

**COMMISSION ON AGING
REGULAR MEETING**

MARCH 19, 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, March 19, 2018 at the Newtown Municipal Center, Council Chambers, 3 Primrose Street, Newtown, CT.

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

PRESENT: Anna Wiedemann, George Guidera, Barbara Bloom, John Boccuzzi, LeReine Frampton, Curt Symes, Mae Schmidle, Larry Passaro, Maureen Will.

ABSENT: Anne Rothstein, Ruby Ryles, Claire Theune.

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

VOTER COMMENTS: *Vicki Boccuzzi, 57 Main Street* – Ms. Boccuzzi referred to research of other senior centers, programming, and what was popular, she went to the Monday morning exercise class of which there were at least 30 people there and is happy that they have reinstated that and believe it is appropriate and worthwhile as shown by its popularity. *Marie McClenathan, Nunnawauk Meadows* - Ms. McClenathan spoke to programming for seniors that do not participate in exercise classes, noting a heavy amount of exercise programs scheduled this week -15 at the Senior Center, various other senior centers have much fewer exercise programs, average 2-3 per week, most of their programs are those other than exercise, like pottery, crafts, lunch & learn programs, she requested to look into programs other than exercise considering that there are other locations within Newtown for seniors to participate in exercise programs.

Karin Aurelia, 23 Cherry Street – Ms. Aurelia voiced her concern about the memo from Mr. Guidera on programming and how it may cast existing programming efforts in a negative light, she advised to make it a priority to consult with the director of the Senior Center for ideas instead of gathering feedback from other towns' senior center directors/programs, she expressed that the Livable Community initiative is non-essential for Newtown, Newtown is already a highly regarded livable community.

Ned Simpson 42 Watkins Drive – asked for rsvp's for the April 28 Livable Community event.

Mary Maday, 107 Haley Lane – Ms. Maday said that there will be plenty of room in the new Senior Center for programs of all interests, and going forward does not want to see programs pitted against each other.

Dorothy Bartlett, Nunnawauk Meadows – Ms. Bartlett said that it is important to ask people what programs that they would like to see at the Senior Center, she advised to reach out to the community then formulate a plan that suits everyone.

MINUTES: MS. FRAMPTON MOVED TO APPROVE THE MINUTES OF THE FEBRUARY 26, 2018 REGULAR MEETING. SECOND BY MR. GUIDERA. ALL IN FAVOR. MOTION PASSES (9-0).

COMMISSION ON AGING

REPORTS:

CHAIR: Ms. Wiedemann distributed the chair report. (Attached) Ms. Wiedemann said that she, Mr. Guidera, and Ms. Place met with Donna Fadus who is a gerontologist and founder of an organization called Borrow My Glasses, Aging and Caregiving from a New Perspective. (Attached) They were impressed with her credentials and program, heard her speak at a conference, and found her to be very engaging and knowledgeable. They would like Ms. Fadus to do a series, and negotiated a fee down from \$1,200 to \$1,000 (plus mileage from Madison) for two seminars, suggested topics include "If I See Something, Do I Have to Say Something ... or Do Something" and "Successful Communication Given "Alzheimer's Logic," tentatively scheduled for Lunch and Learn on Fridays May 18 and June 29. Ms. Frampton suggested to consider a Saturday session for increased attendance that could include seniors and family members. Mr. Symes added that to reach beyond seniors to their support network, perhaps seniors will be more inclined to come. MR. BOCCUZZI MOVED TO SPEND \$1,000 PLUS MILEAGE CHARGE FOR DONNA FEDUS OF BORROWING MY GLASSES – AGING AND CAREGIVING FROM A NEW PERSPECTIVE FOR TWO SEMINARS. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES (9-0).

Mr. Symes suggested to track success of programs and to develop a menu of programs prior to the ribbon cutting for the new Senior Center. He referred to documents of programs developed a few years ago. Mr. Guidera added that his memo refers to program development and will continue to meet with Ms. Place and committee on programs for the new Senior Center, their intent is to develop a vibrant selection of programs appealing to all seniors. (Attached)

VICE CHAIR: Mr. Guidera provided a Community Center Advisory update. (Attached) Mr. Guidera said they had a meeting in effort to develop the best programming for seniors, research includes looking at other senior centers, meeting with other senior center directors to determine how to best operate the new Senior Center, which will be a much larger facility than exists now. Mr. Symes said that cost associated with expansion of programs, budgetary impacts, additional money will need to be allocated. The COA will need to be involved with budget, staff and programming costs. Mr. Symes offered to share a 5-year business plan that was started in 2013.

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report, reviewed updates of events. (Attached) Ms. Frampton asked for clarification of attendance figure of 1,083. Ms. Place said the number refers to the number of people that came through the door regardless if they attended one program or more than one. The number of attendants for each program is also indicated, for cards that includes attendants of all card games combined. Ms. Place said attendance numbers include members and non-members. The new FOB system is in and staff are involved with data entry, which takes time. Ms. Place highlighted popularity of Medicare and Medicaid presentation, Matter of Balance Program, and Lunch and Learns.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report. (Attached) Ms. LoBosco said new Medicare cards will roll out in April, which will take place throughout the year. She cautioned seniors to be aware of scammers, Medicare will never call you to obtain information like social security numbers. Energy assistance has been extended to April 3 due to snow storms. Good donations coming in for the food pantry. Offering counseling for those that may be losing their Medicare savings program.

COMMISSION ON AGING

TREASURER'S REPORT: Ms. Wiedemann distributed the Treasurer's Report. Mr. Passaro commented about the format of the report and to best provide an audit track. MS. FRAMPTON MOVED TO FILE THE FINANCIAL REPORT FOR AUDIT. SECOND BY BARBARA BLOOM. ALL IN FAVOR. MOTION PASSES (9-0).

OLD BUSINESS: None.

NEW BUSINESS:

Nunnawauk Meadows petition

Ms. Wiedemann addressed the petition, which was received by the COA, on the trail to Nunnawauk Meadows, the COA has no purview and no say regarding a trail.

Mr. Boccuzzi reviewed the importance of the Livable Community event on April 28th which will be an opportunity to discuss aspects in the community that impact seniors, great to put emphasis on senior center programming, look at transportation and other programs and services. (Attached) He hopes the COA will be supportive and participate. Mr. Symes said that he reached out to approximately 20 professionals and retired professionals in the community, all agreed to attend.

VOTER COMMENTS:

Rosemary Siberson, Blue Spruce Drive – asked for recommendations for reasonably priced low-cost household services for seniors, such as plumber, handyman-type services. Ms. Wiedemann to follow up with recommendations.

Mary Maday, 107 Haley Lane – offered volunteer help for data entry for the new FOB system, Ms. Place thanked her for her offer and indicated they are all set at this time.

ADJOURNMENT: there being no further business, meeting adjourned at 5:40 pm.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Chair Report, Borrow My Glasses Program, Meeting on New Senior Center Programming Memo, Design Team Minutes, Director of Senior Services Report, Director of Social Services/Municipal Agent for the Elderly Report, Treasurer's Report, Livable Communities Invitation, Domains of Livable Communities.

March 19, 2018 Chair Report for COA

Just some housekeeping: When we have public participation, both in the beginning and at the end of each meeting, please refrain from answering or addressing the public. There is always a clipboard for folks to write their name and contact information and we will get back to them. Or stay after the meeting, but we cannot take time up from our agenda addressing concerns. It always bothered me when I'd go to groups and there was no back and forth dialogue, but unlike other groups, I make it a point to call/email and address every concern.

Each month, with the exception of May 21, we will meet at the Municipal Center in the Council Chambers. The acoustics are better there and we always attract more citizens. When we went to the 55 and over locations, we talked about using attendees as eventual advisory members. Having great attendance will lend itself to many helping hands. On May 21, we will meet in the meeting room down the hall from Social Services at the Police Department. Once the new center is built, we will go back to holding our meetings at the Senior Center. For one thing, we will have established a following and have addressed the issue of not being able to properly hear. This impacts not only the COA members, but our clerk as well, who is not always able to hear what is taking place. I will also gently remind folks in the audience to not speak (also to the detriment of minute taking) to one another as it is a distraction as well as an interference.

I want to share with you an event that is being run by Parent Connection, Prevention Council and Center for Support and Wellness regarding seniors and Opioids. The event is being called Living With(Out) Pain, Safe Solutions to Pain Management. It will take place at the Senior Center on Friday, May 4, 2018 and will be from 10-1:00.

I received a petition from the folks who live at Nunnawauk Meadows regarding the creation of pathway between Fairfield Hills and Nunnawauk Meadows. This is not something that the COA or the Community Center Advisory has any purview over. It had been mentioned at an earlier meeting when things were still in the planning stages, and merely a suggestion made by someone on the committee. I know that Nunnawauk Meadows is a state owned facility and that we have absolutely no say over what can and cannot be done to or for Nunnawauk Meadows.

On Wednesday, March 14, 2018 we held the first of two meetings for the Arts Grant. Maureen Will facilitated a great meeting. We met the two artists who took all our feedback. The next meeting will be Monday, March 26, at 1pm at the Newtown Senior Center. Thank you Maureen for not only running a great meeting, but for being so organized and helpful in getting the information out there. If you are interested in seeing what these talented artists will help us to accomplish, go to ArtSpotinfo.com

Friday, March 16, 2018, George Guidera, Anne Rothstein, Barbara Bloom, Marilyn Place and myself met as the Program sub committee for the COA. Minutes of the meeting are attached. It was also decided that we will continue to meet the Friday before each COA meeting. Agenda will be posted along with the agenda for COA.

Enjoy the sunshine, Anna

COMMISSION ON AGING
PROGRAM SUB-COMMITTEE
MINUTES OF MARCH 16, 2018

Attendance: Marilyn Place, George Guidera, Anne Rothstein, Barbara Bloom, Anna Wiedemann

Public: None

Meeting was called to order at 4:06pm

Items discussed were Bethel and Shelton Senior Centers. We will invite the Director from Shelton to our next meeting, if she is available. Looking to see how many employees staff each center, with both full and part time.

We need to look at what an ideal situation would be going into a new center. Expand our base so when we move, we will be able to accommodate more members, more often.

Marilyn talked about renaming some classes and offering classes more often. She will give us a list of what programs could currently be expanded/renamed.

Meeting adjourned at 5:02pm

Respectfully submitted, Anna Wiedemann

SENIORS – WE NEED YOUR HELP AND INPUT

The Commission on Aging was told at their monthly meeting on Monday February 26th that a grant from the State of CT that had been applied for almost a year ago has been awarded. **This grant is for a mural to be installed at the NEW Senior Center facility.**

This is where we need YOU. The design for the mural is what YOU would like – what YOU think represents Newtown Senior, and ***who better to give the Commission ideas than YOU the members of the Newtown Senior Center.***

Time is of the essence – the first of only two meetings to identify image ideas for the mural will be on **Wednesday March 14th** where the steering committee will meet to identify the idea for the mural – then the artists will create the design. On **Monday March 26th** will be the design presentation to vote on **ONE of TWO designs**. The artists selected for the grant are Joanne and Bruce Hunter from The Art Spot.

The mural will be done on three panels and will be of ceramic tiles, once completed it will be stored until the new facility is ready to be opened and will then be installed. This is **YOUR** chance to have your voice heard. As a lifelong resident of Newtown, when I think of the Senior Center and of you, I think of my mom and Mrs. Travis and Mrs. Reilly and Mrs. Tilson, sitting at the Center knitting and sewing and crocheting pieces of love for our community. I think of how so many of you have mentored my daughter, Katherine in showing her how to make those Iris Cards and reinforcing the lessons my mom and dad instilled in her and in me. *I think of your wisdom and love of life and of giving.*

So please, help me be **YOUR VOICE** in what this mural should look like – even better **YOU CAN BE A PART OF THE DESIGN COMMITTEE.** I will gladly give up my seat so that one of you can be there – **THIS IS YOUR CENTER** and your design. If you can commit to the two dates, please come and sit at the table. No one should be speaking for you or designing something that doesn't represent what YOU feel needs to be represented.

You don't have to be an artist – use words to describe your feelings – Warmth – Comfort – Wisdom – What does the Senior Center mean to you and how do you want it represented – it can be pictures or words, but let it be from you. Leave your thoughts and ideas with Marilyn at the Center (you can put it in an envelope or just hand it to her) and I will get them before March 14th and will make sure your ideas are brought forth.

Thanks you for giving me this time to speak with you and please don't hesitate to contact me if you have questions or concerns.

Maureen Will
Member – Commission on Aging
Director – Newtown Emergency Communications

Email: Maureen.will@newtown-ct.gov / Phone: 203.270.4296



Aging and Caregiving from a New Perspective

Professional Training & Consumer Education Programs

(New titles added often - ask about other topics & CEUs!)

- Advance Care Planning: What Can I Do Now?
- Aging & Family Relationships
- Aging In Place
- Aging Sensitivity Training
- Building Cognitive Reserve through Brain Fitness
- Coping with Post Traumatic Stress Disorder in the Geriatric Population
- Elder Bullying: An Emerging Issue
- Eldercare Assistance from a Distance
- Ethical Dimensions of Elderly Suicide
- Gerontology 101
- / • **If I See Something, Do I Have to Say Something...or Do Something?**
- Living With Palliative Care
- The CT Medical Orders for Life-Sustaining Treatment (MOLST) Program
- Navigating Eldercare Crises & Transitions
- Resident Intimacy in Senior Living
- The Prevention of Compassion Fatigue & Burnout
- Third Shift: Balancing Work, Life & Eldercare
- 2 • When Empathy Leads to Apathy- Understanding & Preventing Compassion Fatigue & Burnout
- Working Compassionately With Difficult Elders

Alzheimer's / Dementia Topics

- Alzheimer's Caregiving: Bringing the Ideas Home
- Facing Forgetfulness
- Learning to Speak Alzheimer's (Habilitation Training)
- 23 • **Successful Communication Given "Alzheimer's Logic"**
- The Emotional Journey Through Dementia Caregiving
- What We Know About Alzheimer's Prevention
- Working with Veterans with PTSD and Dementia

**Aging and Caregiving
from a New Perspective**

Donna B. Fedus, M.A.
Gerontologist & Founder

email donna@borrowmyglasses.com

web borrowmyglasses.com

phone 203.318.8100

MEMO

TO: Members of the Newtown Commission on Aging

FROM: George Guidera, Senior Center Advisory Committee

RE: Meeting on New Senior Center Programming

Date: March 19, 2018

This past Friday, the Senior Center Advisory Committee, consisting of Anna Wiedemann, Ann Rathstein, Barbara Bloom and myself, began meeting with Marilyn to discuss and plan greatly improved programming for the new Senior Center. We have decided to meet each month on the Friday before the monthly Commission on Aging meeting at the Senior Center, at 2:00 pm., continuing until the opening of the Center in 2019.

Our principal goal is to review, increase and upgrade the number and quality of the programs to be offered at the new Senior Center and to make it a more attractive and popular venue for senior men and women. We will look at the scope and variety of the programming at other senior centers in proximity to ours and talk with other senior center directors about how they operate, what their popular programs are, and how they attract members. We will also discuss whether and/or how much membership fees should be and how best to pay for operations.

Before anything is decided, and as we go along, the Newtown COA will have its continuing input so that all ideas can be heard and discussed by the entire Commission. We will also coordinate with any and all other groups, such as FONS, who work to help the senior community in Newtown.

MINUTES OF THE MEETING OF THE SENIOR CENTER DESIGN TEAM AND
ADVISORY COMMITTEE

February 27, 2018

Held at Reed Intermediate School, Room 203, #3 Trades Lane, Newtown, Ct.
06470; Scheduled for 5:00 pm

Those Present: Kevin McFarland of Quisenberry/Arcari Architects, George C. Guidera, Vice-Chairman, Commission on Aging, and John Boccuzzi, Barbara Bloom and Curt Symes, Members of Commission on Aging, and Marilyn Place, Director of the Newtown Senior Center. Also present were: Kinga Walsh, Community Center Design Team Member, Mary Mayday, and Madeline Bunt.


Mr. Guidera called the meeting to order at 5:09 pm and asked Mr. McFarland to commence his presentation. Mr. McFarland noted that Mr. Malik, of Quisenberry/Arcari, who had intended to be at the meeting, would be unable to attend.

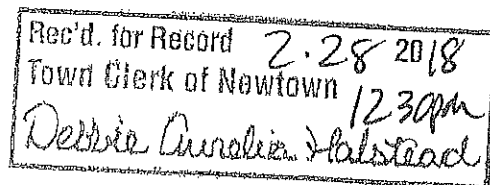
Mr. McFarland showed a sample board of the floor carpeting, tile and wall colors and fabric which the architects are proposing for the new Senior Center. He explained that the previous Board of Selectmen, headed by First Selectman Pat Llodra, had decided that the interior materials to be used be chosen by the Architects, not the Design Team. However, the Design Team will have the opportunity to comment on the selections made by the Architects. The Chairman (Anna Wiedemann) and Vice Chairman (George Guidera) of the Commission on Aging will report the Design Team's opinions to the Selectmen and the Public Building and Site Commission, and the decision of those Boards will be final. The absolute last date for the Senior Center Design Team to report its comments will be the end of March, 2018, but two (2) weeks of today's date would be better.

John Boccuzzi asked whether the Senior Center budget was coming in within budget. Mr. McFarland said that he believed so.

Discussion ensued concerning the carpeting, wall treatments, ceiling tile, bathrooms and lighting. After discussion, those present agreed on the following: the paint colors for the walls are too dark; are drapery panels desirable? -omit decoration only.

The meeting was adjourned at 6:05 pm.


George C. Guidera, Acting Secretary.



NEWTOWN SENIOR CENTER
Director of Senior Services
Feb 24, 2018 – March 16, 2018

PROGRAMS NUMBER OF ATTENDANTS (FEB)

Meditation	18
Exercise Tape	78
Flex and Fit temp class	53
Floor Yoga (2 days)	77
Chair Yoga (2 day)	80
Cards	112
Mah Jong	4
Bingo/Keno	10
Lunch	90
Hot Dog/pizza Luncheon	
Knitting	22
Iris Fold cards	
Quilting/sewing	8
Walk-Ins	11
Billiards/ping pong	4
Crafts	
Trips	48
Newsletter	6
Wii	4
Painting/Art	4
Special events/entertainment	63
Tai Chi	42
Qi Gong	34
AARP Safe Driving	
Ballroom dance	8
Barn Dance	38
Women's Discussion	22
Spanish Lessons	21
Speakers	37
Chair Pilates	29
Strength & Balance	23
Inter-generational w/ CAC	96
Password	8
Blood Pressure	20
AARP Taxes	126
Game night	

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
215	225	154	342	147	1083

COMPLETED EVENTS:

- St Patty's Corn beef Luncheon & Bingo March 13
- Medicare & Medicare W/ WCAAA coffee social March 14
- St Patty's Fish Luncheon March 16
-

UPCOMING EVENTS:

- Complimentary Massage March 20
- Scarf Painting March 22
- NSC Recognition Day April 13
- Brazilian Carnival/Mardi Gras April 4
- Inspirational Speaker April 18
- Maplewood Tour April 25
- Psychic Medium April 27

TRIPS:

- 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. 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)

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 (starts Wednesday March 21)

UPDATE:

Two of these classes have started and is a positive addition to programming. Some new faces.

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.

UPDATE:

This is a great service to many. As of date 126 seniors have utilized this service, with 100 more appointments to go to complete the tax season. 80% are Newtown seniors. We are completely booked with a waiting list.

Medicare & Medicaid coffee social/presentation w/ WCAAA is scheduled March 14.

This is a follow up from Dec 9 MSP event.

UPDATE:

Very well attended with 28 seniors. Very informative.

A follow up will continue in July w/ WCAAA and Social Services

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

Just about every Friday is a Lunch and Learn...here a few.

Every year I have a Transportation Forum with HART.

It is scheduled Friday June 22 @ noon. This is also a Lunch & Learn.

May 4 is a Lunch & Learn with Newtown Prevention Council, Newtown Parent Connection, and Newtown Center for Support and Wellness.

Topic: Living With(Out) Pain.....Safe Solutions to Pain Management

Stepanie R Paulmeno,MSRN from Communities 4 Action will discuss the opioid epidemic and its impact on the senior population.

Friday May 11 Annual Mother's Day Tea

Friday May 18 Donna Fedus Aging and Caregiving from a New Perspective is scheduled

Friday May 25 Lasagna and Frank Sinatra entertainment

More to report on Monday

Marilyn

DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR THE ELDERLY March 2018

Program Statistics

Energy Assistance Applications – 2017-2018 (157 applications – 102 Senior/Disabled = 64%)

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

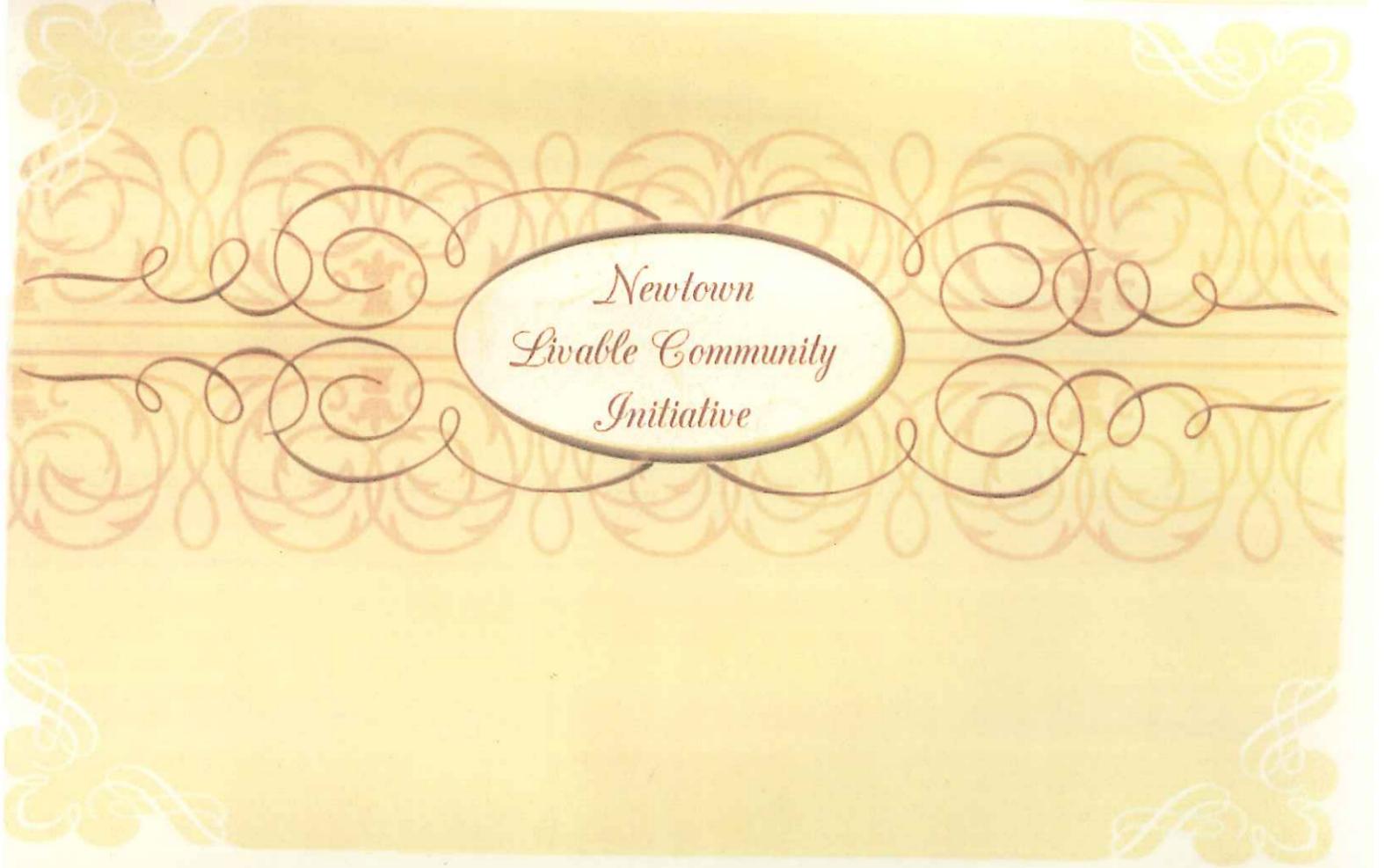
Operation Fuel (Winter program) – (7 applications – 4 Seniors/Disabled = 57%)

Salvation Army – (16 applications to date - \$6,116.63 total – 9 Senior/Disabled = 56%)


- New Medicare cards will begin rolling out in April 2018 (roll out to continue until April 2019). Seniors need to be aware of scammers making phone calls regarding the new cards and attempting to get their personal information. **Medicare will not call participants.**
- Update: Senior at Masonicare (elder abuse) is in the hospital again. Her niece has put POA into place, gentleman living with senior has left her home without any problems so far. More than likely, she will have another stay at Masonicare Rehab before returning home. Her niece and I are working together to get home care services in place upon her return.
- Met with a disabled young woman (age 44) whose situation was brought to my attention by Meals on Wheels. She had a stroke several years ago, lives alone, her only family is her ailing parents who live in Holland, and she is home bound. It seems her Medicaid has lapsed and I have applied for her again. In the meantime, working on getting her services – help with house cleaning, etc. She will be taking advantage of the Independent Living Day Program offered by NYFS.
- Have successfully helped a senior obtain copay assistance for a new Parkinson's medication. The process was somewhat tedious but her condition is worsening and she is very determined to take advantage of anything that will help her continue to live with her condition.
- Continuing to work with a senior planning on moving back to Germany after spending over 30 years in the U.S. She has no transportation so I have taken her to SSA, IRS and immigration services to get her paperwork in order. She is hoping to have everything in place for a departure next month.
- Recently met with a disabled woman who is in the process of applying for SSD. Her health has deteriorated and her work hours have been reduced significantly. She is in need of some financial assistance as well as help with the SSD application process.
- Attended Medicare/Medicaid presentation at SC and will be scheduling a time in June to meet with seniors at the SC to discuss Medicare options should they lose coverage due to the potential decrease in MSP program income limits.

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	GRANT	BALANCE
12/7/2017	Ck #30151 John E. Hemberger	(200.00)					51,663.92
12/7/2017	Ck#30185- Michael's at the Grove	(595.00)					51,068.92
12/12/2017	WCAAA award- Focal Points T-31187		200.00				51,268.92
12/12/2017	Annual Holiday Bazaar- T-31206		56.50				51,325.42
12/14/2017	Holiday Party Raffle T-31345		322.00				51,647.42
1/16/2018	Nov P-Card-Big Y	(71.34)					51,576.08
1/18/2018	Ck # 30740 - Xavus Solutions LLC	(7,500.00)					44,076.08
1/18/2018	Trust Distribution T-35678			562.15			44,638.23
		(10,256.30)	2,794.99	1,686.45			44,638.23



*Newtown
Livable Community
Initiative*



As a respected community volunteer, your opinions are important. You are invited to participate in a special workshop run by Friends of Newtown Seniors to help shape our plan for Newtown to be designated as an AARP Livable Community

Where: Newtown High School Cafetorium

When: April 28, 2018

9:00 am-2:00 pm

*Complimentary Lunch will be provided by
Maplewood Senior Living
Please RSVP to John /203/430-0633
or email info@friendsofnewtownseniors.org*

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AARP Age Friendly Network of Communities

8 Domains of Livability

Domain 1 – Outdoor Spaces and Buildings

People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

Domain 2 – Transportation

Driving shouldn't be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.

Domain 3 – Housing

Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

Domain 4 – Social Participation

Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by availability of accessible, affordable and fun social activities.

Domain 5 – Respect and Social Inclusion

Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

Domain 6 – Civic Participation and Employment

An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.

Domain 7 – Communication and Information

Age-friendly communities recognize that not everyone has a smartphone or Internet access and the information needs to be disseminated through a variety of means.

Domain 8 – Community and Health Services

At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.