

**COMMISSION ON AGING
REGULAR MEETING**

OCTOBER 16, 2017 5:00 pm

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

The Commission on Aging held a special meeting on Monday, October 16, 2017 at the Senior Center, 14 Riverside Road, Sandy Hook, CT.

Call to order: Ms. Wiedemann called the meeting to order at 5:00 pm.

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

ABSENT: George Guidera, Claire Theune.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, 8 members of the public.

VOTER COMMENTS: Officer McCarthy spoke about the Shades of Purple event, most successful Triad event so far, great help from Ms. Ryles, Feb. 23 will be 15th anniversary of the Triad.

MINUTES: MS. BLOOM MOVED TO APPROVE THE MINUTES OF THE SEPTEMBER 25, 2017 MEETING. SECOND BY MR. SYMES. ALL IN FAVOR. MOTION PASSES.

REPORTS:

CHAIR/VICE CHAIR: Ms. Wiedemann distributed the chair report. (ATTACHMENT A) Ms. Wiedemann said that visits to 55 and over locations are completed, Phase II at Walnut Tree was the most successful, it was good to get out into the community so people know about the COA. Mr. Symes asked if they heard from Liberty, Ms. Wiedemann indicated there is no community house, Ms. Wiedemann offered to come meet them. COA approved for space at the Destination Newtown Pizza Contest event, November 16, 2017 at Edmond Town Hall from 4:00 pm -7:00 pm, can bring banner, good event a lot of companies and businesses, Ms. Wiedemann encouraged the COA to attend the event. Ms. Wiedemann said that Mr. Guidera will let the COA know about first subcommittee meeting date for elder abuse.

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report and reviewed updates of events. (ATTACHMENT B) Ms. Place attended an event with the Connecticut Community Foundation, amount of seniors in the state, 21% of population, she is going to a conference tomorrow to hear more about what is happening at the state. Ms. Place reported that there were new faces for couple dancing, each month to learn a different step, enjoyable. She highlighted art by seniors, pictures on display, very positive. Mr. Symes commented that people were amazed that our seniors are artistic, he said to keep up the creative events. Ms. Place said that wills trusts and probate estate planning seminar was great, Ms. Ryles attended. Ms. Ryles put together a newsletter, short, one page, color flyer. (Attachment C) Pilobolus will have a fee. In full swing for the bazaar on November 18. Ms. Wiedemann offered baked goods.

December 7 is the holiday party. Ms. Place is working on the budget for 2018. Ms. Place is preparing for the tax season, February – April, she is looking for volunteers, volunteers need to go through training with AARP, please let Ms. Place know if COA have extra time to help, this is a free service for seniors, schedule is one day at each center from 9-12, includes Newtown and other towns. Ms. Place thanked the COA for coming to the Shades of Purple event. Ms. Place reminded the group that it is flu shot season, Tuesday October 24 is the last one.

Mr. Passaro commented about fees at other surrounding towns in comparison to the \$20 membership fee charged at the Newtown Senior Center, other towns charge per class or activity. Newtown gathers approx. \$8,250 in membership fees. Discussion of options for membership charge or no charge. Ms. Bloom spoke to the charges, more expensive for seniors to charge per class or activity. Ms. Place said that every time a resident goes to a class, they have to pay, costs can go up. Ms. Place said that we have a \$5 drop-in fee. Ms. Place suggested to give seniors more for their membership. Mr. Symes said to consider this with the new senior center. There are approximately 450 paid members now.

Mr. Passaro asked for information on when will break ground on the senior center, mid-November is optimistic. Any concrete or steel bids come back yet, bids solicited, two weeks to review, does not have a date for groundbreaking, concern of costs going up. Ms. Frampton suggested to go to the Board of Selectman meeting. It was mentioned that the project is \$1.2 million over budget and 6 months late.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report. (ATTACHMENT D) Starting energy applications, another payment on the account due to a surplus, mostly Nunnawauk, energy credit around \$325. Went to the energy assistance conference, many people behind on their bills, we all need to find a way to help people, weatherization, other suggestions. This week started Part D prescriptions, social security will have an increase next year. Mr. Symes said that portions for Medicare will have an increase, nothing confirmed, should be forthcoming. Getting ready for holiday baskets, Salvation Army bell ringing volunteers needed. Ms. Place spoke about Big Y cards. Ms. LoBosco said that food stamps have been cut, she will find out about mothers whose food stamps have been cut for children, she will look into that. Good monetary donations being received.

Mr. Symes asked about Medicaid applications, state acting on it. Mr. Symes said that CT is suffering more than other states. State department of social services, DSS not answering the phone, Ms. Place and Ms. LoBosco heard the same, private consultant being retained to help people. Ms. Frampton spoke about Nunnawauk Meadows situations, challenges.

Mr. Boccuzzi asked about the Granny Pod discussion. Ms. Frampton said that the Legislative Council will take it up at the next meeting. There is concern with septic or sewer line. Discussion of Granny Pods. Ms. Frampton spoke to the laws written, a lot of towns have been turning it down.

TREASURER'S REPORT: MS. FRAMPTON MOVED TO FILE THE FINANCIAL REPORT FOR AUDIT. SECOND BY MS. BLOOM. ALL IN FAVOR. MOTION PASSES. (ATTACHMENT E)

Sub-committee:

Elder Abuse: Mr. Guidera to report after he goes to the conference.

Senior Resource Guide: Ms. Rothstein said that we are missing a couple of pages. Consider language changes, and make sure language matches that of the state. Make sure there is some type of disclaimer referencing this is not a recommendation for anyone or any business in the guide, but is a directory of listings.

OLD BUSINESS

NEW BUSINESS:

Chamber of Commerce - November 16 – Destination Newtown Pizza Contest at Edmond Town Hall.

2018 Meeting Schedule

Ms. Wiedemann asked Ms. Sgobbo to resend the schedule as a Word document because it could not be opened previously.

Please let Ms. Wiedemann know if you are able to help the Salvation Army with bell ringing, on the 8th, 9th, 15th, 16th, ring for an hour, between Friday night 4-8 and Saturday, 9-4.

VOTER COMMENTS: Marie McClenathan, Nunnawauk Meadows – Ms. McClenathan responded to the dues paid at the Senior Center, \$20 is a good deal, works out that members pay less than .07 per day, multiple classes, crafts, other senior centers, Bethel, Danbury, paying for each program, think we are fortunate to have these classes and activities. Ms. McClenathan added that she would like a clarification between the Friends of Newtown Seniors and the Newtown Senior Center. Mr. Boccuzzi was provided contact information and phone number to set up an appointment at Nunnawauk Meadows to help with clarification.

Mr. Symes asked if anyone saw the Newtown Center for Health and Wellness guide, online, newtownnchw.org. Went to see Jen Crane, would like to get Newtown senior services have a presence here.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. FRAMPTON MADE A MOTION TO ADJOURN THE MEETING. SECOND BY MR. SYMES. ALL IN FAVOR. MEETING ADJOURNED AT 5:53 PM.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Commission On Aging Chair Report, Director of Senior Services Report, Newtown Senior Center Estate Planning Seminar, Director of Social Services/Municipal Agent for the Elderly Report, Treasurer's Report.

ATTACHMENT A

October 16, 2017 Chair Report

We are officially done with Round Tables. There was no interest by the remaining 55 and over housing. I hope that by having done these, we have let folks in Newtown know who we are but more importantly, that we value their input and hope that they will join us at future meetings and become actively involved with the COA.

On November 16, Destination Newtown is having their annual event at the Edmond Town Hall from 4-7pm. The Newtown VNA has a table there so I called and asked if the COA could share some table space and was granted permission. If you are all in agreement, I will bring some things that Marilyn has to hand out on behalf of the COA.

I am finishing up a draft of the Annual Town Report. I will share it first with Curt and then will share with the members when I submit it to the Town Clerk. Curt has been otherwise tied up, so I went through all the minutes and will send them what I have to date - just brief bullet points from both Curt and myself. This is something each chair for each board and commission is required to submit.

There have been a number of Lunch and Learns - the most recent this past Friday which discussed memory issues and preventative measures. I have attached to the clipboard the information I gathered.

I have also attached the article from this weekend's Voices which outlines the upcoming events for the Senior Center this week. Make sure you mark your calendars - November 18 is the annual Bazaar and December 7 is the annual Holiday party.

Thank you to Claire and Anne for working so diligently on the Resource Guide. I know that after Tuesday's conference, George will convene the Elder Abuse sub-committee. As for the Wellness Series, the VNA is meeting on November 14th to begin discussing their 100th Anniversary. Our meetings begin at 9:30 and usually end by 10:30. Immediately following the meeting, a sub-committee for the VNA will be meeting to discuss what could be planned for each month, featuring different doctors, PT, bone density and the like. John, Ruby and myself are part of the Wellness Series committee. I hope that John and Ruby are able to join us on November 14th to see what is being planned so that we can work together for greater community participation. Please let me know if you think this is a good idea.

Enjoy the rest of the weekend, Anna

PS Margaret Imbro says hi to everyone. She looks wonderful and is happy. I will try to go see her a couple of times a month - if anyone wants to tag along, let me know.

NEWTOWN SENIOR CENTER
 Director of Senior Services
 Sept 16, 2017 – Oct 13, 2017

ATTACHMENT B

PROGRAMS NUMBER OF ATTENDANTS (Sept)

Meditation	33
Zumba Gold	11
Exercise	139
Floor Yoga (2 days)	56
Chair Yoga (2 day)	64
Cards	67
Mah Jong	4
Bingo/Keno	8
Lunch	134
Hot Dog/pizza Luncheon	12
Knitting	35
Iris Fold cards	4
Quilting/sewing	21
Walk-Ins	26
Billiards/ping pong	22
Crafts	4
Trips	149
Newsletter	
Wii	8
Painting/Art	20
Special events/entertainment	202
Tai Chi	39
Qi Gong	42
AARP Safe Driving	
Ballroom Line dance	
Barn Dance	54
Current Events Discussion	46
Spanish Lessons	38
Speakers	83
Chair Pilates	51
Strength & Balance	28
Inter-generational w/ CAC	120
Password	20
Blood Pressure	11
AARP Taxes	
Game night	12

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
183	401	193	368	322	1467

COMPLETED EVENTS:

- | | |
|----------------------------------------|------------------------|
| • Annual TRIAD Program | Sept 29 |
| • Health and Wellness Events | Sept 22, Oct 6, Oct 13 |
| • Pilobolus Dance Workshop | Oct 4 5 ,6 |
| • Wills, Trusts, Probate Legal Seminar | Oct 11 |

UPCOMING EVENTS:

- | | |
|------------------------------------------------|--------|
| • 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:

- | | |
|---------------------------------|--------|
| • Neil Diamond Tribute | Oct 22 |
| • Octoberfest @ the Brownstone | Oct 13 |
| • Germanfest @ Williams Inn | Oct 26 |
| • Westchester Broadway Theater | Nov 9 |
| • Mohegan Sun | Nov 28 |
| • Williams Inn W/ Bright Nights | Dec 12 |

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. Numismatic "Coin Collecting" | Oct 20 |
| 2. Preventing Slowing Mental Decline | Oct 27 |
| 3. Discover Trips for 2018 | Nov 3 |
| 4. Photo Booth Fun w/ Masonicare | Dec 1 |

Annual FLU SHOT CLINICS ARE SCHEDULED.....Sept 26 9-12
Oct 10 9-12
Oct 24 9-12

Cultural/History Speaker:

Wednesday Nov 29 @ 1	Veteran's Day
Wednesday Dec 13 @ 1	Radio City Music Hall
Wednesday Jan 24 @ 1	Golden Age of Radio, The Adventures of Philip Marlowe
Wednesday Feb 7 @ 1	Tuskegee Airmen
Friday March 16 @ Noon	St. Patrick's Cathedral

*******I will be introducing a new Ball Room Dance Instructor On Monday Oct 2 @ 2pm.
This is mainly for couples.**

UPDATE: First class was very enjoyable and was fun to see the couples dancing together. Great instructor.

"Highlights of a Senior Artist "Every Picture has a Story". Was a success and will continue into Nov/Dec featuring Mary Goebel and Joyce Goldin. Two creative artist . Two different styles but very talented.

Wills, Trusts and Probate Legal Seminar on Oct 11 was another successful seminar. 44 sit down luncheon plus walk- ins to hear this most informative talk on Probate. We are planning a follow-up seminar in the Spring.

Pilobolus Dance will resume Oct 4,5,6 Fee is \$45 ***** will re-schedule....only one signed up...

The SEPT 29 "Shades of Purple" TRIAD was a wonderful event over 68 in attendance. Most speakers were other Newtown Heads of Depts. My/Our "go to" team. We all work together, some more frequent than others. It was good to share who we are and what we do. Also, to put a face with a name. Many hand-outs. This was strictly info/educational. Great article in paper and a wonderful "Newsletter" by Ruby. Thank you.

I'm in full swing crafting, sewing, painting, knitting etc with many senior volunteers preparing for the Annual Bazaar scheduled Nov 18.

Annual Holiday Party is Dec 7th at Michael's at The Grove, Music by SH Entertainment 11am-3pm.

Preparing for Feb/April AARP income tax prepalways need volunteers to be trained. If interested or if you know of someone, I can give you the contact person.

Also, scheduling new programs/speakers/seminars/inter-generational programs/trips/luncheons for 2018.

REMINDER: Senior Center Membership renewal is past due.

FLU SHOT SEASON.....don't forget.

More to report on Monday

Keeping the seniors busy, active and independent.

Marilyn



Newtown Senior Center Estate Planning Seminar October 11, 2017



The Newtown Senior Center (NSC) held a complimentary estate planning seminar, on October 11, for the benefit of Newtown seniors, many of whom are managing estate

planning issues or will be in the future.

The distinguished and highly credentialed speakers included Judge Dan O'Grady, probate judge for Newtown; Attorney Thomas E. Murphy and Attorney Michele F. Murphy of Murphy & Murphy LLP,

a Danbury law firm that specializes in elder law, estate planning and probate.

The Murphy husband and wife team have practiced law throughout Western Connecticut for more than 44 years combined.

Following lunch, provided by the Bethel Health Center,



Judge Dan O'Grady



Attorney Michele Murphy



Attorney Thomas Murphy

and a brief introduction to the services offered by Bethel Health Center, the more than 40 seniors in attendance engaged in a lively exchange with the speakers on critical subjects such as wills,

living wills, will substitutes, trusts, powers of attorney, medical directives, intestate succession and various other subjects including digital assets.



NSC Director Marilyn Place with Thomas and Michele Murphy



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

October 2017

Program Statistics

Energy Assistance Applications – 2017-2018 (72 applications – 54 Senior/Disabled = 75%)
Food Pantry (45 individuals/families visit weekly – 30 Senior/Disabled = 66%)
Operation Fuel (Summer program) – (8 application to date – 4 Senior/Disabled)
Salvation Army – (35 applications to date - \$11,582.32 total – 15 Senior/Disabled = 40%)
Goodwill gift cards – 4 distributed

We have been very busy with energy assistance applications. Deliveries won't begin until November 15th so hoping the weather stays mild until then.

We attended the CT State Wide Energy Assistance Conference on Oct. 11th and Elin Swanson Katz from the Office of Consumer Council was one of the speakers. She provided some very startling statistics regarding Eversource customers in Connecticut. In 2016 - 80,000 Eversource customers were coded hardship and 203,000 non-hardship customers were behind on bills which represented ¼ of the residential customer base.

We will begin the process of reviewing our clients Part D (prescription drug) plans on October 16th in order to determine whether their prescriptions will remain on their drug plans formulary.

Our Salvation Army Unit will be holding a meeting on Oct. 24th to discuss the upcoming bell ringing season.

		Treasurer's Report				
		COA/SENIOR SERVICES GIFT FUND				
		October 16, 2017				
				FRANK KNOTTS	NEW	
DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	TRUST FUND	SENIOR CENTER	GRANT
7/1/17	Beginning Balance					
7/19/2017	Trust Distribution T-5327			\$562.15		
8/17/2017	Ck #28743- Newtown Labor Day Parade	-\$100.00				
9/14/2017	Ck #29076 -File of Life Foundation	-\$402.00				
9/14/2017	Donation- Bazaar T-15963		\$89.74			
9/20/2016	Aug P-Card- Holiday Inn	-\$429.00				
9/26/2017	Aug P-Card- Minuteman Press	-\$219.00				
10/12/2017	Sign Language LLC- Signs for Labor Day	-\$254.50				

\$49,660.48

\$50,133.98

\$50,562.98

\$50,473.24

\$50,875.24

\$50,975.24

\$50,413.09

ATTACHMENT E