

**COMMISSION ON AGING
REGULAR MEETING**

FEBRUARY 26, 2018 5:00 pm

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

The Commission on Aging held a regular meeting on Monday, February 26, 2018 Edmond Town Hall, Lower Meeting Room, 45 Main Street, Newtown, CT.

Call to order: Mr. Guidera called the meeting to order at 5:03 pm.

PRESENT: George Guidera, Mae Schmidle, Anne Rothstein, Ruby Ryles, Barbara Bloom, John Boccuzzi, LeReine Frampton, Maureen Will, Curt Symes.

ABSENT: Anna Wiedemann, Claire Theune, Larry Passaro.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, Cyrenius H. Booth Library Director Doug Lord, Joanne Hunter, The Art Spot, 8 members of the public.

VOTER COMMENTS: Karen Aurelia - requested to keep Commission On Aging meetings at the Senior Center.

Mary Maday – asked when the key fob system will be ready. Mid-March.

Doug Lord – introduced himself as the new Director of the Cyrenius H. Booth Library.

MINUTES: MS. SCHMIDLE MOVED TO APPROVE THE MINUTES OF JANUARY 22, 2018 REGULAR MEETING. SECOND BY MS. BLOOM. ALL IN FAVOR. MOTION PASSES. (9-0)

REPORTS

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report, flyer, and program schedule, reviewed updates of events. (ATTACHMENT A) Independence Northwest has a new telephone number which should be added to the new resource directory if it has not yet been printed. There will be a presentation on Medicare and Medicaid on Wednesday, March 14, 10:30-11:30 at the Senior Center, in coordination with Western Connecticut Area Agency on Aging. When parking lot is full at the Senior Center, park at the Sandy Hook Fire Department. Bus service from the parking lot has been provided in the past and can be scheduled as needed. Ms. Place requested monies to cover program/event costs, not to exceed \$500.

MR. BOCCUZZI MOVED TO COVER PROGRAM/EVENT COSTS NOT TO EXCEED \$500. SECOND BY MS. WILL. ALL IN FAVOR. MOTION PASSES. (9-0)

As a result of an arts grant put forth by Ms. Bloom and Mr. Boccuzzi, a grant for a mural at the new Senior Center has been awarded, funding amount is \$4,000. Artists Joanne and Bruce Hunter of The Art Spot will oversee creation of the mural of which theme is "One Town." Ms. Hunter gave an overview of the installation process. The Hunters have created many pieces of public art in communities, town, cities, and corporations. Working collaboratively with community members, a mosaic is created, approx. 3' x 5', which will eventually be installed in the new Senior Center. The Commission On Aging will act as a steering committee during the process, along with Ms. Place and Mr. Boccuzzi, they will communicate to seniors upcoming dates for meetings. With some concern of time frame due to grant timeline and completion date of end of September, meetings dates were discussed with the possibility of the first meeting in mid-March

and another at the end of March. A timeline of meetings and installation schedule will be communicated to seniors as soon as possible.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report. (ATTACHMENT B) Discussed transportation options for seniors Be Driven, Hart, Fish, Uber. Consideration of a pamphlet with available transportation resources suggested. Look into grants for transportation services. Mr. Boccuzzi noted transportation is one of the topics during the upcoming Livable Communities workshop on April 28 at Newtown High School.

TREASURER'S REPORT: Ms. Rothstein indicated no changes.

CHAIR/VICE CHAIR REPORT: Mr. Guidera distributed the chair report (ATTACHMENT C).

OLD BUSINESS

Buddy Program: as noted in the Chairman Report, Ms. Wiedemann will reach out to seniors with more information.

Livable Community: reminder about the upcoming Livable Community workshop on April 28 at Newtown High School.

NEW BUSINESS

Ms. Schmidle commented that the Senior Center in Southington opened this week, and has a pickle ball court, ping pong, and pool tables.

VOTER COMMENTS: Marie McClenathan, Nunnawauk Meadows – Ms. McClenathan asked for clarification on potential walkway between Fairfield Hills and Nunnawauk Meadows. There will be a publicized meeting in the spring, date to be announced by the Town, questions and comments will be reviewed, no date set as of yet. Ms. McClenathan asked about the process of choosing the artist for the Senior Center mural, it was explained that the state had a list of approved artists to choose from. Another voter asked about the sources of funding for the mural, it is a state grant that is comprised of state and federal funding.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. BLLOM MADE A MOTION TO ADJOURN THE MEETING AT 6:08 PM. SECOND BY MS. WILL. ALL IN FAVOR. (9-0)

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Director of Senior Services Report, Director of Social Services/Municipal Agent for the Elderly Report, Commission On Aging Chair Report.

NEWTOWN SENIOR CENTER
Director of Senior Services
JAN 20, 2018 – Feb 24, 2018

ATTACHMENT
A

PROGRAMS NUMBER OF ATTENDANTS (JAN)

Meditation	24
Exercise Tape	88
Flex and Fit temp class	39
Floor Yoga (2 days)	69
Chair Yoga (2 day)	100
Cards	109
Mah Jong	4
Bingo/Keno	19
Lunch	107
Hot Dog/pizza Luncheon	
Knitting	20
Iris Fold cards	
Quilting/sewing	8
Walk-Ins	16
Billiards/ping pong	4
Crafts	
Trips	18
Newsletter	6
Wii	4
Painting/Art	4
Special events/entertainment	78
Tai Chi	47
Qi Gong	32
AARP Safe Driving	17
Ballroom dance	24
Barn Dance	36
Women's Discussion	58
Spanish Lessons	26
Speakers	42
Chair Pilates	28
Strength & Balance	22
Inter-generational w/ CAC	96
Password	8
Blood Pressure	22
AARP Taxes	
Game night	

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
182	282	133	312	150	1059

COMPLETED EVENTS:

- | | |
|-------------------------|--------|
| • Recycle bingo | Jan 19 |
| • Golden Age of Radio | Jan 24 |
| • Five Wishes | Feb 6 |
| • Tuskegee Airmen | Feb 7 |
| • St Valentine's Bingo | Feb 14 |
| • Advance Care Planning | Feb 16 |

UPCOMING EVENTS:

- | | |
|--|-----------------------------|
| • MSC Launch | March 8 |
| • St Patty's Corn beef Luncheon & Bingo | March 13 |
| • Medicare & Medicare W/ WCAAA coffee social | March 14 snow date March 21 |
| • St Patty's Fish Luncheon | March 16 |
| • Complimentary Massage | March 20 |
| • Scarf Painting | March 22 |

TRIPS:

- | | |
|---|-------------|
| • Sleigh Ride @ Adams Farm | March 7 |
| • St Patrick's Celebration @ the Aqua Turf | March 20 |
| • Westchester Broadway Dinner Theatre | April 19 |
| • Historic South Savannah GA @ Charleston SC | April 14-21 |
| • Edward Twins @ Aqua Turf | May 21 |
| • Historic Saratoga Springs, NY | May 15-16 |
| • Sight & Sound Theatre "Jesus" & Lancaster, PA | Aug 6-8 |

CRUISES:

- | | |
|--|------------------------|
| • Bermuda w/ Norwegian Escape | April 29 - May 6, 2018 |
| • Ireland, Iceland and Scotland w/ Celebrity Eclipse | May 10 - 20, 2018 |

SPEAKERS:

Lunch and Learns:

- | | |
|----------------------------|----------|
| 1. St Patrick's Cathedral | March 16 |
| 2. The Gardens & Veteran's | March 23 |

Cultural/History Speaker:

Friday March 16 @ Noon	St. Patrick's Cathedral
Wednesday April 18	Ain't She Sweet (inspirational speaker)

The Wed. and Friday new exercise classes Begin March 7.
Fitness Fury will also be doing individual assessment every 10 weeks.
This brings a total of 16 exercise classes a week.

Three new classes have been added to the already program schedule all facilitated by volunteers.

1. Jewelry class
2. Women's Discussion Group
3. Bible Study

AARP income tax asst. is from Feb 5th to April 9th. (Mondays) By appt. only. Free of charge for low and middle-income taxpayers. Completely filled with waiting lists.

Medicare & Medicaid coffee social/presentation w/ WCAAA is scheduled March 14.
This is a follow up from Dec 9 MSP event.

Matter of Balance Program will be an 8 week course May 2 through June 20.

A new # for some.... Independence Northwest (203) 729-3299
Independence Northwest provides information, advocacy, and resources for those living with disabilities in our region.

Newsletter goes out this week.....many new programs to choose from.....completely full.

Will be using (requesting) monies from Senior Center gift fund to offset some programs/events.
Few dates to circle:

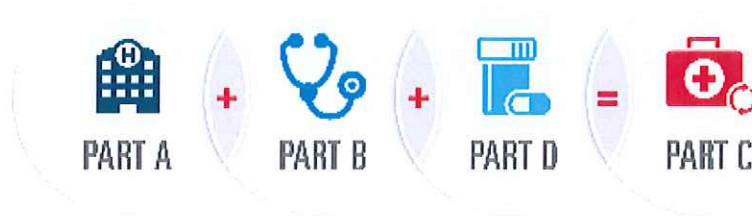
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|-----------------------------------|----------|
| 1. St Patty's Day Luncheon | March 16 |
| 2. Medicare/Medicaid presentation | March 14 |
| 3. Brazilian Carnival | April 4 |
| 4. NSC Recognition Day | April 13 |
| 5. Mother's Day Tea | May 11 |

More to report on Monday
Marilyn

Newtown

You're invited to a special presentation

Medicare & Medicaid



What?

Our presentation will cover the A, B, and C's of Medicare:

- Original Medicare
- (MSP) Medicare Savings Program
- Medicaid

When?

Wednesday, March 14th 10:30am – 11:30am

Where? (Here!)

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



<u>PROGRAM</u>	<u>NEWTOWN</u>	<u>SHELTON</u>	<u>BETHEL</u>	<u>SOUTHBURY</u>	<u># of ppl</u>
Yoga	Mon & Thurs. 1:00	Thurs 1:00	Wed 11, Fri noon	Thurs 8:45-9:45	
Flex-Fit and Tone	M & Thurs. 1:00			Tu 8:45 and 10:00	
Chair Yoga	Tues. & Fri. 3:00		Wed 10, Fri 11:00	Tues 11:15-12:00	
Strength Training	Thurs. 2:30				
Ball Room Dancing	Mon. 2:00				
Blood Pressure Screening	2nd Thurs.			2nd & 4th Th 11:00	
Tai Chi	Tues. 2:00	Thurs. 2:15	Thurs. 11:00	Tues 12:30-1:30	
Qi Gong	Tues. 12:45-1:45				
Morning Meditation	Tues. 9-10:00				
New England Barn Dance	Thurs. 2-3:00				
Flex Fit & Tone	Fri. 3:00				
Video Exercise	M-W-F 10-11:00				
Poker	Tues. 1:30				
Knitting/Crochet	Fri. 12:00	Tues 12:00	Thurs. 9:30	Mon 1-2:30	
Intergenerational w/CAC	2nd Thurs. craft				
	3rd Thurs. activity				
	4th Thurs. reading				
Men's Breakfast	1st Thurs. 9:00				
His Folding Cards	Tues. 10:00				
Keno	1st Wed. 2:00				
Mandala Coloring	Thurs. 1-2 & 3-4				
Chicken Soup Discussion	Mon. 11:00				
NSC Book Club	2nd Wed. 3:00				
Chair Pilates	Tues. 10:15				
Art Instruction	Tues. 10:00 NONE	Mon 10:00	Thurs. 12:30-3:30		
	UNTIL MARCH				
Spanish Lessons	Thurs. 10:30		Mon 10:00		
Zumba			M-W-F 9:00	2 & 4 Fri 11:45-12:45	
Circuit Training			Tues & Thurs. 10:15		
Country Dancing			Fri. 10:30		
Line Dancing		Thurs. 12:30	Tues. 2:30	Mon 1:30	
Seniorise			Tues & Thurs 9:00		
Bible Study			Wed. 10:30		

<u>PROGRAM</u>	<u>NEWTOWN</u>	<u>SHELTON</u>	<u>BETHEL</u>	<u>SOUTHBURY</u>	<u># of PPL</u>
Ceramics		Tues 9:30	M-T-T 9:00		
Chorus			Wed 11:00		
Computer		Fri 9:30	Mon 1:00		
Crafts		M-W 10:00	Thurs. 9:30		
Creative Writing			Mon 2:00		
Genealogy			Tues 11:00		
Italian			Wed 1:00		
Movies			Mon 1:00	2nd and 4th Mon	
Piano			Fri 9-12:00		
Quilting		Wed 10:00	Thurs. 1:00	Wed 9:30-11:30	
Voice Lessons			Thurs. 9-11:00		
Writing Your Memoirs			Fri 1:00		
Square Dancing		Thur. 10:00		Fri 10:30-11:30	
Bridge		T/T 1:00		Tues 12:30-3:30	
Pinochle		TWT 1:00			
Wii Bowling		Thurs 2:00			
Vets Support		Fri 9-4			
Exercise		MWF 9:30 & 10:15			
Bingo		MWF 1:00		Thur 12:45-2:30	
Canasta		Mon 12:00			
Billiard Mizzner		Mon 1:00			
Ballroom Cardio		Mon 1:00			
Painting		Mon 1:00			
Pool Lessons		Ladies 12:30/1:00			
Mah Jong		Tue 1:00		Thur 12:30-3:00	
Scrabble		Wed 10:00			
Ballroom Aerobics		Wed 10:30			
Intermediate Country		Wed 1:00			
Aerobics				M 10:30 W 9:30	
Hair Cuts					
Hearing Screenings				2nd Tues 9:30-11:30	
Legal Appointments				1st Mon 10-11:00	
Muscle Tone				Fri 9-9:45	

<u>PROGRAM</u>	<u>NEWTOWN</u>	<u>SHELTON</u>	<u>BETHEL</u>	<u>SOUTHBURY</u>	<u># of PPL</u>
Pilates				Wed 12-1:00	
Rummikub				Tues 1:00	
Strength and Tone				Thur 10-10:45	
Table Tennis				Tue & Fri 1:30/2:00	

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

February 2018

Program Statistics

Energy Assistance Applications – 2017-2018 (152 applications – 99 Senior/Disabled = 65%)

Food Pantry (45 individuals/families visit weekly – 30 Senior/Disabled = 66%)

Operation Fuel (Winter program) – (5 applications – 3 Seniors = 60%)

Salvation Army – (12 applications to date - \$4,124.11 total – 7 Senior/Disabled = 58%)

Goodwill gift cards – 4 distributed

- Helped a couple apply for Title 19 (Long term care/home care). Had to bring in Protective Services for the Elderly because wife needed help caring for husband in the home while the application is being processed. Process is ongoing.
- Working with a senior who is currently in Masonicare Rehab who has been experiencing elder abuse at her home from a man who lives with her. She allowed the homeless man to live with her but now regrets doing so and wants him to leave due to verbal abuse, etc. I am working with a case manager from Value Care Alliance, case manager from CT Home Care, and Linda from Masonicare to insure her safety when returning to her home. We are taking steps to petition the court for a conservator and obtain a restraining/protective order (hoping not to have to go through an eviction process).
- Working on several other cases of elderly needing assistance with home care and/or transportation – this is becoming a growing problem. Senior housing options are limited; family members live a distance away (or there are no family members).
- The MSP program and its income limits are valid past the July 2018 date under approved statute according to Senator Hwang. However, the Governor's proposed budget eliminates funding for the 2018-2019 budget year. Senator Hwang is "committed to restoring the funds and will push to encourage his legislative colleagues to again override the wrong policy approach of the Governor".

ATTACHMENT
C

Chairman Report for Commission on Aging for February 2018

Thank you to Barbara Bloom, Maureen Will (and JoAnne Albanesi) who came to help with signing Nunnawauk Meadow residents for Smart 911, Code Red and the File of Life. Not well attended, but I will make sure we reach out to them again. Thank you too to Marilyn for ordering the File of Life. I left about 10 with Linda Uhde at Nunnawauk Meadows for residents.

I spoke to Lorrie Rodrigue regarding the "Buddy" program and she loved the idea of reading to the elementary school age children. Once I get the go ahead from her regarding the participating schools, we'll make sure to reach out to our Senior population. We'll send e mails, post it on the town website, our new website and anywhere else you feel would be appropriate. Just drop me a line and I'll make sure we cover all our bases.

I met with Dorrie Carolan from Parent Connection. We had a guest, Stephanie Paulmeno, who is a nurse (and so much more!) who will be doing a Lunch and Learn at the Senior Center on Friday, May 4th from 10-1. 10-11 she will speak, 11-12 questions and answers and 12-1 lunch. The topic will be Living With (OUT) Pain, Safe Solutions to Pain Management. Many hands will be needed to help. John Boccuzzi was there representing FONS, Donna Culbert from the Health Department and Jennifer Crane with Newtown Center for Support and Wellness as well as Dorrie Carolan, Director of Parent Connection. Marilyn Place was not able to attend because of a previously scheduled trip with the Senior Center, but will also be part of this group. Stephanie will speak to Seniors and professionals. Another meeting will be held, Tuesday, May 15, geared towards family members (siblings, parents, etc.) and caregivers as a follow up to the information presented on 5/4.

Thank you George for running the meeting in my absence.

Regards, Anna Wiedemann, COA Chair