigate through and see what information is available.

Applications for the Energy Assistance Program will be accepted starting September 25th. Fuel deliveries will begin on November 15th. The Basic Benefit Levels are a bit higher than last year; however, depending upon state funding the numbers could be adjusted.

| Grants Budget Report | | | | | | |
|----------------------|------------------------------------|--|--------------------|-----------|------------|--|
| Grant WCAAA | | | Grant Received | 6/13/2017 | 950.00 | |
| | | | Grant Received | 6/22/2017 | 1,250.00 | |
| | | | Britt Soden | 6/22/2017 | (900.00) | |
| | | | Sunshine Well Bein | 6/22/2017 | (1,200.00) | |
| | | | | | | |
| | | | | | | |
| | | | Balance | | 100.00 | |
| | | | | | | |
| | | | | | | |
| Grant -Regi-Pottery | Complete | | | | 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 | |

Commission on Aging Chair Report

August 21, 2017

I hope summer has been good to you all and you've all found the time to relax. I relaxed more this summer than I ever have and can say for me that was horrible.

I would like to welcome our newest member, Maureen Will. I know she will be a great asset for our team. We now have a full slate of members. We have a number of people who have also expressed an interest in joining the COA. I'm happy to see the interest and to see so many people sending our meetings.

I would like to remind everyone that Ruby will be taking our picture at the meeting. Please plan to arrive 15 minutes early so we can get that done and taken care of. Ruby suggested we all dress business smart.

Jennifer Crane may be attending our COA meeting on Monday. She is the Director of the Center for Support and Wellness. Their website is newtowncsw.org

There are two meetings back to back on Tuesday, August 22. The meetings will take place at the Reed intermediate school in their library. The first meeting is at 6 o'clock with the advisory committees for both the community center and the senior center. At 7 o'clock there's a meeting with public building inside commission at the same location. Feel free to come and attend the meetings.

Plans for Labor Day parade are moving forward. Marilyn had me drop off an invoice for \$100 to be donated to the Labor Day parade from the gift fun. We need to make a motion at the meeting to approve this. Our next round table will be at Walnut Tree, Phase 2, at 3 PM. It would be nice to see some of our COA members attend. It's a good way to reach out to the community to just let them know who we are and why we are.

Warm regards, Anna