

# **TOWN OF EAST WINDSOR ELDERLY COMMISSION**

## **REGULAR MEETING MONDAY, MARCH 23 2015 AT 5:30 P.M. TOWN HALL MEETING ROOM**

### **I. Call to order:**

Vice Chairman Drouin called the Meeting to Order at 5:30 p.m. in the Town Hall Meeting Room, 11 Rye Street, Broad Brook, CT.

### **II. Attendance:**

**Present:** Betsy Burns, Deborah Donovan , and Catherine Drouin. Also present was Kristen Bouchard, Municipal Agent.

**Absent:** Claire Badstubner, and Nancy Polmatier-Thurston

A quorum was established as three members were present.

### **III. Approval of Minutes –February 23, 2015:**

Approval tabled until the April 27, 2015 Meeting

### **IV. Added Agenda Items: None.**

### **V. Open Discussion – 2015 Projects:**

**File for Life:** Mrs. Drouin provided the Commission with a sample File for Life which can be attached to a resident's refrigerator or cabinet. Pertinent medical or personal information is contained in the file and is easily available to first responders.

Discussion followed regarding

- Past implementation in East Windsor, including seminars through the Senior Center
- Developing a community out-reach program to involve residents who do not use the Senior Center and those residents living in Senior Housing locations
- Researching sources to continue an ongoing program for the File for Life.

**ICE(In Case of Emergency):** The Commission discussed this program, which assists seniors add emergency information to their cell phone. Discussion followed



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regarding development of seminars/events to promote this program, as well as information on internet safety and scam alerts.

**Yellow Dot Program:** Ms. Donovan summarized the Commission's status regarding implementing this program – which identifies a senior is present in a vehicle. Further discussion tabled until a future meeting.

**Senior Center:** Municipal Agent Bouchard updated the Commission on the following:

- Funding has been allocated within the Capital Improvement Projects Budget for a facilities study regarding the Senior Center.
- Review of monthly activities calendar – See Attachment A. She noted renewed focus is being directed towards planning trips to restaurants, entertainment venues, etc.
- A gaming license has been acquired; bingo can once again be offered at the Senior Center.
- Meetings have been initiated for a Men's Group.

**VI. Public Input – Comments only (5 minute maximum)**

No public in attendance.

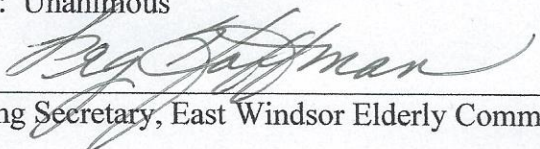
**VII. Adjournment:**

**MOTION:** To ADJOURN at 6:30 p.m.

Donovan moved/Burns seconded/DISCUSSION: None

VOTE: In Favor: Unanimous

Respectfully submitted

  
:Peg Hoffman, Recording Secretary, East Windsor Elderly Commission



# EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

## APRIL 2015

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFE (860) 292-8279  
NUTRITION PROGRAM MEALS - ON - WHEELS (860) 292-8279 WEBSITE WWW.EASTWINDSORCT.COM

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> APRIL FOOL'S DAY  Shopping at Geissler's 9:00  Men's Group 10:30 Wii Zumba 12:30 Warehouse Point Library 1:00-2:00	<b>2</b>  Free Blood Pressure - Sugar Screening 10:00- 12:30  Stroke Prevention & Education Program 11:00 - 12:00  Senior Club Meeting 1:00-3:00	<b>3</b>  GOOD FRIDAY  SENIOR CENTER CLOSED
<b>6</b> Shopping - Big Y or WalMart 9:00 - 11:00  TAX ASSISTANCE 9:00 - 12:00  Art with Tex 12:30  Wii Bowling 12:30	<b>7</b>  Game Day 10:00-11:30   Chair Yoga 12:30	<b>8</b> Shopping at Geissler's 9:00 Santander Bank 10:00  First Niagra Bank 10:30  Nutmeg State Credit Union 11:00  Wii Zumba 12:30	<b>9</b>  Bingo for \$\$ 12:30-2:00    JEWELRY MAKING with Janice \$\$ 10:30  Yankee Candle 10:00 Lunch at Chandler's \$\$ Mobile Food Share St. Catherine's Church 1:45 - 2:30	<b>10</b>          Hu Ke Lau \$\$ 10:00 a.m. - 1:30 p.m.  In-House Movie TBA 9:30 a.m. - 11:30 a.m.
<b>13</b> Shopping - Big Y or WalMart 9:00 - 11:00  Art with Tex 12:30  Wii Bowling 12:30	<b>14</b> Tea Time & Focus Group 10:00-11:00  1:1 Law Sessions 12:30  Chair Yoga 12:30  Staff Meeting 2:00-3:00	<b>15</b> Shopping at Geissler's 9:00  Nutmeg Transportation Program 10:00  Wii Zumba 12:30	<b>16</b>  JFS Presents: <i>Relationships w/ Adult Children</i> 11:00  Senior Club Meeting 1:00-3:00	<b>17</b>          JEWELRY MAKING with Janice \$\$ 10:30  Mobile Food Share St. Catherine's Church 1:45 - 2:30
<b>20</b> Shopping - Big Y or WalMart 9:00 - 11:00  Art with Tex 12:30  Wii Bowling 12:30	<b>21</b> Footcare \$\$ 9:00-1:00  Food for Thought 11:00-11:30  Chair Yoga 12:30	<b>22</b> Shopping at Geissler's 9:00  Wii Zumba 12:30	<b>23</b>  AARP Safe Drivers Course \$\$ 9:00-2:00	<b>24</b>          JEWELRY MAKING with Janice \$\$ 10:30  Mobile Food Share St. Catherine's Church 1:45 - 2:30
<b>27</b> Shopping - Big Y or WalMart 9:00 - 11:00  Book Club 10:30 a.m. <i>The Language of Flowers</i> by Vanessa Diffenbaugh Art with Tex 12:30 Wii Bowling 12:30	<b>28</b> Christmas Tree Shoppe 9:30-12:00  Chair Yoga 12:30	<b>29</b> Shopping at Geissler's 9:00  Webster Bank 10:00  Wii Zumba 12:30 p.m.  SET UP FOR MONTHLY SOCIAL	<b>30</b>  Birthday Social 12:00 The Humble Bees	

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 -WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.