

TOWN OF COLCHESTER

Commission on Aging
95 Norwich Ave., Colchester, Connecticut 06415
(860) 537-3911

Where Tradition Meets Tomorrow

Colchester Commission on Aging **Regular Meeting Minutes**

Monday, August 9, 2010 – Colchester Senior Center

RECEIVED
COLCHESTER, CT

2010 AUG 11 PM 1:49

Nancy A. Bray

NANCY A. BRAY
TOWN OF COLCHESTER

Members Present: Chairperson Jean Stawicki, Vice-Chair Theresa Hendricksen, Bernie Erickson, Sue Maikshilo, Rose Levine, Betty Ann Oppelt

Members Absent: Clara Erickson, Barbara Warden, Bill Wagner

Others Present: Patti White, Rosemary Coyle

- 1. Call Meeting to Order:** The meeting was called to order by Vice-Chair Theresa Hendricksen at 1:09 p.m.
- 2. Minutes:** Betty Ann Oppelt motioned to approve the regular meeting minutes of 7/12/10. Sue Maikshilo seconded. All other members present voted in favor. MOTION CARRIED.
- 3. Financial Report:** Bernie Erickson reported that dial-a-ride collected \$434.27 in July from bus transportation. Of that, \$165.00 was for out of town trips. Betty Ann Oppelt motioned to approve the Financial Report. Sue Maikshilo seconded. All other members present voted in favor. MOTION CARRIED.
- 4. Chairman's Report:** No items were reported.
- 5. Senior Center Director's Report:** Patti White reported that the system used to collect donations for transportation needs to be changed. She is meeting with other centers to see how they handle this situation. A member stated that she had heard some complaints regarding the change in bus usage. Patti asked all Commission members to refer citizens with any complaints or problems to her so that she can help as best she can.
She also said the Senior Center Study Group will be meeting this month with the Superintendent of Schools to explain the written report regarding usage of existing school buildings. Rosemary Coyle explained that the group is completing their due diligence by researching a new stand-alone senior center, a combined senior center/community center as well as refurbishing an existing town building, as charged by the Board of Selectmen.
Patti also said that TRIAD is holding a Uniform Fashion Show on October 19th from 9-12. This year they are changing the format to a more program based focus. They will

talk about letting people into your house or not as well as the latest fraud scams and identity theft.

Bernie Erickson motioned to approve the Senior Center Director's Report. Rose Levine seconded. All other members present voted in favor. MOTION CARRIED.

6. Old Business:

A. Visitation Program: Patti has begun telling people about this program and has gotten some interest from seniors looking for help. They do need volunteers and will begin training in September. All further information will be published in the Busy Bee. Volunteers can be people from the community as well as seniors.

B. Long Term Care Need Issue: Rose Levine said she has started working on the program that will be held on October 20th, "Keeping Seniors at Home". She's talked to a physician, a Certified Aging & Placement Specialist and a representative from Senior Resources. They will cover issues such as driving, home health, what resources pay for what, etc. She talked about advertising in the local newspapers, leaving fliers in local businesses, doctor offices, the library, churches and sending information through e-mail.

Rose also distributed a flier from Our Shoreline Community Association (OSCA). This "is a non-profit, membership-directed association, designed to enrich the lives of residents in Mystic, Noank, Groton Long Point and Mumford Cove." She said volunteers and members pay \$1.00 per day for this neighbor helping neighbor service which provides volunteer matching and a resource list of area professionals whose services are recommended.

C. Bylaw Review: Rosemary Coyle brought copies of Chapter 18 of the Code of the Town of Colchester for the Commission on Aging. These were amended on June 30, 1994. They detail how many members there should be and how they should be filled, the purpose, duties and budget. There was discussion regarding how the Commission is actually functioning compared to what the Code says. There are some differences and Rosemary suggested either adjusting how the group operates or adjusting what the Code says. She also related that the bylaws need to reflect the language from the Town Charter.

7. New Business: No items were reported.

8. Adjournment: Sue Maikshilo motioned to adjourn the meeting at 1:53 pm. Bernie Erickson seconded the motion. All other members present voted in favor. MOTION CARRIED.

Respectfully submitted,



Michelle Komoroski

CODE OF THE TOWN OF COLCHESTER, CONNECTICUT, v11 Updated 03-01-2009
/ THE CODE / Chapter 18, BOARDS, COMMITTEES AND COMMISSIONS /
ARTICLE V, Commission on Aging [Adopted 8-18-1977; amended 6-30-1994]

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CODE OF THE TOWN OF COLCHESTER, CONNECTICUT, v11 Updated 03-01-2009
/ THE CODE / Chapter 18, BOARDS, COMMITTEES AND COMMISSIONS /
ARTICLE V, Commission on Aging [Adopted 8-18-1977; amended 6-30-1994] / §
18-15. Organization.

§ 18-15. Organization.

- A. There shall be a Commission on Aging in the Town of Colchester, consisting of seven members and two alternate members, which shall be called the "Colchester Commission on Aging." [Amended 6-16-2005]
- B. Members and alternate members shall be appointed by the Board of Selectmen and shall be chosen as follows:
 - (1) One member shall be a representative of an elderly organization.
 - (2) One member shall be a representative of the Colchester Chapter 4019 of the A.A.R.P. [Amended 12-18-2003]
 - (3) Three members shall be members of the public. [Amended 6-16-2005]
 - (4) Two members shall be members of the public 60 years of age or older, one male and one female.
- C. The two alternate members shall be members of the public 60 years of age or older. [Amended 6-16-2005]
- D. All members so appointed shall be persons interested in and committed to the consideration and solution of the problems of the aging.
- E. A Chairperson shall be elected by the members of the Commission from among the members.
- F. Alternate members shall attend all meetings and shall take the place of a regular member when a regular member is absent from a meeting. When taking the place of an absent regular member, such alternate member shall be counted toward a quorum and shall have all the voting rights of the absent member. The Chairperson shall rotate alternates to serve in this

capacity as needed.

- G. The First Selectman, the Director of Health of the Town of Colchester and the Chairperson of the Colchester Clergy Association (or their designees) shall be nonvoting ex-officio members.

CODE OF THE TOWN OF COLCHESTER, CONNECTICUT, v11 Updated 03-01-2009 / THE CODE / Chapter 18, BOARDS, COMMITTEES AND COMMISSIONS / ARTICLE V, Commission on Aging [Adopted 8-18-1977; amended 6-30-1994] / § 18-16. Membership and terms of appointment; compensation.

§ 18-16. Membership and terms of appointment; compensation.

In January of each year the Board of Selectmen shall appoint members and alternate members to replace those whose terms are then expiring. All members and alternate members shall be appointed to hold office for a period of three years, except for the initial appointments of which three shall be for three years, three for two years and three for one year. Vacancies shall be filled for the unexpired portion of the term, and the Commission may recommend a candidate to the Board of Selectmen to fill said vacancy. Members of the Commission shall serve without compensation.

CODE OF THE TOWN OF COLCHESTER, CONNECTICUT, v11 Updated 03-01-2009 / THE CODE / Chapter 18, BOARDS, COMMITTEES AND COMMISSIONS / ARTICLE V, Commission on Aging [Adopted 8-18-1977; amended 6-30-1994] / § 18-17. Purpose.

§ 18-17. Purpose.

The purpose of the Commission shall be to review and analyze the needs and conditions of the elderly and aging in relation to housing, nutrition, employment, economic welfare, health, recreation, social services, transportation and other matters and problems of concern to the elderly. The Commission shall also plan, coordinate, develop and implement programs to meet the needs and to improve the conditions of the elderly and aging within the Town of Colchester and shall provide coordination and linkage of such plans and programs among existing services. The Commission shall act as an advocate for the elderly and aging and shall make recommendations from time to time to the Board of Selectmen and at the Annual Town Meeting regarding services for elderly and aging persons.

CODE OF THE TOWN OF COLCHESTER, CONNECTICUT, v11 Updated 03-01-2009 / THE CODE / Chapter 18, BOARDS, COMMITTEES AND COMMISSIONS / ARTICLE V, Commission on Aging [Adopted 8-18-1977; amended 6-30-1994] / § 18-18. Duties.

§ 18-18. Duties.

The Commission shall initiate, plan and coordinate services and programs for the elderly and aging within the Town of Colchester in accordance with its purpose. It shall review, initiate and recommend approval or disapproval of applications for federal, state, local and private funds for programs for the elderly and aging to the Board of Finance and the Board of Selectmen. The Commission shall assist in interpreting and developing policies and guidelines for elderly services and programs. The Commission shall meet at least once every month on a date which shall be determined by the members and shall call special meetings from time to time as necessary. The Commission shall be authorized to establish and promulgate bylaws to enable it to function in fulfilling its duties. It is not intended that the Commission shall operate programs.

**CODE OF THE TOWN OF COLCHESTER, CONNECTICUT, v11 Updated 03-01-2009
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18-19. (Reserved) EN**

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/ THE CODE / Chapter 18, BOARDS, COMMITTEES AND COMMISSIONS /
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18-20. Budget.**

§ 18-20. Budget.

The Commission shall prepare an annual budget. Said budget shall be submitted to the Board of Selectmen to be included in the next fiscal year budget for submission to the Board of Finance and the Annual Town Meeting by February 1 of each year.

Become a Member

Membership is open to adult residents in the general Groton/Stonington area.

To join Our Shoreline Community Association, please fill out the attached membership application and forward it with your membership fee to:

Our Shoreline Community Association
P. O. Box 287
West Mystic, CT 06388-0287

or

Contact coordinator
Stephanie Panagos
for more information:

860-271-1681

OurShorelineCommunityAssociation@yahoo.com



ABOUT THE ASSOCIATION

Our Shoreline Community Association (OSCA) was inspired by the success of the Beacon Hill Village that began as a group of central Boston neighbors seeking assistance to stay in their own homes.

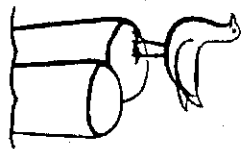
OSCA was initially sponsored by The Anderson-Paffard Foundation of the Noank Baptist Church, The Charles Allyn Foundation, The Rotary Club of Mystic, St. Patrick Church - Community Life, Mystic and other local clubs, foundations and individuals. Thanks to this support, OSCA is an independent corporation, in the process of obtaining non-profit status, with a board elected by members.

Volunteering

People of all ages are encouraged to volunteer with OSCA. Each person is a valuable resource for our community. Volunteers are interviewed and subject to a short background check.

Please contact *Stephanie Panagos* at
860-271-1681
for a volunteer application.

OUR SHORELINE COMMUNITY ASSOCIATION



*Creating a community
dedicated to helping members
connect to people, activities,
and services that enable them
to stay in their homes, enjoy
their community and find
answers to the challenges that
aging can bring*

Including the communities of

MYSTIC
GROTON LONG POINT
NOANK
MUMFORD COVE

OSCA offers lower-income residents a reduced rate through a special program.

To learn more about our services, social, cultural and community events, visit our website at:

www.OurShorelineCommunity.org



Our Shoreline Community

Association (OSCA) is a non-profit, membership-directed association, designed to enrich the lives of residents in Mystic, Noank, Groton Long Point and Mumford Cove. We provide services through neighborhood volunteers and also maintain a resource list of professionals in the area whose services are recommended. Our Coordinator connects requests with volunteers and providers, following up to ensure satisfaction.

Why Should I Get Involved?

- You experience the satisfaction of creating a connected community
- You get to know other interesting people
- You are a valued and valuable resource for you neighborhood
- You have access to a list of vetted vendors for your own needs
- You share your skills and talents
- You enable older residents to save money by not having to hire help for volunteer-provided services

Services & Activities

OSCA will:

- Support member attendance at social, cultural and community events
- Provide, as needed, transportation to medical appointments, grocery shopping and pharmacies
- Organize member activities, such as book clubs, exercise programs and crafts
- Make regular contacts through friendly phone calls, if desired
- Provide a directory of service providers, some at discounted rates, for home repair, lawn maintenance, pet sitting, home healthcare and more
- Maintain an extensive list of home care services, personal care assistants, and medical facilities and clinics for your convenience

Volunteer services include:

- Transportation to and from appointments and activities
- Help with running errands
- Handyman chores
- Help with shopping
- Keeping in touch

Join - Volunteer - Donate

For membership and additional information about OSCA, please complete and mail to:

**Our Shoreline Community Association
P. O. Box 287
West Mystic, CT 06388-0287**

(Please Print)

Name _____

Address _____ Town _____

State _____ Zip _____ Telephone _____ Email _____

- Please send more information Please call Please email me
 I would like to become a member \$365 annually per household (quarterly payments are acceptable)
 I am making a donation to OSCA, enclosed is my check I would like to become a volunteer