

**NEWTOWN COMMISSION ON AGING
Minutes
Regular Meeting
Monday, November 18, 2019**

**NEWTOWN SENIOR CENTER
CENTER FOR ACTIVE LIVING
MULTIPURPOSE ROOM
8 SIMPSON STREET
NEWTOWN, CT 06470**

5:00 PM

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

The Commission On Aging held a regular meeting on Monday, November 18, 2019 at 5:00 pm at the Newtown Senior Center, Multipurpose Room, 8 Simpson Street, Newtown, CT.

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

PRESENT: Anna Wiedemann, Anne Rothstein (5:16 pm), Barbara Bloom, John Boccuzzi, LeReine Frampton, Ruby Ryles, Curt Symes, Claire Theune, Larry Passaro. Alternates: Joanne Albanesi, Cris Carvalho Fadus, Bob Edwards.

ABSENT:

ALSO PRESENT: First Selectman Dan Rosenthal, Community Center Director Matt Ariniello, Legislative Council Dan Wiedemann, 3 public.

PUBLIC COMMENTS: Mary Maday – commented that the sign in procedure compromises personal information and suggested a change in procedure. Linda Sarafian – commented that there needs to be more clarification with senior center hours and closing schedule, also address the hot water in restroom.

MINUTES: MR. SYMES MOVED TO APPROVE THE MINUTES OF THE OCTOBER 21, 2019 MEETING. SECOND BY MR. PASSARO. Mr. Symes clarified his point that the COA should be able to review and understand the proposed budget, in order to work collaboratively and support the budget. MR. SYMES MOVED TO AMEND THE MINUTES TO CLARIFY HIS COMMENT ON PAGE 2 TO THE COMMISSION ON AGING REVIEW AND UNDERSTAND THE PROPOSED BUDGET. SECOND BY MR. PASSARO. MR. SYMES MOVED TO APPROVE THE MINUTES OF THE OCTOBER 21, 2019 MEETING AS AMENDED TO CLARIFY HIS COMMENT ON PAGE 2 TO THE COMMISSION ON AGING REVIEW AND UNDERSTAND THE PROPOSED BUDGET. SECOND BY MR. PASSARO. ALL IN FAVOR. (9-0) MOTION AS AMENDED PASSES.

CHAIR REPORT: Ms. Wiedemann shared the chair report. (ATTACHMENT) Ms. Wiedemann highlighted the need for soft baby dolls for dementia residents at Newtown Rehabilitation. Ms. Wiedemann noted the work of Officer MaryHelen McCarthy. Ms. Wiedemann thanked Mr. Passaro for presenting a recent program “Let’s Talk Rock and Roll.” The Senior Holiday Party is scheduled for December 15 from 1:00 -4:00 at the Community Center.

VICE-CHAIR REPORT: Ms. Wiedemann said edits have been completed for the senior resource guide; awaiting bids from three printers. (ATTACHMENT)

TREASURER’S REPORT: Ms. Bloom shared the Treasurer’s Report. MS. ALBANESI MOVED TO SEND THE TREASURER’S REPORT TO AUDIT. SECOND BY MR. SYMES. ALL IN FAVOR. (9-0) MOTION PASSES.

DIRECTOR OF HUMAN SERVICE REPORT: Ms. Wiedemann distributed the Senior Center reports. (ATTACHMENT)

COMMITTEE REPORTS

SENIOR FUNDING: Ms. Ryles reported the award of a \$10,000 grant.

LIVABLE COMMUNITY UPDATE: Mr. Boccuzzi said there was a good turnout at the local candidates forum. WestCOG Regional Plan of Conservation and Development is holding public information meeting, the presentation is December 4 at the Greenwich Audubon Center from 7pm – 8pm and December 5 at Highstead in West Redding from 7pm – 8pm. Chored Services is in progress and Brush With Kindness. Transportation continues to be an issue for seniors, and for those traveling on Route 84 as well as other roads in and around Newtown.

BY-LAWS – Ms. Wiedemann said a subcommittee met and will make changes, will discuss during the December meeting.

NOMINATING COMMITTEE: Ms. Theune reviewed the nominations. (ATTACHMENT) MS. FRAMPTON MOVED THE PROPOSED SLATE OF NOMINEES FOR THE NEXT COMMISSION ON AGING, ANNA WIEDEMANN – CHAIRMAN, ANNE ROTHSTEIN – VICE CHAIRMAN, LARRY PASSARO – TREASURER. SECOND BY MS. BLOOM. ALL IN FAVOR. (9-0) MOTION PASSES.

NEW BUSINESS

Joining Chamber of Commerce - \$150 annual fee – discussion tabled until December.

Bulletin Board on Wheels, Easel Firestick, Handicap Door Opener, Indoor Shuffleboard, Rolling TV Cart

MS. ROTHSTEIN MOVED TO PURCHASE A BULLETIN BOARD ON WHEELS FOR \$106.22. SECOND BY MS. ALBANESI. ALL IN FAVOR. (9-0) MOTION PASSES.

MS. FRAMPTON MOVED TO PURCHASE AN EASEL FOR \$59.90. SECOND BY MS. BLOOM. ALL IN FAVOR. (9-0) MOTION PASSES.

MS. BLOOM MOVED TO PURCHASE AN INDOOR SHUFFLEBOARD FOR \$120.64.
SECOND BY MS. FRAMPTON. ALL IN FAVOR. (9-0) MOTION PASSES.

MS. FRAMPTON MOVED TO PURCHASE A ROLLING TV CART FOR \$159.99. SECOND
BY MS. ROTHSTEIN. ALL IN FAVOR. (9-0) MOTION PASSES.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. FRAMPTON MADE A
MOTION TO ADJOURN AT TIME 5:56 PM. SECOND BY MS. THEUNE. ALL IN FAVOR.
(9-0) MOTION PASSES.

OLD BUSINESS

Senior Center needs:

Piano Tuning

Furniture – tables and chairs

Sterilizer for Kitchen – not necessary

Small commercial freezer – ordered

Extra oven rack – ordered

Pans for kitchen

Dishes for kitchen

Speaker and microphones

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Chair Report, Senior Center Reports, Resource Guide, Proposed Slate of Office
Nominees for the next Commission On Aging.

November 18, 2019 COA Chair Report

First of all, a HUGE THANK YOU to the crafters and Natalie for a most successful Bazaar! We earned \$3, 733.34! This would not have been possible without all the hard work of the crafters who have been working feverishly since January! We had a lot of great items in the White Elephant as well as delicious goodies on the baked goods table! We had so many show up to help set up and then help on the day of. It was wonderful to see the room packed with people all eagerly shopping! Next up for the crafters is discussion on setting up the Senior Center Store – stay tuned.

I would like some help with another idea I had. I was contacted by a nurse at Newtown Rehab who is looking for soft baby dolls for the dementia residents. Stuffed animals won't work. They find comfort in holding and sleeping with soft baby dolls. I'd like to start something called "Operation Baby Doll". Let me know if you have patterns to make dolls and I'll find people who can help cut the pattern out, sewers and stuffers! Then we can deliver them not only to Newtown Rehab, but to other Memory Care Facilities! I will have a sign up at the meeting.

I wanted to point out that one of our very dedicated Police Officers, MaryHelen McCarthy helped begin program in our community where a purple heart is put on the door of the home of a loved one who has memory issues. This alerts our PD of a person who may need some extra care because of the onset of dementia or other similar types of issues.

We will begin working on updating our bylaws. There are only a few things that need updating. I will post a meeting for working on this and will send the revisions to our group in December so that we can vote to adopt the updated bylaws at our 12/16 meeting.

I have added updating our COA brochure and Bylaws to our sub-committees. Ruby is chairing the brochure – shouldn't take too long to update and then find a printer (sadly, a lot of printers are closing shop – so that may be our new challenge, finding printers that are cost effective). The By-Laws subcommittee will be meeting soon and the updated version will be sent to everyone so we can vote to update the bylaws at our December meeting.

A reminder that next Tuesday, November 19th, there is an intergenerational program at the high school called Trivia and Tea. It will run from 3-4:30pm. If you are interested in attending, you can let me know or contact Jessica Ward at Newtown Youth and Family Services 203-426-8103.

Jessica Ward also told me about a program called OLLI (Osher Lifelong Learning Institute). It is a program currently run through UCONN. <https://olli.uconn.edu/>
I took this from their website: Welcome to the Osher Lifelong Learning Institute (OLLI) at UConn Waterbury, where adult learners 50 and above are welcomed to come to expand their minds and connect with other seasoned learners. As an OLLI member, you open the door to endless opportunities for intellectual and social stimulation. Whether you are here solely to take classes or want to partake in the myriad of other OLLI activities, you are in for a treat. We are glad you've discovered us. I printed out their Fall 2019 catalog and have other information I can pass around at our meeting on Monday. I'd love to invite Jessica's dad Fred and Fiona deMerill

to come and speak about this program for our Seniors. Please let me know what you think if you have time to click on the link or after you look at the catalog on Monday.

A big thank you to Larry Passaro whose recent program “Let’s Talk Rock and Roll” which was not only well attended but very informative. It ran for an hour and a half and was not even half way through! I say we bring him back for Part 2! A big thank you to Zack Macey as well, who helped Larry with the Power Point presentation and took a big interest in this topic. What a wonderful intergenerational piece!

Suzette from the Health Department was at a meeting at the SC this past week. I had a chance to talk to her about the Sanitizer. She feels it’s not necessary. All we need to do is create a sink with a fill line – just take an empty (clean) gallon bottle. Fill the sink up with 10 gallons of water. Then draw a line all around the sink so you have your water mark for the future. You then add one tablespoon of Clorox bleach for every 2 gallons of water. It has to be an EPA registered, non-concentrated, non-fragrance bleach. Clorox is EPA registered and readily available. Then we can migrate over to buying dishes and doing away with paper plates. Then we just need the dishes to air dry. We may have to install shelves for the plates – but will look further into this.

And last, but not least, we have a date for the Senior Holiday Party. It will take place on Sunday, December 15, 2019 from 1-4 at the Community Center. The cost is \$25 per person. More information as well as tickets will be at the meeting on Monday.

Stay warm – I do believe Old Man Winter has returned! Anna

Department of Human Services: COA Report

November 18, 2019

On November 9th the Bazaar Committee held our annual Bazaar in our new Senior Center. The sale was a tremendous success, raising over \$3000 for the Senior Center through the sale of crafts, baked good and treats, and the White Elephant tag sale. A special thanks to all who were involved crafting for months, baking, selling, and organizing. At the excellent suggestion of one of our members we'll be having "pop-up" sales, having a table alternating between the Senior Center and Community Center on Mondays and Wednesdays until the holidays. There are still some amazing crafts to be sold so please stop by and do some holiday shopping.

We continue to expand programming. This week we'll hold our first Alzheimer's support group, in partnership with Maplewood. On December 3rd we are hosting a Community Conversation on Aging for Western CT. The State Unit on Aging (SUA) is writing a new three-year strategic plan encompassing services for older adults in Connecticut, with an emphasis on programs funded by the Older Americans Act. In order to ensure that the plan includes priorities important to older residents in the state, SUA is holding a series of community conversations at several locations. Western CT will be here in Newtown. Please join us so your thoughts and visions for senior services in CT can be heard. December also means if holiday party time! I'm looking forward to being a part of this celebration and excited to be here in the new Community Center for this special event.

As we are in the final phases of hiring I will soon be having a meet and greet at the Senior Center to introduce community members to the full Department of Human Services team and provide an overview of roles.

Social Services Updates:

Government Assistance Programs:

- **Energy Assistance:** we began taking applications on September 16th. To date we have completed 84 applications. Last year Newtown submitted 261 applications between September and May.

Habitat/Brushed with Kindness Program: We continue to participate in the Brushed for Kindness program but to date have not had one completed application for assistance submitted to us. We will look to additional ways to promote this program in community as it is a valuable resource. With FONS new Chore Service kicking off I look forward to partnering with them to utilize programs such as this most effectively.

Holiday happenings: we are in the throes of preparing for the holidays. We are completing registrations for Thanksgiving Baskets, filled through sponsors to Woman in Newtown, and Holiday Baskets, filled through sponsors to the Newtown Fund. Once all registrations are complete I will share how many senior households were included in these programs.

Submitted by:

Natalie

Natalie Jackson, Director

People that were active between 10/15/2019 and 11/15/2019
Filters:

Age Range	Count
Ages 55-59	6
Ages 60-64	36
Ages 65-69	72
Ages 70-74	82
Ages 75-79	71
Ages 80-84	48
Ages Below 55	6
Ages Over 85	73
Unknown	2
Totals	396

Total Members as of 11/18/2019: 907

(Total Non-residents: 104)

Event Statistics from 10/15/2019 to 11/15/2019

Filters:

Category	Duplicated	Unduplicated
F - Class/Workshop	161	68
F - Health Screenings	22	20
F - Health/Fitness	826	140
F - Rec./Entertain	57	22
F - Social Activity/Event	370	99
F - Socializing	282	78
F - Special Events	129	108
F - Special Groups	101	39
F - Trips	6	6
P - Nutrition	160	30
P - Social Activity/Event	15	15
Total Event Signins	2129	329

Event Occurrences from 10/15/2019 to 11/15/2019

Filters:

Site(s):

All

Category	Event	# of Events	Hours Sched	Unduplica	No Fob
F - Class/Workshop	Art in the Atrium	5	10	15	
	Con artist Playbook	1	1	20	
	French Lessons	2	2	7	
	Knitting	5	10	21	
	SPANISH	5	5	17	
	Tech Troubleshooting	5	5	3	
	Total	23	33	70	
F - Health Screenings	Blood Pressure	3	3	13	2
	Flu Shot Clinics Oct 22nd	1	3	11	4
	Total	4	6	23	
F - Health/Fitness	Broadway Burn	5	5	28	
	Chair Pilates	5	5	30	
	Chair Yoga	10	10	56	
	Fitness Fury	10	10	52	
	Flex & Fit	4	4	26	
	LINE/COUNTRY DANCING	3	3	23	
	Morning Meditation	5	5	8	
	Qi Gong/Tai Chi	5	5	17	
	Strength training	5	5	15	
	video exercise 2	9	9	12	
	Walking Club	5	5	4	
	Wellness Screening	1	2	5	
	Yoga	9	9	40	
	Zumba	5	5	25	
Total	81	82	173		
F - Rec./Entertain	Canasta	5	15	4	
	Mah Jong	5	12	13	
	POOL	20	140	9	
	Total	30	167	26	
F - Social Activity/Event	Birthday celebration	1	1	8	
	Cards	19	133	17	
	Catch Phrase	6	6	11	
	Coffee with the first selectman	2	2	14	
	Craft	11	22	16	
	Halloween Bingo Party	1	2	13	
	Lunch and Learn	5	58	65	10
	Newtown Police Officer	1	1	3	
	Ping Pong	4	4	3	
	Poker	5	15	7	
	Puzzles	23	-103	9	
	Quilting/Sewing	5	18	7	
	Total	83	159	112	

F - Socializing	Socializing/Just Visiting	24	216	84	
	Total	24	216	84	
F - Special Events	Movie	1	1	100	11
	SPEAKER	3	3	34	
	Speaker" Anthem Benefits Plar	1	1	2	
	Total	5	5	123	
F - Special Groups	Book club	2	2	8	
	COA Round table	2	2	10	
	Hot Topics	5	5	15	
	Men Breakfast Club	1	1	6	
	Parkinson Support Group	1	1	5	20
	Social Services	1	1	0	
	Womens Discussion Group Ch	4	4	14	
	Total	16	16	43	
F - Trips	New England Carousel	1	4	6	
	Total	1	4	6	
P - Nutrition	Lunch	19	19	37	
	Total	19	19	37	
P - Social Activity/Event	Thimble Island Tour	1	9	16	
	Total	1	9	16	
	Grand Totals	287	716	380	

Commission on Aging
November 18, 2019
Report on Senior Resource Guide
Anne Rothstein

All edits to the booklet have been completed

Took to one of the recommended printers who made the following suggestions

1. Reformat to the page size desired
2. Make sure all page breaks are OK
3. Save as a PDF
4. Print as booklet to assure number of pages and format (see sample)
5. Create cover and save as PDF
6. Print as booklet to assure format
7. Scan cover art to JPG
8. Provide cover color (Wausau Astrobrights Fuschia)
9. Send files via internet and will provide prices as requested.

Printers from whom bids requested

Southbury Printing Center Southbury (203) 264-0102 Fred

Bethel Printing Bethel (203) 748-7034

Infinity Printing Danbury (203) 748-1128 Jack

**Proposed* Slate of Office Nominees
for the Next Commission on Aging**

Anna WiedemannChairman

Anne RothsteinVice Chairman

Larry PassaroTreasurer

**Interest was expressed by these candidates in person on October 21,
and by email on October 29th.*

Prepared by Claire Theune, LeReine Frampton, and Larry Passaro, COA
Nominating Committee.

November 18, 2019