

**Commission on Aging
Minutes of Regular Meeting
Monday, May 21, 2012**

REVISED 6/7/12 AND SUBJECT TO APPROVAL AT COA 6/18/12 MEETING

The Commission on Aging held a regular meeting on Monday, May 21, 2012 at the Senior Center, 14 Riverside Road, Sandy Hook, Connecticut. Chairman Thomas Dwyer called the meeting to order at 5:00 pm.

Members Present: Thomas Dwyer, Karin Aurelia, Larry Schneider, Curt Symes, Sheila Torres, LeReine Frampton, Mary Ellen Lydem, Joanne Davis, Margaret Imbro and JoAnne Albanesi

Members Excused: Joan Plouffe

Support & Advisory Present: Marilyn Place, Director of Senior Services; Ann Piccini, Municipal Agent for the Elderly; Maryhelen McCarthy, Police Officer, Newtown Police Department and Robert Sharpe, Chair of the Senior Action Committee.

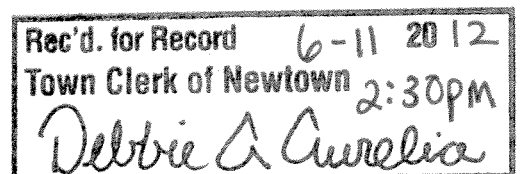
Also Present: Numerous members of the public

CORRESPONDENCE AND ANNOUNCEMENTS – Mr. Dwyer announced the resignation of regular member Anna Wiedemann and extended the appreciation of the Commission for her many contributions to its work. He then welcomed JoAnne Albanesi who was recently appointed as an alternate member. He will be requesting that the Board of Selectmen change Joanne Davis's membership from alternate to regular to fill the vacancy left by Ms. Wiedemann's resignation because she is the longest serving alternate member. He pointed out, however, that in accordance with the Town Charter, the open position must be advertised in the *Bee* for a period of time and the BofS are free to appoint someone else. In view of this alternate members Imbro and Albanesi should notify the BofS if they wish to be appointed.

UNFINISHED BUSINESS

Senior Directory – Although the group assigned to creating a Senior Directory have not met recently they are working on an online/electronic copy for posting to a website.

Planned Giving Program – Mr. Symes pointed out that there was an article in last week's *Bee* about two recently deceased town residents who left \$2,000,000 to Newtown for use in operating the Town's new animal control facility and he hoped that others would be inclined to leave similar amounts to the COA's Gift Fund. He commented that when our Planned Giving Program is in place it will remind residents of the needs of our seniors so they'll make bequests to the Gift Fund in their wills. Finance Director Bob Tait, Town Attorney David Grogins and First Selectman Pat Llodra all support the concept and are involved. The National Council on Aging has some excellent educational information on this subject.



requested that the Commissioners let him know if the type of information provided is satisfactory and if not, what more is needed. When this is received he'll revise the Oxford report, if needed, and issue a similar one on the Redding Senior Center, also on the Shelton and Monroe centers which were visited in March.

Proposal for a COA Open House in September – Ms. Torres would like the Commissioners to get involved and Ms. Place advised that the planned date is Saturday, September 15th. This might change if the Health Fair is scheduled on the same day. The Senior Action Committee and TRIAD will have an open house. There will be tables for introducing the Commission to the public and refreshments will be served. A subcommittee consisting of Mr. Schneider, Ms. Lydem and Ms. Albanesi was formed to assist Ms. Place

MINUTES OF APRIL 16, 2012 MEETING - Mr. Symes moved to approve the Minutes of April 16, 2012 but amended to show that Ms. Imbro was excused from attending that meeting. Seconded by Mr. Schneider and unanimously approved.

TREASURER'S REPORT (ATTACHMENT B TO THE ORIGINAL MINUTES) - Ms. Aurelia distributed a report of current balances in the Gift Fund but pointed out that after it was printed the Fund received a check for \$1,000 from the Lions Club which will be noted in next month's report.

At this time Mr. Schneider and Ms. Lydem left the meeting.

DIRECTOR OF SENIOR SERVICES REPORT (ATTACHMENT A TO THE ORIGINAL MINUTES) - Ms. Place distributed her report for the period April 17th to May 21st and after reviewing it with the commissioners asked that they note particularly her alternative proposals for obtaining additional revenue to pay for the classes she provides. One approach is to increase the annual dues for membership at the Senior Center from \$12 per person to \$24 per person; the other is to charge a fee for each class. She said that she favored the former but requested the commissioners to reflect on the matter and give their views at the next meeting. She also asked for a withdrawal of \$200 from the Gift Fund to pay for flowers to be placed in the front and back of the Senior Center which was unanimously approved.

MUNICIPAL AGENT FOR THE ELDERY REPORT (ATTACHMENT C TO THE ORIGINAL MINUTES) - Ms. Piccini distributed and went over her Report dated May 21, 2012.

NEW BUSINESS - None reported.

PUBLIC PARTICIPATION – There was dialogue between several member of the public who attended and Ms. Llodra.

ADJOURNMENT - The meeting adjourned at 6:45 p.m.

Margaret Wilkin, Clerk

NEWTOWN SENIOR CENTER
Director of Senior Services
April 17, 2012 – May 21, 2012

ATTACHMENT A

- Confer w/ Senior Action Committee on space issues and their goals
- Meet weekly with COA Strategy Team
- Continue to visit area senior center facilities w/ COA and SAC members
- Work with NHS Career Center on upcoming iPad "Getting Started" class
- Continue to work w/ NHS Career Center on a Jr/Sr mentoring program
- Plan special "Fashion Show and Tea" w/ inter-generational group "Bridges"
- Organize special planning for 40th anniversary quilt
- Organize small group tours of local nursing homes for interested senior clients
- Confer w/ TRIAD co-chair on open house Saturday Sept 15
- Confer w/ police officer and Newtown Police Explorers (13-18 yr olds) for a tag sale on August 18 rain date Aug 25
- Begin new projects for Annual Bazaar
- Oversee all programming
- Program Shop
- 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 vacation schedules and changes
- Confer with RSVP on ongoing volunteer hours
- Continue to work with Ability Beyond Disabilities chorus program
- 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 and cook for themed luncheons programming

COMPLETED TRIPS:

- Tribute to Barry Manilow @ Aqua Turf April 23
- Lobster @ Newport Playhouse May 15
- "Spring Fling" @ Villa Bianca w/ Vinnie Carr May 16
- Overnight 3 day trip to Cape Cod and Nantucket April 27

UPCOMING TRIPS:

- Inspirational Concert "4 Troops" Salute to our Armed Services May 24
- 40's Swing Dance Party w/ band @ Villa Bianca June 13
- The Queen of Bingo stage comedy @ Grand Oak Villa June 18
- Westchester Broadway Dinner Theatre "George M" June 14
- Mohonk Mountain House during Music Week June 26
- Tall Ships Harborfest in Boston Harbor July 2

SPECIAL EVENTS:

- Lunch and Learn " Hospice Medicare services, benefits and eligibility " May 18
- WCAAA Senior Financial Fraud Seminar May 22
- Annual Mother's Day Bingo and Tea May 23
- Community education program series (5) continues to August 24

PROGRAMS	NUMBER OF ATTENDANTS
Zumba Gold	31
Exercise	310
Floor Yoga (2 days)	46
Chair Yoga (2 day)	74
Line Dance	41
Cards	75
Mah Jongg	23
Chorus	20
Bingo	0
Lunch	181
Knitting	22
Cards for Troops	5
Iris Fold	13
Quilting	15
Board Games	7
Walk-Ins	52
Billiards/ping pong	25
Trips	55
Newsletter	
Wii	31
Painting/Art/Crafts	22
Scrabble	17
Tai Chi	45
Entertainment	
Bridges	20
Taxes	
Horse Racing	
AARP Safe Driving	

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
229	157	253	187	246

1. **With this past mild winter there was no snow dates nor early/late closings to help defray program operations. Therefore, I requested to transfer \$950 from the 220-2017 Dues and Travel acct to the 220-2022 Senior Center operating acct. (see attached)**
This still left the 2022 SC operating acct short to pay the teachers in June. Funds were left in my payroll acct (\$1450) so the total amount of \$2400 was transferred into the 220-2022 acct (see attached).
2. **In regards to last months report, I would like to discuss further the possibility of either increase the amount for membership dues, which is \$12 pp per year (\$1 a month) (\$6.00 pp after Jan.) to \$24 pp per year (\$2 a month) OR charge for paid teacher classes. I prefer the \$24 instead of a fee per class. Would like your input.**
3. **The Audubon Bird House Jr/Sr project with Rachel DiVanno was a wonderful experience for all involved. (see attached). I will continue with the NHS Career Center to implement an iPad training course called "Getting Started" in June.**
4. **Jody Murphy RN will do a special "Breathing" class for the exercise group after they finish their class on Wed. June 20 @ 11:30. Also, Jody will be doing a GoodLife Challenge for one month. (no deep fried foods). Those completing the challenge receives a certificate and a thankful heart.**
5. **Annual Statewide Senior Outing at Holiday Hill will be Monday August 20th. I will be requesting COA gift fund monies to sponsor the transportation again this year. All inclusive price is \$28 pp. (see attached)**
6. **Newtown Lions Club Foundation, Inc last week donated \$1000 to the NSC COA gift fund. It was a wonderful surprise! A letter of appreciation went out today.**
7. **It is that time of year where I will be asking for monies from the gift account to purchase flowers for the flower boxes out front and the flower pots for the patio, also where the bird bath is out front.**

We visited the Redding and Oxford Senior Center this past month. Next month we will visit Southbury and Woodbury Senior Centers. Dates are not available yet. I will e-mail and /or call with the dates when they are scheduled. Trips are very successful sharing the bus with other Senior Centers and also with that we have a few no minimum trips so we are able to offer a better variety. We have been using the van for local trips and naturally they are starting their weekly "ice-cream" jaunts. The Wii Bowlers have been invited to the Prospect Senior Center Tournament. They apparently do it once a month. We will be scheduled in July.

Always busy!

Marilyn





Advance Directives Workshop Keeps Seniors Informed

Linda Pinckney, clinic director at Kevin's Community Center in Newtown and a hospice nurse, center, discusses information concerning advance directives with Newtown Senior Center members Virginia Cooney, left, and Catherine Wiesman, Friday, April 20, at a special lunch and seminar about taking proactive action to ensure that medical wishes are met when a person becomes unable to speak for him or herself. Ms Pinckney was joined by attorney Paul Lux and Dr Kavita Joshi of Western Connecticut Medical Group in Monroe to answer legal and medical questions about making an advance directive. The visit to the Newtown Senior Center was the fourth in a series of senior center visits across the region Ms Pinckney and area professionals are making to inform citizens about the benefits of an advance directive. Lunch was sponsored by the Commission on Aging, and Newtown Pharmacy provided dessert.

—Bee Photo, Crevier



Beverly Panetti watches as Bill Thiessen applies a detail to one of 12 birdhouses provided to the Senior Center by NHS junior Rachel DiVanno as part of her junior/senior project. Rachel built the birdhouses to Audubon specifications and enlisted the help of Senior Center members to paint them.

NHS junior Rachel DiVanno advises Newtown Senior Center member Rose Cipolla on design application during a workshop planned and overseen by Rachel, Thursday, April 19, for her junior/senior John Audubon Birdhouse project. —Bee Photos, Crevier

Junior/Senior Project Provides Intergenerational Fun

BY NANCY K. CREVIER

The idea for her junior/senior project is one that she carried away from a summer spent in New Jersey with her grandfather, Peter Flipse, nearly five years ago, said Newtown High School junior Rachel DiVanno. The summer of 2007, Rachel painted a birdhouse built by her grandfather to the specifications of one designed by famous 19th Century ornithologist and naturalist John James Audubon. They were so pleased with the result that Mr Flipse made more birdhouses for his friends, and Rachel realized that this was a project she could keep in mind for her latter high school years. The self-directed junior/senior projects allow students to explore interests and make connections to the world outside of the school, said Rachel. Enough hours must be put into planning and implementing the project to take the place of a class that will earn her a half credit.

The first big step of her John Audubon Bird House project took place under the mentorship of her grandfather the first days of spring vacation this month.

"I had to learn to use a radial arm saw to build the birdhouses," said Rachel, a role she had only seen her grandfather operate before. Using white pine wood donated by Home Depot, Rachel carefully cut out and assembled 12 simple birdhouses. Each birdhouse has a drilled 1/4-inch hole, attractive to the bluebirds and arrows common to this part of Connecticut.

The birdhouses have air vents and drainage holes to allow waste to fall through. What these birdhouses do not have are perches. "Audubon

realized that perches should not be on birdhouses," said Rachel, "because they only provide a place for predators to perch and get at the birds' eggs."

Rachel's project is about more than building and painting birdhouses, though. It is an intergenerational project that allows her to pursue her interest in connecting with senior citizens.

"I met with Marilyn Place [Newtown Senior Center director] to determine the size of the class and when we could do this, before we went to my grandpa's," said Rachel.

After completing the birdhouses, Rachel delivered them to the Newtown Senior Center, Thursday, April 19, where she oversaw a special workshop from 10:30 am to 1 pm. A dozen members of the Senior Center had signed up to paint the birdhouses,

using paints supplied by the center and additional supplies purchased with a \$50 grant Rachel received from the Newtown High School PTA.

"It's sort of a passion of mine," said Rachel. "I'm very close to my grandpa, and when I visit him I spend a lot of time in his club with his friends. This project gives me a chance to do the same in my own community," she said.

On Thursday morning, Rachel introduced herself and her project to the seniors gathered in the workspace, and by 11 am the base coats of paint were applied and decorative touches were being applied. Rachel provided samples of birdhouses created and decorated by herself and her sister Jessica, as well as photographs of other painted birdhouses to serve as inspiration.

Rose Cipolla, a member of the New-

town Senior Center, eagerly dabbed bright pink paint on her birdhouse. "This is a new experience for me," exclaimed Ms Cipolla. "I heard about it and thought, why not? It's the first time I've ever painted," she said.

Seated across from Ms Cipolla, Beverly Panetti carefully painted a starburst around the entrance hole to her birdhouse, and Bill Thiessen used precise strokes of the paintbrush to add designs to the birdhouse he was painting. Up and down the long worktable, painters focused on their projects, pausing to admire each other's work or to step back and assess what had been completed.

Rachel circled the room, offering advice and making suggestions for those who were less familiar with craft painting.

"I think it's important for creative outlets to be encouraged, especially at older ages," said Rachel.

Hooks would be attached and the completed birdhouses would be left at the center to dry, after which Rachel planned to take them home and coat each with a protective coat of polyurethane.

"Then I'll bring them back to the center, and they can take them home," said Rachel. The birdhouses can be used as an interior decoration, she said, but she hopes that most of them will be hung outdoors where they can provide shelter to wild birds. "People are sometimes afraid that the birdhouses will get ruined outside, but the polyurethane does protect them," Rachel said.

Looking around at the 12 Senior Center members painting diligently, Rachel said, "The energy here is great. I love it."



Members of the Newtown Senior Center enjoy a morning of painting birdhouses, an intergenerational project sponsored by NHS junior Rachel DiVanno.

Breathing Class

Sat 5/12/2012 5:31 PM

From: Jody Murphy

To: marilyn.place@newtown-ct.gov

Hello Marilyn, it was very nice to meet you and share ideas. I am looking forward to June 20th at 11:30. This class can be done seated or standing. There is some leaning and twisting but very passive so it is a good class for anyone. As discussed I will keep it to 30 minutes. I hope the attendees enjoy it.

I am preparing a letter to send to the living facilities we discussed that may be interested in paying for this class. Is there anyone I besides the activity director I should put the "attention to" line to?

Thanks for your wonderful suggestions, and for making me feel welcome at the center.

Jody Murphy RN/BSN

www.goodlifetogether.com



CHALLENGE

No Deep Fried Foods

For 1 Month

Begins June 1st

Sign up here or
through

Good Life Vitality Center on Facebook

www.facebook.com/goodlifetogether

Email - info@goodlifetogether.com

Call Jody Murphy RN 203-241-3894

Signing up will get you

- * Recipes for alternatives to traditional deep fried foods
- * Health tips related to a lower fat diet
- * Information on what "good" and "bad" fats are and do

If you regularly eat fried foods consider calling your doctor to inform them of the challenge and ask for a lab slip to have your blood checked. This way you can see the changes in blood quality related to cholesterol, triglycerides, liver function etc.

Those completing the challenge receive a certificate and a thankful heart.

transfer

Wed 5/9/2012 2:32 PM

From: Robert Tait

To: marilyn.place@newtown-ct.gov



Marilyn,

Your transfer is done. We don't have to go thru the whole process. I noticed that you will have funds left in your payroll account so I took it out of that. So only Pat and I have to sign. \$2,400 is transferred into your operating account.

Bob

**TOWN OF NEWTOWN
APPROPRIATION (BUDGET) TRANSFER REQUEST**

FISCAL YEAR

2011 - 2012

DEPARTMENT Senior Center

DATE

4/26/12

FROM: Account
01220-2017 DUES & TRAVEL

Amount
(950.00)

USE NEGATIVE
AMOUNT

- _____
- _____
- _____
- _____
- _____
- _____

TO: **01220-2022 SENIOR CENTER OPERATE EXPENS**

950.00

USE POSITIVE
AMOUNT

- _____
- _____
- _____
- _____

REASON:

By keeping within a no increase budget and past cuts , I rely on snow days combined with early/late dismissal. (classes during the winter I follow the school closings)
This year was very mild , therefore I need to transfer monies to support payment of teachers for the end of the fiscal year.
Attached is a copy of monthly classes with attendance for justification

AUTHORIZATION:

date:

(1) DEPARTMENT HEAD

(2) FINANCE DIRECTOR

(3) SELECTMAN

(4) BOARD OF SELECTMEN

(5) BOARD OF FINANCE

(6) LEGISLATIVE COUNCIL

AUTHORIZATION SIGN OFF

FIRST 335 DAYS

>>>>WITH IN A DEPT.>>>>LESS THAN \$50,000>>>> (1), (2) & (3) SIGNS OFF; MORE THAN \$50,000>>>> (1), (2), (3) & (5)

>>>>ONE DEPT TO ANOTHER>>>>LESS THAN \$200,000>>>>ALL EXCEPT (6); MORE THAN \$200,000>>>>ALL SIGN OFF

AFTER 335 DAYS

>>>>(1), (2), (3), (5) & (6)

ANY AMOUNT FROM CONTINGENCY>>>> ALL SIGN OFF

2012 STATEWIDE SENIOR OUTING

MONDAY, AUGUST 20, 2012
9:00 AM – 4:00 PM

Raffle with Great Prizes



**Vinnie Carr with
Dancing and Singing**



**Bocci Horseshoes
Shuffleboard 9 Hole Mini Golf**



Ice Cream Treats from the Ice Cream Truck

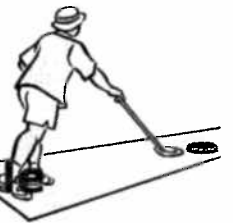
First-Aid Personnel on duty all day

**Heated Pools
Lifeguards on duty all day at the pools**



**Bingo Games all day long with
prizes awarded to all winners**

Budweiser Beer will be on tap



Free Parking with Shuttle Service available

All Inclusive Price - \$28.00 per Guest

All ticket money must be submitted to Holiday Hill no later than
Monday, August 13, 2012.

Tickets will be mailed upon receipt of bank check or money order.

Make check payable to Holiday Hill and mail to;
Holiday Hill, P. O. Box 338, Cheshire, CT 06410

No admittance to Holiday Hill before 9:00 a.m.

No Children will be admitted.

For more Information call 800-533-0029
Sponsored by HOLIDAY HILL
Visit our website at www.holidayhill.com

Rec'd at
COA Meeting
on 5/21/12

COMMISSION ON AGING GIFT FUND

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
4/20/12	J-79 Cash Receipts			546.13	28,656.05
		4,353.10	(24,779.50)	2,280.00	28,656.05

Matthews

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

ATTACHMENT C

**Director of Social Services/Municipal Agent
For The Elderly
Report for May 21, 2012**

Energy Assistance is over. We are now doing applications thru Operation Fuel to help with an electric bill. Their income has to be below the 200% of the poverty guidelines. They also have to have a shut off notice.

The State of Ct., Office of Policy and Management has started the Rental Rebate Program for Totally Disabled and Elderly. I attended the training on May 9th and with the help of the IT Department we should be able to start soon.

On Saturday, May 12th I had the Postal Food Drive. The amount of food donated was good. I should have enough to keep food on the shelves till the holidays. I had eight seniors use the pantry today.

I am still seeing three seniors on a weekly basis. One woman who is blind, to check her mail and complete forms or pay bills. One senior will be getting homecare soon and she is agreeable to the person coming three times a week. The other senior is doing better on an Alzheimer's medication but will not let anyone in to help her. Thru the job bank I am hoping to get a person to cut their lawns each week.

I have two people I am helping with senior housing applications. They cannot afford to live in their homes after they spend their savings. Most of the senior housing sites take up to three years before they can move in. Bethel told me to call in three months for an application.

Both I and Noreen from the Area on Aging are trying to help a woman at Nunnawauk to clean her apartment and take a bath. Housings have to inspect the apartments once a year and this one failed. Her daughter has not come to get her and she was found on the floor not able to move. She did not want to go in the ambulance but with the help of Noreen at Nunnawauk she was taken and admitted.

I saw six elderly at their homes to complete Medicaid applications and seven with renewals for Medicare Savings Program. We have helped fifteen people this month with Medicare and the drug card. Several are looking for information because they are planning to retire soon.

Renters

Income and Grant Information - 2011 Benefit Year Filing period May 15 - September 14, 2012

Qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2012.

Income		Maximum Credit Married/ Single		Minimum Credit Married/Single	
\$ -0-	\$16,100	\$900	\$700	\$400	\$300
16,100	21,700	700	500	300	200
21,700	27,100	500	250	200	100
27,100	32,300	250	150	100	50
32,300	39,500	150	-0-	50	-0-

You will need to show proof of all income:

Social Security, Pension, Retirement, IRA, Annuities, Stocks, Dividends, Interest, Work W-2, Rental Income. If you completed an income tax return for the year 2011, I will need to copy your return. All 1099's.

RENT: Proof of what you paid January thru December 2011.

UTILITIES: Proof of what you paid January thru December 2011 for electric, propane, oil or kerosene.

Please call Newtown Social Services 270-4330 to make an appointment. Or you can see me at Nunnawauk Meadows Tues and Thurs from 12:15 to 2 pm.