

**COMMISSION ON AGING
REGULAR MEETING**

MAY 21, 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, May 21, 2018 at 5:00 pm at Edmond Town Hall, Lower Meeting Room, 45 Main Street, Newtown, CT.

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

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

ABSENT: George Guidera, Curt Symes, Mae Schmidle, Claire Theune.

ALSO PRESENT: Ann LoBosco, Officer Maryhelen McCarthy, 6 members of the public.

MS. BLOOM MOVED TO ADD OFFICER MARYHELEN MCCARTHY TO THE AGENDA TO DISCUSS ELDER ABUSE REGISTRY. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

Officer McCarthy spoke about the benefits of an elder abuse registry. She suggested visiting the judicial website for an overview. She recommended that the COA write a letter to state representatives that this registry is critical and very much needed in the community. MS. WILL MOVED THAT THE COMMISSION ON AGING WRITE LETTER TO STATE REPRESENTATIVES IN SUPPORT OF THE CONNECTICUT REGISTRY FOR ELDER ABUSE. SECOND BY MR. BOCCUZZI. ALL IN FAVOR. MOTION PASSES. (8-0)

Officer McCarthy spoke about an informational bag for first responders that would be useful when responding to an elderly person. Ms. Will to share a sample bag.

VOTER COMMENTS: *Mary Maday, 107 Haley Lane* – Ms. Maday inquired about the key fob system, status of senior center van, commented that the Age Well CT website is not current, asked if website is useful, hope Ms. Place will do a survey of members for programs, suggest lunch club or dinner club, possibly meet at a restaurant.

Gary McRae, 89 Boggs Hill Road – Mr. McRae shared ideas from the Plymouth, MA, newly renamed Center for Active Living. Look into newsletter and advertising opportunities. (ATTACHMENT)

Marie McClenathan, Nunnawauk Meadows – Ms. McClenathan commented that the newsletter is currently volunteer run, suggested to non-members to visit the center and join, questioned if changing the name will affect grants.

Dorothy Bartlett, Nunnawauk Meadows – Ms. Bartlett commented that lack of volunteers at the senior center is a problem.

Betty Boccuzzi – Ms. Boccuzzi said that she has offered to volunteer, but her offer was declined.

MINUTES: MR. PASSARO MOVED TO APPROVE THE MINUTES OF THE APRIL 16, 2018 COMMISSION ON AGING MEETING. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

REPORTS:

CHAIR REPORT: Ms. Wiedemann distributed the monthly report. (ATTACHMENT)

VICE CHAIR REPORT: Programming Update – Ms. Wiedemann suggested to review the committee meeting minutes on the Town website.

DIRECTOR OF SENIOR SERVICES: Ms. Wiedemann highlighted the cake decorating class, psychic medium, chair massage, Senior Prom, Mother's Day tea, well attended events, elder law trust seminar. Suggested to move Borrow My Glasses program dates. Ms. Wiedemann asked COA for ideas, develop a questionnaire to capture ideas from members and non-members for what they would like to see at the senior center. (ATTACHMENT)

MR. PASSARO MOVED TO POSTPONE DATES FOR BORROW MY GLASSES PROGRAM. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report. Highlighted annual postal drive, Faith Food Pantry, Medicare savings program went through no change this year, problems with the storm, many volunteers helped. (ATTACHMENT)

TREASURER'S REPORT: MS. WILL MOVED TO FILE THE FINANCIAL REPORT FOR AUDIT. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

GRANTS COMMITTEE: Ms. Bloom reported there has been a grant application submitted for a bus shelter at the new community center; and an application for a transportation study.

OLD BUSINESS:

Art Mural for new Senior Center – meeting next Tuesday, Wednesday and Thursday and celebration from 6-8. Transportation, some people that need a ride will take the Hart bus. Ms. Wiedemann called everyone that signed up.

NEW BUSINESS:

Senior Resource Guide: MS. FRAMPTON MOVED TO ORDER 750 BOOKLETS. SECOND BY MS. BLOOM. ALL IN FAVOR. MOTION PASSES. (8-0)

VOTER COMMENTS:

Officer Maryhelen McCarthy, Newtown Police Department – Officer McCarthy commented that the barcode problem on returned items from donation was brought to the attention of the police department and an arrest was made, important to raise level of awareness.

Gary McRae, 89 Boggs Hill Road – Mr. McRae shared copy of article on Plymouth's newly renamed Center for Active Living. (ATTACHMENT)

Ms. Wiedemann spoke to recent storm, thanked the community, outreach was amazing, thanked everyone, many community members pitched in and helped. No loss of life in

Newtown, very lucky, she thanked the Town staff for all their hard work during the storm and it's aftermath.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. BLOOM MADE A MOTION TO ADJOURN THE MEETING AT 5:46 PM. SECOND BY MS. FRAMPTON. ALL IN FAVOR. MOTION PASSES. (8-0)

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Chair Report, Rebranding Senior Centers, Director of Senior Services Report, Borrow My Glasses Program, Elder Law Trusts and Probate Announcement, Transportation Forum, Director of Social Services/Municipal Agent for the Elderly Report, Audit Report.



Rebranding the senior center: Cities and towns embrace boomers, multigenerational programs



BARRY CHIN/GLOBE STAFF

Plymouth residents Paul MacDonald, Bruce Goodwin, Stuart Hudson, and John Justice took part in Uechi-Ryu Karate class at the town's Center for Active Living.

By [Robert Weisman](#)

GLOBE STAFF FEBRUARY 26, 2018

At some senior centers across the state, you can find yoga and Zumba, free-form drumming, and Chinese martial arts — almost everything except the word “senior.”

That’s fine with Beth Webber, 61, who last month started visiting Plymouth’s newly renamed Center for Active Living, which was simply called the Senior Center when it opened in 2012. After sweating through a cardio-plus-weights dance class on a recent morning with two dozen others ranging in age from their 50s to 80s, Webber said her initial reservations about coming to the center had been put to rest.

“I was reluctant to join,” Webber said. “I imagined it would be chair dancing.”

Downstairs in the spacious neocolonial-style building, about a dozen mostly older women sat around a large table knitting and talking. They were enthusiastic about the rebranding. “We like it,” said 81-year-old Juanita Ward. “‘Senior’ makes it sound too old, and we’re not old.”

As America grays, community run senior centers are in transition — and the changes go far beyond a mere name change to evoke robust

living.

Many of the roughly 225 municipal senior centers in Massachusetts are adding more “intergenerational” activities — from social media lessons taught by millennials to recitals by elementary-school musicians. Some are organizing marshland hikes and canoe trips or offering investment classes to draw baby boomers who have little interest in playing cards or bingo for hours on end.

“There is a stigma for some people about going into a senior center,” said Teresa Arnold, executive director of the council on aging in Salem, which later this year plans to open a new 20,000-square-foot Community Life Center. “The idea is to create a hub of activity not just for seniors but for all ages. The hope is to bring in younger older people.”

Such efforts are still in their early stages but are likely to accelerate as the share of older residents grows. More than 1.6 million Massachusetts residents — 21 percent of the total population — are over 60, according to data from the University of Massachusetts Donahue Institute. By 2030, that demographic is projected to top 2 million, about 28 percent of the state’s population.

Because the changes are bubbling up locally rather than being imposed by the state, they vary widely among cities and towns. Some are aggressively reinventing their aging programs while others, at least for now, continue to emphasize traditional programs ranging from adult day care and Meals on Wheels to health clinics and rides to medical appointments.

“Communities are thinking about their resources in new ways,” said Alice Bonner, the Massachusetts secretary of elder affairs. “Local leadership has to ask the question and decide how to meet their needs. If some centers can be intergenerational, that’s a good thing.”

There’s also a shift away from passive meeting places for eating and board games to more vibrant venues for lectures and the arts. It’s all the better if new senior centers can be located near schools, and high school or middle school drama students can rehearse their productions at the center.

Plymouth’s center, for example, is on the campus of the five-year-old Plymouth North High School.

“It can energize the place,” said Len Fishman, director of the Gerontology Institute at the University of Massachusetts Boston. “The newer cohort of seniors are used to Starbucks as a meeting place, so you need to have a buzz at the senior center. That can create tensions because many people who are using it now are satisfied with the way things are. But inviting other generations in, especially kids, doesn’t mean you’re going to change the whole focus.”

While many already refer to Plymouth’s senior center as the Center for Active Living, the name change must be formally adopted by Town Meeting in April. But it’s likely to face little opposition, according to a town survey showing that most residents favor the new name.

Construction of the 18,000-square-foot center off Nook Road followed nearly a decade of lobbying and political wrangling. The nearly \$10 million building project ultimately was funded as part of a \$199 million package town voters approved in 2006 that covered the cost of two new schools, including Plymouth North, in addition to the center. The plan was backed by a coalition of parents of school-age children, and older residents with grown children who might have been less inclined to pay for schools unless they could also benefit from the spending.

Residents over age 60 now make up about one-quarter of Plymouth’s population of nearly 60,000, said Jennifer Young, the town’s director of elder affairs. And though they have different needs and abilities, the desire to stay active is a common denominator.

“The way I think of it, you’re either actively living or you’re passively aging,” said Young, an advocate of the name change. “People are living about 20 years in retirement now, with at least 60 percent of that being healthy.”





BARRY CHIN/GLOBE STAFF

Dance Instructor J Michael Winward, of "Steps In Time," center rear, led a "Naughty Nookers" dance class at Plymouth senior center.

A similar model of bundling appropriations for a senior center and a school was used earlier in the decade in Natick, where roughly one-third of residents are at least 60 years old. In 2010, voters there approved two, 20-year bond projects that raised taxes a total of \$55.8 million to finance a senior center and high school. Natick has stopped short of ditching the word senior, but did rechristen the new facility as the Natick-Community Senior Center.

Some older Massachusetts residents don't mind being labeled. "I know people my age who wouldn't go in because it's a senior center," said Wendy Davis, 67, a retired office manager from Haverhill. "But I don't understand the stigma. When you're over 65, you're a senior. We should be proud of what we are. We've lived a long life and we have experience. Why should we try to hide it?"

In New Bedford, where more than one in five residents are over age 60, there are three senior centers across the city, including one geared to Portuguese speakers who gather to play dominos and board games. It also runs a social day program — adult day care for older residents with mild forms of dementia.

At the city's Buttonwood Senior Center, located in a former warming house next to a skating pond in Buttonwood Park, about 40 residents were engaged in spirited games of bingo on a recent afternoon. "Bingo's fun here," said Debra Lee, director of New Bedford's council on aging. "They're out for blood." Many of the Buttonwood regulars would welcome some younger players, she said, "as long as they don't take their seats. They're kind of territorial."

Lee led a two-year initiative to get New Bedford certified by the AARP and the World Health Organization as one of the state's first "age-friendly" communities, drawing up a comprehensive plan that encompassed everything from walkable streets to programs aimed at combating depression.

The next step is starting more intergenerational programs. One idea is to establish pen pal relationships between older residents and school-age children. Lee said she's open to eventually changing the names of the centers to be more inclusive. But she notes that "our funding comes because we're meeting the needs of seniors."

Many of the services offered in New Bedford are specific to a community where some have fallen on hard times. Boxes of nonperishable food, such as canned soups and vegetables, donated by the Greater Boston Food Bank, are stacked in a back room at the Buttonwood center.

"We try to make sure what we offer is what people are looking for," Lee said.

What some are looking for in more affluent Plymouth are instructions in Qi Gong — a holistic system of coordinated body posture, breathing, and meditation — and pickleball, a hybrid paddle sport imported from the West Coast that incorporates elements of tennis, ping pong, and badminton.

The active living center in Plymouth is “a hidden gem,” said Terry Mucci, 72, who gravitated there after retiring last year as a logistics manager for a women’s apparel company.

“People think a senior center is people sitting in overstuffed chairs,” said Mucci, who takes exercise classes and volunteers in the kitchen. “But this place is vibrant.”

Robert Weisman can be reached at robert.weisman@globe.com. Follow him on Twitter [@GlobeRobW](https://twitter.com/GlobeRobW).

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Chair Report for May

Please note that the Art Mural location has changed to the Edmond Town Hall Gymnasium. There is more room to work and it is easier to store as well as having the maintenance crew pick it up and transport it to the Municipal Center. Still openings, so please ask folks to join us, 5/29, 5/30 & 5/31.

We need to order Resource Guides until we have the updated Guide from Claire. Luckily, Claire is back from Florida and will be at our meeting on Monday, so we can discuss this as I put it under New Business.

We have two dates with the speaker from Borrow My Glasses – Donna Fedus. Both are at Nunnawauk Meadows. The first one is “If I See Something, Do I have to Say Something...or Do Something?” that will take place on Saturday, June 2nd and the other is called “Successful Communication Given “Alzheimer’s Logic” that will take place on Saturday, June 16th. Both events will run from 1-3. LeReine Frampton and I will provide beverages and desserts.

Work continues on the Community/Senior Center. From PB&S Minutes:

COMMUNITY CENTER/SENIOR CENTER

Status

Mr. Mitchell reported that the Board of Selectman approved the budget and asked Mr. Giacobbe for a status update. Mr. Giacobbe said they plan to re-bid the drywall, tile and flooring. Structural steel is on target for May 28, 2018. They are gearing up to continue pouring slabs and backfilling the pool. The recent heavy rains made things difficult but there is no impact on the schedule. He confirmed that there are no more problems with drainage into the Pootatuck. Substantial completion date is April 30, 2019.

Mr. Clark asked for clarification on soft costs for furniture & equipment. Mr. Giacobbe explained that Mr. Malik’s original revised budget of \$299,000.00 was reduced to \$249,000.00 which only reflects a \$50,000.00 reduction for the Senior Center FF&E since they will reuse much of their existing furniture. Mr. Symes stated that the original design included some built-in furniture and asked whether this \$50,000.00 reduction affects those built-ins. The built-ins are part of the construction costs and not FF&E; therefore, no impact. Mr. D’Angelo asked whether the fencing was part of the general conditions. Mr. Giacobbe confirmed that the fencing belongs to the Town and when it is removed, will be returned to Fred Hurley.

Mr. Clark asked about the schedule for landscaping. Mr. Giacobbe explained there are two planting seasons. The top soil and seed is included and is scheduled for the fall. He confirmed that they will top coat it during the last 2 weeks of the project if necessary.

Next PB&S meeting is Tuesday, May 22, 2018 at the RIS Intermediate School. Room 203 at 7pm.

Our Vice Chair, George Guidera will give an update on the Programming Sub-Committee on Monday.

I hope everyone remained safe during this recent storm. I am thankful to live in such a wonderful community where neighbors helped neighbors and our First Responders and all who worked (and continue to do so) to help clear our roads and check on everyone, making sure everyone was safe. I appreciate people like our Marilyn Place who reached out contacting many seniors making sure they were safe and checked to see if they needed anything. I can’t thank everyone enough.

Stay safe everyone, Anna Wiedemann, Chair COA

NEWTOWN SENIOR CENTER
Director of Senior Services
April 14, 2018 – May 18, 2018

PROGRAMS NUMBER OF ATTENDANTS (April)

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
233	328	227	292	292	1430

COMPLETED EVENTS:

- Inspirational Speaker April 18
- Cake Decorating 101 April 19
- Maplewood Tour April 25
- Psychic Medium April 27
- Living With(out) Pain May 4
- Senior Prom May 4
- Mother's Day Tea May 11

UPCOMING EVENTS:

- Senior Highlights...Jaynis Pixley artist May 22
- Lasagna & Sinatra entertainment May 25
- Summer Breeze entertainment w/ Bob Mel June 1
- Ice Cream Social June 8

TRIPS:

- Edward Twins @ Aqua Turf May 21
- Historic Saratoga Springs, NY May 15-16
- Sight & Sound Theatre "Jesus" & Lancaster, PA Aug 6-8

VAN TRIPS:

- Every Tuesday @ 12:30 Wii bowling at Nunnawauk
- Aqua Turf Edward Twins May 21
- Lunch Bunch May 24

SPEAKERS:

Lunch and Learns:

1. Living Without Pain May 4
2. Elder Law, Trusts & Probate Legal seminar June 6
3. Motivational speaker Trevor Smith Laugh for the Health of it June 15
4. HART transportation Forum June 22
5. "Chateaux in France" local photographer/travel/speaker June 29

Health & Wellness Program:

- Matter of Balance 8 week course sponsored by BVNA & Newtown Health dept. May 2- June 20
- Filled with wait list
 - Will repeat program in Fall

SPECIAL PROGRAMS:

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.

Cake decorating 101 (Lutheran Home)

Inspirational speaker (Lia Levitt)

Physic Medium (Patricia Griffin)

Chair Massage (Debora Brockmier)

Senior Prom

Mother's Day Tea

All events were very well attended. The Lunch and Learns and Mother Day Tea are very popular that we have a wait list. These events are filled to maximum capacity.

Each event with overflow in parking lot we always utilize the SH fire dept. back parking lot.

Transportation Forum with HART

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

BORROW MY GLASSES Aging and Caregiving from a New Perspective June 2 and June 16 @ Nunnawauk Meadows. Please note: Dates may change and we will have to work together to get the new updated info out there.

More to report on Monday

Marilyn



Aging and Caregiving from a New Perspective

You are cordially invited to attend two presentations by

Donna Fedus

Founder of Borrow My Glasses

<http://www.borrowmyglasses.com>

This event is sponsored by The Commission on Aging and Director of the Newtown Senior Center

Both events to be held at:

Where: Nunnawauk Meadows Community Room

3 Nunnawauk Road

Newtown, CT

If I See Something, Do I Have to Say Something...or Do Something?

Are you worried about changes you see in an aging parent or relative, a resident or client, or in your own aging? These issues are not a crisis, but you are worried that one may be coming and wondering what, if anything, you can or should do.

Join us to:

- Decipher what you've seen
- Understand what it means.
- Determine what to do about it.
- Decide whether you have to do anything at all.

When: Saturday June 2, 2018 1pm-3pm

RSVP not necessary, but helpful.

Please call Anna Wiedemann at 203-426-1035 or email to annawiedemanncoa@gmail.com

Successful Communication Given "Alzheimer's Logic"

Changes in long-standing communication patterns can be wildly frustrating for individuals with Alzheimer's as well as for their caregivers. Communication problems can also trigger emotional reactions. But communication patterns are expected to change throughout Alzheimer's. This class will help you crack the code in the early to middle stages.

Join us to:

- Decipher "Alzheimer's logic"—there is logic there.
- Learn communication techniques for paranoia, blaming others, and memory battles.
- Consider the emotional impact on both sides of the communication.
- Learn new ways of dealing with repetitive questions.

When: Saturday June 16, 2018 from 1pm-3pm



LUNCH & LEARN TRANSPORTATION FORUM Friday June 22 @ 12:00
@ the Newtown Senior Center 14 Riverside Rd Sandy hook, CT

Richard Schreiner, Director of Service Development and John Gatto, Marketing and Graphic Design Coordinator for HARTransit along with April Chaplin, Regional Mobility Manager for the Kennedy Center will talk about the Newtown [SweetHART](#) bus and regional transportation. HARTransit is the public dial-a-ride transportation provider for greater Danbury.

In Newtown, HARTransit runs a door to door bus service with advanced reservations called [SweetHART](#) for seniors age 65 or older and persons of any age with mobility impairments (including temporary ones). [SweetHART](#) service is available in Newtown

Monday-Friday from 7 am to 4:45pm and Saturday from 8:15am to 4:15pm.

The bus runs to locations in Newtown, Danbury, Brookfield and Bethel.

The Kennedy Center is a non-profit community based rehabilitation organization offering innovative, comprehensive program services to persons with disabilities and special needs from birth to senior years.

Ms. Chaplin assists persons with disabilities, seniors and veterans with ADA Paratransit applications and referrals for free one-on-one travel training on public bus or train services.

She is a resource and advocate for anyone who needs information about public/paratransit buses or any other transportation-related issue.

This forum will provide information and answer questions.

Call (203-270-4310) or sign up at the front desk by June 15

ELDER LAW, TRUSTS & PROBATE

Legal Seminar

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

Come learn how to use Elder Law strategies, 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 50 years combined.

Wednesday June 6, 2018 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

May 2018

Program Statistics

Energy Assistance Applications – 2017-2018 (168 applications – 104 Senior/Disabled = 62%)

Food Pantry (56 individuals/families visit weekly – 39 Senior/Disabled = 69%)

Operation Fuel (Winter/Spring program) – (15 applications – 6 Seniors = 40%)

Salvation Army – (29 applications to date - \$10,507.46 total – 14 Senior/Disabled = 48%)

Renter's Rebate for 2017 – 20 applications to date

Summer Camp – 3 approved applications to date (\$2,982.00)

- The Annual Postal Food Drive took place on Saturday, May 12th. We were fortunate to have plenty of volunteers. However, donations were very low this year. The town's Public Works Department will be holding a "stuff a truck" food drive for us tomorrow (May 19th) during Household Hazardous Waste Day.
- Attended monthly Community Behavioral Health meeting at the CSW to discuss common cases and share strategies to help clients with specific needs
- Attended the AARP Fraud Presentation on May 2nd at the NSB training center. Good information on how seniors can keep their identity safe from scammers.
- Participated in the Opioid Crisis presentation at the Senior Center on May 4th. Great turnout and very informative.
- Good news....the Medicare Savings Program's income limits have been restored!
- Mark Murphy from Murphy's Pub will be holding a fundraiser this weekend (May 18th and 19th) for the Social Services Gift Fund in order to help people during the recent storm.
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COA/SENIOR SERVICES GIFT FUND							
DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	GRANT	BALANCE
4/20/2018	March P-Card- Big Y	(76.58)					44,601.65
4/20/2018	March P-Card- BJ's	(109.74)					44,491.91
4/23/2018	Trust Distribution T-49491			649.95			45,141.86
4/23/2018	Senior Center shirts T-50119		12.00				45,153.86
4/26/2018	Ck #31677- Borrow My Glasses LLC	(1,126.00)					44,027.86
		(1,312.32)	12.00	649.95			44,027.86