

Commission on Aging
Minutes of Regular Meeting
Monday, March 19, 2012

The Commission on Aging held a regular meeting on Monday, March 19, 2012 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Thomas Dwyer called the meeting to order at 4:30 p.m.

Members Present: Thomas Dwyer, Joanne Davis, LeReine Frampton, Margaret Imbro, Joan Plouffe, Larry Schneider, Curt Symes, Sheila Torres and Anna Wiedemann.

Member Excused: Karin Aurelia and Mary Ellen Lydem.

Support & Advisory Present: Marilyn Place, Director of Senior Services, Ann Piccini, Municipal Agent for the Elderly, Senior Action Committee member Bob Sharpe.

Also Present: Aida Reiske and Barbara Hayden of the Senior Center staff and seven members of the public.

Mr. Dwyer noted that an open position on the Commission has been advertised in The Bee.

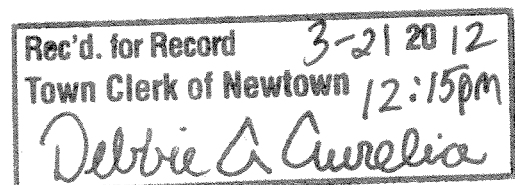
Unfinished Business

Discussion Points - Sheila Torres. In response to Ms. Torres request for the number of paying members, Mrs. Place distributed a report indicating the paid members since 2010 as well as those non paying seniors who participated in programs (Attachment A to original minutes).

Senior Directory - Report by Anna Wiedemann and Sheila Torres. Mr. Symes reported that at a working session it was agreed that smaller would be better. A structure and an index will be discussed. Mrs. Wiedemann agreed that smaller is better and she does not feel that any groups should be advertised. Funding will have to be determined. Ms. Torres distributed an update (Attachment B to original minutes).

Planned Giving Program - Report by Curt Symes. Mr. Symes noted that Mrs. Place will plan a session for him to discuss this program one on one with interested seniors. One resident feels that it is ludicrous to ask for seniors to give money to the town because she knows of many seniors who are close to poverty. Mrs. Davis noted that there could be many donors who would be willing to be approached through this program. Mr. Symes noted that we are in the process of identifying what procedures need to be followed. Mrs. Plouffe asked about the legal logistics. Mr. Symes said this would be separate from the Gift Fund.

Grant's Committee and Strategic Plan Sub-Committee - Report by Joan Plouffe and Sheila Torres. Mrs. Plouffe noted that the meetings have to be noticed and that she and Ms. Torres will plan to schedule meetings. It was reported that Housatonic Community College offers a course on grant writing.



Victory Garden Row - Report by Sheila Torres. Ms. Torres said that the Victory Garden will start on April 1. She presented a list of names for the row for the Commission to choose: they agreed unanimously on "Savvy Sages." The Victory Garden will be moved in the fall, not now.

New Senior Center - Visit to Shelton & Monroe Senior Centers. Mr. Dwyer reported that he and Mrs. Place plus several frequent users of Senior Center visited the Shelton and Monroe Senior Centers on March 7th to observe their facilities for the purpose of proposing that the best ones be included into the design of our proposed new Senior Center. William Thiessen, who was one of the seniors who accompanied Mr. Dwyer, prepared a report on what they saw and Mr. Dwyer distributed copies to the commissioners (Attachment C to original minutes). Mr. Dwyer is preparing a report of his own which will deal primarily with the financing, usage and management of the Centers and will distribute it at the next meeting. He suggested visiting other senior centers to obtain the same kind of information and Mrs. Place stated that she is planning such trips.

Space Problems At The Senior Center. Mr. Dwyer spoke with Land Use Director George Benson about whether parking could be expanded to the north to which Mr. Benson said no because that is wetlands. The south side could be utilized per Mr. Benson but he noted that it would be expensive to cut into the bank that is there.

Correspondence and Announcements. Mr. Symes moved that Officer Mary Helen McCarthy be invited to join the Commission on Aging's support and advisory staff and be invited to attend the monthly meetings. Second by Mrs. Wiedemann and unanimously carried. Mr. Dwyer will contact her on this.

Minutes of February 27, 2012 Meeting. The minutes will be amended to note that the Commission did not vote on purchasing plants for the Victory Garden. Ms. Torres noted that she decided not to request funding because this year we will use annual plants from Planter's Choice and perhaps when the garden is moved we can purchase perennial plants. Upon motion of Mrs. Frampton the minutes were accepted as amended.

Treasurer's Report (Attachment D to original minutes). In Mrs. Aurelia's absence Mr. Dwyer distributed copies of the Finance Department's statement showing that as of March 14, 2012 the balance in the Commission on Aging Gift Fund was \$28,109.92. Upon motion of Mrs. Davis, the report was accepted as presented.

Director of Senior Services Report. (Attachment E to original minutes) Mrs. Wiedemann will provide information to Mrs. Place on applying for the Goodrich Grant which the VNA has received. Mrs. Place asked for funds from the Gift Fund to provide light lunch for a Lunch and Learn series of five programs that is sponsored by Regional Hospice. Mrs. Wiedemann moved to authorize a total of \$250 from the Commission on Aging Gift Fund for five sessions of Lunch and Learn at \$50 each. Second by Mrs. Frampton and unanimously carried.

Municipal Agent for the Elderly Report (Attachment F to original minutes). Mrs. Piccini reported that she has received a copy of the Triad booklet from Newtown Police Officer Mary

Helen McCarthy, Mrs. Place noted that the Commission is invited to a TRIAD open house in September.

New Business

History of Efforts to Obtain a New Senior Center. This history is being worked on by Mr. Dwyer and Mr. Symes.

Public Participation. One resident noted that we really need a larger senior center. Another commented throughout the meeting that we do need more space and that the senior center had to turn some people away from a class today. Bill Thiessen asked if the item for a senior center can be moved up in the Capital Improvement Plan (CIP). The CIP will be on the agenda for the May meeting. Seniors are encouraged to attend the meetings of the boards who vote on the CIP. Mr. Thiessen also asked about increasing the amount of the budget. This led to a lengthy discussion of the history of the pursuit of a new senior center.

Adjournment The meeting adjourned at 6:20 p.m.

Ann M. Mazur, Clerk

A

ANNUAL BUDGET 2012-2013

DEPARTMENT: NEWTOWN SENIOR CENTER

NEWTOWN SENIOR CENTER - PERFORMANCE MEASURES & INDICATORS						
Measure/Indicator	(Calendar Year)					Est. 2012
	ACTUAL 2008	ACTUAL 2009	ACTUAL 2010	ACTUAL 2011	ACTUAL	
Paid Members						
Members	1,300	1,289	440	376	400	
Outreach/Health Programs	35	38	952	950	950	
Trips	22	25	42	36	36	
Programs/Classes	43	46	45	54	60	
Meal site clients	52	68	50	50	53	
			63	146	140	

Paid members are those who pay \$12 per year and participates in paid teachers classes
Members are those who utilize the Flu Shot clinics, Income Tax preparation, info/ educational seminars, AARP etc

SENIOR SERVICES DIRECTORY

Team

Anna, Sheila, Curt, Marilyn, Aida

Goal

Identify local or regional resources that serve or support the needs of seniors and their families.

Approach

Use a simple, easy-to-update and cost effective directory style brochure that includes major headings and relevant alphabetical listings under each heading (similar to Woodbury's with some elements of Fairfield's)

Focus on public resources and regional organizations, thus avoiding having to decide among the many private providers.

Make brochure available on line and in print and revisit the information each year so that the online brochure is always evergreen.

Have a back page that users can submit with suggestions/changes.

Make it a self-mailer?

Next Steps

Team will determine what the major headings will be and will present those and an outline to COA

After COA input, team will fill in the categories and present to commission

Team will check all numbers and web sites and finalize draft

COA will review and provide input

Brochure will be printed

WILLIAM F. THIESSEN

103 Currituck Road

Newtown, CT 06470

(203) 426-3200

Comments on Shelton & Monroe Senior Center Facility Visits March 12, 2012

Shelton Facility-

Yes, Marilyn; what's not to like about this facility? It is spacious, uplifting with natural lighting, and fairly well laid out for senior activities. I like the fact that windows exist for interior viewing of room activities as one walks around the center core floor. I would encourage the use of this concept if we have the chance to build our own facility.

The choice of the building site is ideal, whether by design or chance. Just locating any available parcel of land in Newtown is not necessary the best approach for the selection of our site. Part of the beauty of the Shelton building is its site with sufficient land surrounding it. The circular driveway adds to its elegance. The availability of additional parking at the police station for trips and large attended events is a big plus. The existence of a patio for outdoor activities is a great feature.

I do believe there are a few things I would change. One thing I do like about our current facility is the ability to see and greet seniors as you walk into the facility. I believe that concept can be incorporated into the design of the Shelton facility; and at the same time, make the center core floor space more usable on a daily basis. I would make the center core floor area, adjacent to the snack bar, a café by erecting removable decorative panels. With tables and chairs, this area could be used for table games as well as for the daily lunches. I would also move the kitchen to the adjacent corner of the snack bar. During large parties, the removable walls could be set up in front of the snack bar to serve as a backdrop for the band.

Positioning the kitchen in the area described, above, has several advantages. The obvious is the serving of food at lunch time. Being close to the front of the building, a kitchen door to the outside could exist for bringing prepared foods and groceries into the building without carting them through the lobby. Also, it could be used for servicing the patio.

Moving the kitchen to this other area would allow another room adjacent to the bingo room. I would make the wall between the two rooms a folding wall. This would permit a larger single room for oversized future program activities or events.

If our facility is to serve as an emergency shelter, it is recommended that we consider adding a few showers and emergency power. Thinking along these

same lines, the kitchen stove should probably be operated by gas as well as the hot water.

In my opinion, the more flexibility that one can initially design into a building is the best way to plan for the unknown.

Monroe Facility-

The Monroe facility is far too small to be considered suitable for Newtown. There are just not enough rooms or floor space. Again, however, it has good natural lighting. The room off the lobby serves the purpose for greeting people upon entering the facility. Cathedral ceilings in the center core floor area are not recommended as the director indicated.

Parking, as well as control of the parking area, is critical to any site being considered. Sharing a parking lot with a ball field or high usage facility is not recommended. Also, any employed parking area should be paved in order to avoid potential damage to facility lawns and grounds. Although, the Monroe facility uses the rear grounds for events, it should be covered with slate or something in order to avoid walking problems as well as concerns with ticks, wet grass, potential mole holes, etc.

D

COMMISSION ON AGING GIFT FUND - MARCH 14, 2012

DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS TRUST FUND	BALANCE
7/1/11	Beginning Balance				46,802.45
7/22/11	J-47 Trust Distribution			593.87	47,396.32
8/22/11	Ck. # 23633 Matthews Buses inc		(22,320.00)		25,076.32
8/22/11	J-79 Reimburse approp line for bus transp		(984.50)		24,091.82
9/30/11	J-79 Cash Receipts	10.00			24,101.82
10/20/11	J-53 Cash Receipts			593.87	24,695.69
10/20/11	J-53 Cash Receipts	3,017.60			27,713.29
11/1/11	Ck. # 73626 Capellao's - Party		(1,025.00)		26,688.29
11/29/11	J-78 Cash Receipts	1,000.00			27,688.29
12/1/11	Ck. #74000 Vinnie Carr		(450.00)		27,238.29
1/19/12	J-55 Cash Receipts			546.13	27,784.42
3/7/12	J-18 Cash Receipts	325.50 *			28,109.92
		4,353.10	(24,779.50)	1,733.87	28,109.92

*300.00 Check from From Taunton Press
25.50 Checks and cash from several Senior Center users

325.50

E

NEWTOWN SENIOR CENTER
Director of Senior Services
Feb 28, 2012 – March 19, 2012

- Work w/ Income tax assistance counselors on tax preparation sessions
- Confer w/ Senior Action Committee on space issues and their goals
- Make arrangements for SAC to visit and tour other senior centers
- Confer w/ and set-up Lifeline a medical alert system info presentation
- Work w/ NHS Career Center on a Jr/Sr mentoring program
- Meet with student to help plan her senior project here at the Center
- Oversee all programming
- Program Shop
- Supervise all programs
- Supervise trips
- Continue to access needs of clients
- Continue to plan excursions utilizing the senior van
- Confer w/ teachers on space issues
- Confer with teachers on ongoing schedules and changes
- Confer with RSVP on ongoing community service projects and volunteer hours
- Continue to work with Ability Beyond Disabilities chorus program
- Continue to review contracts of potential trips for the year
- Continue to work with area hospital on ongoing community projects
- Continue community projects
- Facilitate quilting/sewing classes
- Facilitate staff meetings when needed
- Meet w/ family members on clients situation
- Set-up w/ N.O.W. meal site of scheduling specialty luncheons w/ carving station
- Set-up and cook for themed luncheons
- Confer w/ Maplewood @ Newtown for luncheon tours and specialty programming

COMPLETED TRIPS:

- St Patrick's Celebration @ Villa Bianca

UPCOMING TRIPS:

- Italian Fest @ Villa Bianca April 11
- Tribute to Barry Manilow @ Aqua Turf April 23
- Mohegan Sun March 29
- "Spring Fling" @ Platzl Brauhaus April 18
- Overnight 3 day trip to Cape Cod and Nantucket April 27

SPECIAL EVENTS:

- Income Tax Assistance Feb 6 – April 9 appt only
- "Fall Safety" Lifeline medical alert Program March 22
- Newtown senior tax relief benefits March 28 9 to 12
- (mealsite) Traveling Chef w/ carving station April 5
- Massage Therapy "Round Table" April 19
- Community education program series (5) starts April 20

Since we last met I've escorted the Senior Action Committee w/ 2 members of the COA to the planned tours of Shelton Senior Center and Monroe Senior Center.

I'm making plans to visit Oxford, Woodbury, Bethel, Southbury, Brookfield, Easton, Redding and Danbury in the near future. When I have the dates I will extend an invite in hopes more COA members can join us.

By doing this it helps to organize and continue our efforts for our "spacial needs" assessment.

I'm actually repeating the joint effort (between COA , SAC and P&R) that was done 4 and 3 years ago. That is how we came up with our layout and plans for the senior center section of the Community Center at FFH.

It's great to see other Centers (all different, but the same) and collaborate together with SAC so they see and understand the process we (COA) went through before and that we continue to do so now.

The exercise class on Monday is working out very well. (20 in exercise room, 8 in sun room) As is Wednesday in the main room.

We do need to discuss the growth in exercise classes and how to contain them to the maximum occupancy in the future.....possible a low fee? Paid monthly? I am looking at all possibilities, as looking at what other Centers do. Most Centers charge a fee.

This is the time of year whereas some High School students need community service and we always have a few to help about 10 hours a week. Sometimes it is specially nice when it happens to be a grandchild of one of our members. They are so proud !

Some seniors took advantage of the play "Bye, Bye Birdie" at the Middle School and "Sweeney Tod" @ the High School.....wonderful productions at both schools and they loved it

I have some great community educational programs scheduled for the Spring/Summer sponsored by Regional Hospice and Home care of western Ct, also with Lifeline (the #1 medical alert service) and Home Instead Senior care and Griffin Hospital. (see attached)

This Spring I will be doing a mentoring program with NHS Career Center.

I'm partnering with a junior @ the HS and her grandfather. The project is focused on art, relationships with senior citizens, and animal habitats.

This student will work with her grandfather to make/build Audubon bird houses. Have a class at the center for the seniors to paint them and explain Audubon bird houses. This is an elective course that has been designed to provide the motivated and responsible junior or senior student the opportunity for further study not available within the confines of the traditional classroom environment.

Looking forward to this.

Always busy!



Marilyn



NEWTOWN SENIOR CENTER NEWSLETTER

**Newtown Senior Center
Director Marilyn Place
14 Riverside Road
Sandy Hook, CT 06482
(203) 270-4310
March—April**

**LUNCH and LEARN (Community Education Program Series)
Sponsored By Regional Hospice and Home Care of Western CT, Inc.**

I.

“Let’s Talk About ADVANCE DIRECTIVES”

This is the first of 5 Education Luncheon Programs being offered at the Senior Center

What is an *advance directive*, and *why* is it important for everyone to have one, whether you’re ill or not?

Friday April 20th 12:00

If there ever comes a time when you are unable to communicate your wishes regarding your medical care, an advance directive is a legal document that communicates your preferences to physicians and others who may be entrusted with your care.

We’ll talk about the types of advance directives *recognized* in Connecticut and everyone who comes to the hands-on workshop will get the chance to create one on the spot.

Linda Pickney, nurse liaison at Regional Hospice & Home Care, will present the workshop. he will also discuss:

1. Myths and facts about advance directives
2. Explain terminology
3. Answer questions regarding treatment options

Also attending will be a notary public.

An advance directive is a gift that you give to your family so that they don’t need to make decisions for you. Everyone should take a few minutes to fill out a simple form to make sure your wishes are met.

The rest of the schedule is as follows:

II

Friday May 18th 12:00

Hospice Medicare Benefit: Covered Benefits and Services

Learn about specific care and services covered for individuals who are eligible.

Hospice Eligibility: When is a person eligible?

This program will discuss disease-specific indicators by diagnosis for the most appropriate and timely access to services.

III

Friday June 15 12:00

End Stage Dementia and Hospice

Learn how to identify significant symptoms of end-stage dementia and how hospice care can help.

IV

Friday July 20 12:00

Helping Caregivers When a Loved one is Seriously Ill

Caregivers of loved ones may feel burdened, isolated or overwhelmed.

Learn how to help and support families as well as their loved ones.

Recognize the potential for caregiver burn-out and how to help families manage the physical and emotional demands of caring for the seriously ill.

V

Friday August 24 12:00

Spirituality at the End of Life

This program provides a spiritual, nondenominational framework.

Topics range from healthcare, to the sensitive issues patients and their families face during the end-of-life care.

Please call 203-270-4310 for a reservation. Limit to 30

Senior Center members are free all others \$2.00 due at sign-up.



The Taunton Press
Inspiration for hands-on living®

63 South Main Street
P.O. Box 5506
Newtown, CT 06470-5506

February 17, 2012

Ms. Marilyn Place
Director of Senior Services
Newtown Senior Center
14 Riverside Road
Sandy Hook, CT 06482

Dear Ms. Place:

Please accept this donation from The Taunton Press and its' employees. We are pleased to support your organization's outstanding service to life of the senior population in our community.

Very truly yours,

Timothy Rahr
Executive Vice President
& Chief Financial Officer

Enclosure
TR:hbl

WILLIAM F THIESSEN
Ph. 203-426-3200
103 Currituck Rd
Newtown, CT 06470

213
51-7229/2211
BRANCH 1

2/15/12

Pay to the Order of Newtown SC Gift Fund \$ 10.00
ten NO/100 Dollars

NEWTOWN SAVINGS BANK
The Best You Keep For Life



For Microwave William Thiesen
⑆ 221172296⑆ 706 100 142⑈ 0213

HELEN P SZAMOTULA
18 CHARTER RIDGE DR
SANDY HOOK, CT 06482

0982
51-7218/2211
13

2-15-12 Date

Pay to the Order of Newtown Senior Ctr - COA Gift Fund \$ 15.50
Fifteen & 50/100 Dollars

People's United Bank
peoples.com

For Helen Szamotula
⑆ 221172186⑆ 0130262174⑈ 0982

THE FACE OF THIS DOCUMENT HAS A COLORED BACKGROUND ON WHITE PAPER, A VOID PANTOGRAPH AND MICROPRINTING. THE BACK OF THIS DOCUMENT HAS AN ARTIFICIAL WATERMARK - HOLD AT AN ANGLE TO VIEW.



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Three Hundred and 00/100 Dollars

CHECK DATE	CHECK NUMBER
02/17/2012	36949

CHECK AMOUNT
\$ *****300.00

TO THE ORDER OF
SENIOR CENTER OF NEWTOWN
RIVERSIDE DRIVE
SANDY HOOK CT 06482
USA

T. Pl
Authorized Signature

⑈00036949⑈ ⑆ 121000248⑆ 2000018007873⑈

Inter-generational Program

My name is Rachel DiVanno and I am currently in my junior year at Newtown High School. I am enrolled in the high school's "Junior/Senior Project" class and have decided to design my junior project to fulfill the most important aspects of my life, which include creating art, strengthening relations with older generations, preserving wildlife habitats and giving back to the community. My story begins in the summer of 2007, while I was visiting my grandfather in Vermont. Being a retired building trades instructor and master builder he is rarely idle. That summer, I was kept busy perfecting the paint on a John Audubon bird house he had just built. The final product turned out so well that he decided to make a few extras for his friends back at his retirement village in New Jersey. Since we did this project together, and the fact that I love to paint, he invited me down to his retirement village to help teach a birdhouse painting class to the residents. Everyone who participated loved the project, feeling delighted as they left the class with a truly unique birdhouse ready to hang in the yard for a bird family to move in. Within a few weeks my grandfather got calls from excited people who remarked on the new families that moved into their birdhouse. That is when I realized the thread that wove together my love of art, senior citizens wildlife and the community. I had to bring it back and share it with my hometown. This was the birth of my junior project. My project is two pronged, first I will build twelve birdhouses to the specifications of the John Audubon Society design. Next, I will conduct a birdhouse painting class at the Senior Center in Sandy Hook for the first twelve interested senior citizens that sign up. Each person will leave with their own uniquely painted birdhouse, ready for them to hang in their yard enticing a bird family to move in. I can't wait spend time designing the birdhouses with the senior citizens and hopefully getting to hear about each bird family that builds a nest in one of the houses. The class will be on April 19th from 10:30am to 1:00pm. There are only twelve spots and twelve birdhouses so sign up soon at the Senior Center. This class is free and all the paint, birdhouses and fun will be supplied. Please feel free contact Marilyn Place, the Director of the Senior Center via email: marilyn.place@newtown-ct.gov or phone: (203) 270-4315 to sign up or for any further questions.

This is a hands-on project ~
whereas you'll paint your birdhouse
yourself w/ the guidance of Rachel.
There is only 12, if interested
sign up w/ Marilyn

3 MAIN STREET
NEWTOWN, CONNECTICUT 06470
TEL. (203) 270-4330
FAX (203) 270-4333

7

COMMISSION ON AGING March 19, 2012
DIRECTOR OF SOCIAL SERVICES/MUNICIPAL
AGENT FOR THE ELDERLY REPORT

We are still taking applications for energy assistance. Anyone needing an oil delivery the last day was March 15th. We made calls to our low income people to make sure they received all of their benefit and arranged a delivery. I will be taking applications at Nunnawauk and other homeowners that heat with electric or metered gas till the end of April. If a person has a shut off notice they can still apply up till May 16th.

Operation Fuel allocated \$5000 to Newtown Social Services. At \$500 each for a total of 10 applications. Operation Fuel would not lower the help to \$250 each which I could have helped twenty people. What CL&P is doing is telling people to call Social Services and apply for the energy application and then they can apply for Operation Fuel thru the Newtown Social Services. When I tell them I do not have any funds left they are getting angry.

We had one couple retiring soon with different dates of retirement and employers benefits from each place of employment. This took time to give all the information about the different programs. We had a girl who picked an HMO and all of her doctors were included at the time she made her choice until she went to one doctor and found out that he opted out of the HMO. She can pick another HMO or Advantage Plan or go back to straight Medicare and a supplement only once during the year.

Clients with the Medicare Savings Program can change to another plan if their medication is not on the card they presently have. We had five clients we helped this month.

We are still receiving donation for the food pantry. I have approximately 18 seniors using the pantry each month

We will be completing a new application for help with United Water Connecticut. They will deduct \$100 for needy families.

I am working on a state application for a husband and wife. One needs home care and the other may stay in a nursing home. The five year look back is very time consuming. Both husband and wife are home now with home care aids. We had a problem with Power of Attorney and were able to change to another person handling their affairs.

I completed six Medicaid applications, and eleven redeterminations for Medicare Savings Applications. **MEDICARE SAVINGS PROGRAM** is now the name for QMB which pays for the supplemental insurance with the state but the doctor has to be a state provider. QMB and SLMB and ALMB pay for the Part B \$99.90 or 115.00 and the Part D for Prescriptions that is deducted from Social Security checks each month. They get extra help for their medications. This means that they pay only \$2.40 to \$6.50 per medication.