

**COMMISSION ON AGING
SPECIAL MEETING**

Monday September 25, 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, September 25, 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, George Guidera, Mae Schmidle, Ruby Ryles, Barbara Bloom, John Boccuzzi, Claire Theune, Larry Passaro, Maureen Will.

ABSENT: Anne Rothstein, Curt Symes, LeReine Frampton.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, Dan Rosenthal, Maureen Crick Owen, 2 members of the public.

VOTER COMMENTS: None.

GUEST FROM LITURGICAL PUBLICATIONS, SUE GOSTISSA – Ms. Wiedemann explained that due to Town restrictions on types of printers, guest will not be in attendance.

MINUTES: MR. BOCCUZZI MOVED TO APPROVE THE MINUTES OF THE AUGUST 21, 2017 MEETING. SECOND BY MS. THEUNE. Ms. Place asked for a correction to be made to the minutes that she requests money needed for refreshments for Shades of Purple, not a specific dollar amount. MR. BOCCUZZI MOVED TO APPROVE THE MINUTES OF THE AUGUST 21, 2017 MEETING WITH CORRECTION FOR REQUEST FOR MONEY NEEDED, NOT SPECIFIC AMOUNT, FOR REFRESHMENTS FOR SHADES OF PURPLE. SECOND BY MS. THEUNE. ALL IN FAVOR. MOTION PASSES. Ms. Place also pointed out a mistake in the July 17, 2017 meeting minutes – the amount requested for funding for the annual picnic should be \$33.00 not \$3.00. MR. BOCCUZZI MOVED TO APPROVE THE JULY 17, 2017 MINUTES TO CORRECT ANNUAL PICNIC FUNDING OF \$33.00 EACH NOT \$3.00. SECOND BY MR. PASSARO. ALL IN FAVOR. MOTION PASSES.

REPORTS:

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report, reviewed updates of events. (ATTACHMENT A) Ms. Wiedemann asked COA to attend events. Ms. Place is preparing for the Annual Bazaar scheduled for November 18 and Annual Holiday Party, December 7 at Michaels At The Grove, 11-4, Ms. Place requested \$200 deposit. MR. GUIDERA MOVED TO APPROVE \$200.00 FROM THE GIFT FUND FOR THE DEPOSIT FOR MICHAELS AT THE GROVE FOR THE ANNUAL HOLIDAY PARTY. SECOND BY MS. THEUNE. ALL IN FAVOR. MOTION PASSES.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report. (ATTACHMENT B) Ms. LoBosco spoke to the needs of the Food Pantry which is suffering a bit, but did get a few monetary donations to do some shopping. Ms. Wiedemann asked if she could put food donation on Facebook suggest for people to bring a food donation to the Triad, yes. Energy assistance will be underway, uncertainty of state budget will not affect this year, but maybe next year. Ms. LoBosco is starting holiday baskets.

TREASURER'S REPORT: Ms. Wiedemann reviewed the financial report. Ms. Schmidle commented about the Newtown Labor Day Parade amount, Ms. Wiedemann clarified that this was a donation to the Labor Day Parade. MS. SCHMIDLE MOVED TO FILE THE FINANCIAL REPORT FOR AUDIT. SECOND BY MS. THEUNE. ALL IN FAVOR. MOTION PASSES.

CHAIR/VICE CHAIR: Ms. Wiedemann distributed the chair report (ATTACHMENT C) Ms. Wiedemann gave a list of numbers for volunteering opportunities. Ms. Wiedemann thanked Ms. Theune for volunteering at a well-attended event at Walnut Tree Phase II

Sub-committee's: discussion of subcommittees and the need for them. Ms. Wiedemann and Mr. Guidera talked about the Wellness Series.

Ms. Wiedemann said the Senior Center Advisory Committee is appointed by the First Selectman.

Ms. Wiedemann said the committee on elderly financial abuse has not met yet, will have more information after the Triad. Mr. Guidera is looking for members and discussed possible dates. Ms. Wiedemann said that Clare and Ann are working on the booklet and moving forward. Ms. Wiedemann spoke to concern of grants that are not through the Commission On Aging, require the Friends of Newtown Seniors, she has been advised by Mr. Tait that the COA cannot have them on the Treasurer's Report because it is not our organization. Mr. Tait advised Ms. Wiedemann of the process which involves a lot of documentation, grants must be discussed at a meeting and have voted to go forward. Ms. Wiedemann is not sure if a grants committee is necessary unless we have checked with Ms. Place, then decided it is within the COA, then all steps need to be followed, need permission to apply for the grant. Speaking as Parliamentarian, Ms. Schmidle said that you need a motion by the Commission On Aging to apply for a grant. Mr. Boccuzzi spoke to variances of applying for grants for the Friends of Newtown Seniors, Mr. Guidera spoke to how the FONS and COA can work together to be apprised of grant interests and submissions. Mr. Guidera distributed suggested Grants process for the Commission On Aging. (ATTACHMENT D) Mr. Guidera asked the COA to review the document.

OLD BUSINESS

Parade donation:

MR. BOCCUZZI MOVED TO DONATE \$200.00 FOR THE PARADE DONATION. SECOND BY MR. GUIDERA. ALL IN FAVOR. MOTION PASSES.

MR. BOCCUZZI MOVED TO APPROVE TO PAY THE TOTAL AMOUNT \$254.50 FOR THE PRINTING COSTS FOR THE PARADE, SECOND BY MR. GUIDERA. ALL IN FAVOR. MOTION PASSES.

MOTION TO APPROVE PAYMENT TO MINUTEMAN PRESS FOR UP TO \$300.00 FOR PRINTING COSTS OF THE PAMPHLET. SECOND BY MR. BOCCUZZI. ALL IN FAVOR. MOTION PASSES.

NEW BUSINESS:

Ms. Wiedemann introduced Rudy Magnan, Newtown League of Senior Voters, Mr. Magnan announced dates of upcoming forum at the Newtown Senior Center with candidates for Newtown Public Office:

Board of Education: Wednesday, October 25, 2017, 4:30 pm

Board of Finance: Thursday, October 26, 2017, 4:30 pm

Legislative Council, Republican Candidates: Friday, October 27, 2017 4:30 pm

Legislative Council, Democrat Candidates: Monday, October 20, 4:30 pm

VOTER COMMENTS: None.

Ms. Schmidle said the COA should be heavily involved in the new senior center, she encouraged unity.

Ms. Theune, received two more bids for the resource guide - .73 and .84 each. Ms. Theune distributed sheets of the resource guide, she asked for help verifying information, check entry name, phone numbers and websites in particular. Ms. Theune passed around artwork for the pamphlet. Ms. Theune has reached out to pharmacies for discounts.

Mary Broder spoke about new family-owned pharmacy in Newtown. Ms. Broder said they offer free flu shots for seniors. They deliver throughout the state of CT. Ms. Broder said the trend of pharmacies is to be healthy, prevention, look to collaborate together. Ms. Schmidle and Ms. Wiedemann are involved with the VNA and suggested coordination with the VNA and the pharmacy. Ms. Schmidle thanked Ms. Broder for senior sparkle, Newtown Parade.

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

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, Grants.

NEWTOWN SENIOR CENTER
Director of Senior Services
August 19, 2017 – Sept 15, 2017

ATTACHMENT A

PROGRAMS NUMBER OF ATTENDANTS (August)

Meditation	36
Zumba Gold	23
Exercise	269
Floor Yoga (2 days)	58
Chair Yoga (2 day)	120
Cards	113
Mah Jong	16
Bingo/Keno	27
Lunch	113
Hot Dog/pizza Luncheon	22
Knitting	37
Iris Fold cards	10
Quilting/sewing	31
Walk-Ins	23
Billiards/ping pong	16
Crafts	4
Trips	79
Newsletter	4
Wii	15
Painting/Art	28
Special events/entertainment	33
Tai Chi	53
Qi Gong	62
AARP Safe Driving	22
Ballroom Line dance	
Barn Dance	65
Current Events Discussion	52
Spanish Lessons	10
Speakers	37
Chair Pilates	37
Strength & Balance	30
Inter-generational w/ CAC	136
Password	26
Blood Pressure	11
AARP Taxes	
Game night	16

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
201	497	232	401	291	1572

COMPLETED EVENTS:

- | | |
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| • AARP Driving Safety Program | August 18 |
| • WCAAA Assistive Technology Lunch & Learn | August 18 |
| • Annual Summer Picnic @ Holiday Hill | August 21 |
| • Senior Artist Highlights | Sept 12 |
| • Masonicare Senior Annual Picnic | Sept 15 |

UPCOMING EVENTS:

- | | |
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| • 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:

- | | |
|------------------------------|---------|
| • 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 |

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

Oct 10 9-12

Oct 24 9-12

GIFT FUND:

*******Annual Holiday Party is Dec 7 @ Michael's @ the Grove 11-3 as in past practice the deposit of \$200 to be paid from the Senior Services Gift fund.**

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

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

I'm sharing with you his resume. (see attached) Very impressive and lucky to have him instruct here.

UPDATE:

Sept 12. "One Woman Show" featuring Shirley Kopnicky was a wonderful event. Many seniors were in attendance and even her family and the Bee came to support Shirley. It was delightful! Every picture had a story and she described each one with humor. At the end she was glowing totally happy! This event was one of the most rewardingto see Shirley shine was what it's all about!

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

Sept is the first for a "Highlights of a Senior Artist "Every Picture has a Story". This month I will be Highlighting Shirley Kopnicky, 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

Pilobolus Dance will resume Oct 4,5,6 Fee is \$45

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..

The annual Masonicare Picnic was a wonderful time for all. Residents also joined in the festivities. Ms. Jean Reilly was also in attendance. Old and new together.

In full swing preparing for Annual Bazaar scheduled Nov 18. Need Bakers !!!!

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.

More to report on Monday

Keeping the seniors busy, active and independent.

Marilyn



Synopsis of Dance Resume

George Maderski began his dance career at the age of six. His intense training program included many years of tap, jazz, ballet, Russian character and Polish folk dancing. He participated in frequent folk dance competitions throughout the U.S., Canada, and Poland. In 1975 George was invited to participate as a Russian character dancer with the Joffrey Ballet's production of "Petrouchka". In 1976 George began his love affair with ballroom dancing by teaching for Fred Astaire, Arthur Murray, and many independent dance studios throughout the Metropolitan N.Y. C. area. At that time, he began to study under the guidance of his coach and mentor, the late great ballroom teacher, John Zouroudis (Rudy), as well as the famous Francois Szonyi. Throughout the 1980's, he won numerous top awards as a theatrical and cabaret dance champion in various ballroom dance competitions, including the American Star Ball, The Texas Challenge, The Classique du Quebec, The Professional Harvest Moon Ball, and the New Jersey State Open. During that time, he traveled the world by teaching and performing for over seven years on various world cruise lines, as well as appearing and entertaining numerous times at Catskill resorts in upstate N.Y. and other venues in the New York City Metropolitan area. He likewise performed with the American Ballroom Dance Theater. In the 1990's, George began his addiction to Argentine Tango by studying with Masters such as Juan Carlos Copes, Nelson Avilla, Carlos Gavito, and Diego DiFalco. George has recently taught at Metropolitan Dance Studio in Westbury, N.Y. as well as continuing education classes in Garden City, Roslyn, and Merrick/Bellmore H.S.'s. in Nassau County. Currently, he is teaching Ballroom on the Bay in Huntington, Long Island. He is also on the teaching faculty of the Stardust Dance Weekends and occasionally teaches on cruise ships. George holds a B.A. in Political Science as well as a Master's Degree in Russian Area Studies.

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

September 2017

Program Statistics

Energy Assistance Applications – 2016-2017 (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) – (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
Renter's Rebate – Program started on April 3rd (69 applications to date).

Received a large donation of food items for the pantry from the Knights of Columbus (Monroe) as well as a check for \$750.00. Also, received a donation of \$103.00 for the pantry from a young brother and sister who collected money at their lemonade stand. Sunny Brook Farm also had their annual food drive for us and collected over \$300.00 for us.

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.

We have started accepting applications for the Thanksgiving and Holiday Programs. Thankfully, the Newtown Fund has been able to recruit new members to keep the program running.

ATTACHMENT C

Chair Report - September 18, 2017

Recently the Newtown Bee had some pertinent phone numbers. I'd like to share them with all of you, so you can share information.

If you know of someone who needs a ride from FISH (Friends in Service Here), please call 1-800-794-0034 by 4pm the day before. If you'd like to drive for FISH, please call Colleen Honan at 203-426-0714.

We also have the HART bus that provides transportation. You have to register and be 65 years of age. They operate Monday through Friday from 7am-4:45pm and Saturday's from 8:15am-4:15pm. Please call 203-744-4070.

For Meals on Wheels - please contact Marilyn Alexander at 203-426-6340 to receive meals. If you'd like to be a driver for MOW, please call Colleen Honan at 203-426-0714.

Lastly, the Visiting Nurse Association (VNA) has a loan closet in two locations. One is located at the ETH and the other is located by Social Services behind the Police Station. We have a lot of durable medical equipment that can be loaned, for free, to Newtown residents.

I hope that many of the sub-committee's have had a chance to meet and can give a brief report at our meeting on Monday.

Please try to attend our Round Table at Walnut Tree at 3pm. The clubhouse is located on Jennifer Lane. Go to Church Hill Road turn on to Walnut Tree hill Road. Take a right onto Haley Lane. At the end of Haley Lane take a right onto Jennifer Lane. The clubhouse is the only building on the right side of the street.

Don't forget the Health Fair tomorrow at Reed Intermediate School 9-1 (9/16) and the Arts Festival that begins this evening (9/15) and runs through the weekend.

See you all Monday, Anna

ATTACHMENT D

GRANTS

Prior to agreeing to apply for any Grant money, the proposal for the Grant shall be placed on the agenda of the Commission On Aging and discussed in a meeting open to the public.

At such open meeting, the Public shall have an opportunity to speak to whether the Grant should be pursued by the Commission or declined by the Commission.

The Commission shall not pursue a Grant which is essentially for the use and benefit of another organization, even those organizations working for the benefit of the elderly, but should encourage such other organizations to apply for Grants separately on their own.

Nothing herein shall prohibit the Commission from working in tandem with other entities which are designed to assist the elderly, provided each entity has its own separate Grant monies.

The Commission shall not apply for or accept a Grant without the review and approval of the Finance Director of Newtown. The Commission shall follow all directives of the Finance Director in applying for a Grant.