

**Commission on Aging  
Minutes of Regular Meeting  
Monday, April 15, 2013 @ 5:00 pm**

MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, April 15, 2013 at the Senior Center, 14 Riverside Road, Sandy Hook, Connecticut.

Chairman Curt Symes called the meeting to order at 5:06 pm.

**Members Present:** JoAnne Albanese, Karin Aurelia, Margaret Imbro, Joan Plouffe, Larry Schneider, Curt Symes (Chair), Anne Rothstein; **Member Excused:** Joanne Davis, LeReine Frampton, Mary Ellen Lydem, and Sheila Torres. **Support & Advisory Present:** Marilyn Place, Director of Senior Services; Ann Piccini, Municipal Agent for the Elderly; Maryhelen McCarthy, Police Officer, Newtown Police Department & TRIAD Representative.

**CORRESPONDENCE AND ANNOUNCEMENTS** – Mr. Symes stated that the commission continues to reach out to organizations within and around Newtown to better communicate goals and identify senior needs. There are various groups involved with Newtown’s healing following 12/14/12.

Margaret Imbro has been approved for appointment as a permanent member of the commission. Joanne Davis has been re-posted to the website. The commissioners were asked to check their tenure status on the website and let Mr. Symes know if there are any errors.

Mr. Symes said that on the State level Gov. Malloy has appointed Edith Prague as the Director of the new Aging Services Division. On a National level, May is celebrated as Older Americans Month. Ms. Place is planning some events to recognize this.

**APPROVAL OF MINUTES** – Mr. Schneider motioned to accept the minutes of the March 18, 2013 Meeting. The motion was seconded by Ms. Imbro. The minutes were approved as written.

**CHAIRMAN’S REPORT** – Mr. Symes discussed looking at the Charter revision and the Town ordinance. Ms. Place discussed the relation between the Commissions on Aging and the Senior Centers in other towns. Mr. Symes said the commission can make services in Town more attractive to the seniors.

The Strategic Planning Team (SPT) met to review and assess ongoing work and to formulate 2013 objectives for the commission. It was determined a “back to basics” approach to objectives was needed.

It is clear that Newtown and Sandy Hook are still grappling with how best accomplish individual healing. The commission will continue to identify actions that might help in this process. The clergy of Newtown have enacted a monthly healing service.

With the planned adoption of a uniform Newtown-wide gift policy Mr. Symes has been working with Tom Dwyer and Bob Tait to better understand the genesis of the current gift fund, which serves both the needs of the Newtown Senior Center and works of the Commission on Aging.

**TREASURER'S REPORT** (Attachment A to the original minutes) – Ms. Aurelia distributed and reviewed the Finance Department's statement showing that as of April 11, 2013 the balance in the Commission on Aging Gift Fund is \$36,481.24.

**DIRECTOR OF SENIOR SERVICES REPORT** (Attachment B to the original minutes) – Ms. Place discussed the benefits of meeting with Commissions on Aging in other towns. She distributed her report for the period 03/19/13 to 04/15/13, highlighting significant entries. She discussed participation in various programs and found that seniors are looking for more exercise programs. Ms. Place requested funding from the gift account to help finance some events and programs (as noted in the attached). After discussion, Mr. Schneider motioned to authorize the use of the gift fund for events and programs as requested by Ms. Place. Ms. Albanesi seconded. All were in approval and the motion was carried. She then discussed charging a small fee for certain classes or potentially increasing the membership dues. The commission then discussed updates that are needed in the senior center and that a new sign outside would be beneficial.

**MUNICIPAL AGENT FOR THE ELDERLY REPORT** (Attachment C to the original minutes) – Ms. Piccini reviewed her report dated April 15, 2013 and provided details on each item.

**NEWTOWN POLICE DEPT AND TRIAD REPRESENTATIVE** – Officer McCarthy discussed elderly abuse, more specifically financial theft. She felt that People's Bank is diligent in assisting the elderly and are trained to keep an eye out for potential abuse. She felt the bank's manager, Carol George, would be a good speaker on this subject.

#### **UNFINISHED BUSINESS**

**Community Relations and Outreach Team** – Ms. Imbro discussed their team report dated April 15, 2013. She felt the premise of their team is to get the word out to seniors. She felt one way would be to take the travel exhibit and bring it to community events. She noted that the team members have each chosen an area to focus efforts for ultimately reaching the overall goal of reaching out to all Newtown Seniors. The team suggests that each commissioner take at least 30 minutes during the following month to go to the Senior Center to engage with seniors. Ms. Place and Ms. Aurelia shared concerns over the programs that were suggested.

**Gift Policy & Planned Giving Progress** – Mr. Symes said the Board of Selectmen will have this on their agenda at some point.

**CT Legislature H.R.B. No. 6645 (Physician Assisted Suicide) Status** – Mr. Symes stated that this bill is very controversial. Ms. Imbro said it has died in committee.

**NEW BUSINESS** – None

**PUBLIC PARTICIPATION** – None

**ADJOURNMENT** – Ms. Aurelia motioned to adjourn the meeting. The motion was seconded by Ms. Imbro. The motion was carried and the meeting adjourned at 7:06 p.m.

Respectfully Submitted by Tammy Hazen, Clerk

COMMISSION ON AGING GIFT FUND						
DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS TRUST FUND	BALANCE	
as of April 11, 2013						
7/1/12	Beginning Balance				29,771.88	
7/1/12	Reverse Accts. Payable		253.52		30,025.40	
7/15/12	P-card		(253.52)		29,771.88	
7/23/12	Trust Distribution			546.13	30,318.01	
8/9/12	Ck. #77443 Holiday Hill		(280.00)		30,038.01	
8/9/12	Ck. #77432 Getaway Tours		(660.00)		29,378.01	
8/9/12	Ck. #77486 Marilyn Place - Driver tip		(60.00)		29,318.01	
8/3/12	C/R - Donation - C. Bistany	12.00			29,330.01	
8/14/12	Donation - Newtown Jr. Women's Club	50.00			29,380.01	
9/27/12	Cash Receipts	552.00			29,932.01	
10/4/12	Ck. #78314 Sheila Torres		(97.25)		29,834.76	
10/4/12	Ck. #78229 Elite Marketing		(790.00)		29,044.76	
10/19/12	Trust Distribution			546.13	29,590.89	
11/16/12	Cash Receipts	2,881.10			32,471.99	
11/28/12	Cash Receipts	1,365.00			33,836.99	
12/7/12	Ck. #79248 Vinnie Carr - entertainment		(450.00)		33,386.99	
12/7/12	Ck. #79246 Capellaro's		(525.00)		32,861.99	
12/7/12	Ck. #79247 Capellaro's		(1,000.00)		31,861.99	
12/18/12	J-39 Cash Receipts	1,045.00			32,906.99	
12/27/12	J-57 Cash Receipts	2,525.00			35,431.99	
1/9/13	J-56 Cash Receipts	60.00			35,491.99	
1/23/13	Cash Receipts			579.25	36,071.24	
1/29/13	J-153 Cash Receipts	100.00			36,171.24	
2/6/13	Marilyn Lang (t-shirt)	10.00			36,181.24	
3/25/13	Taunton Press Senior Center donation	300.00			36,481.24	

**NEWTOWN SENIOR CENTER  
Director of Senior Services  
March 19 – April 15, 2013**

Att. B

- Confer w/ police officer on senior driving issues
- Oversee all programming
- Program Shop
- Supervise trips
- Continue to plan excursions utilizing the senior van
- Confer w/ teachers on space issues
- Confer with RSVP on ongoing volunteer hours
- Continue community projects
- Facilitate quilting/sewing classes weekly
- Facilitate Current Events/Hot Topics weekly
- Meet and greet new members
- Continue to assess the needs of the clients/members
- Continue to plan new programs for 2013
- Network w/ local agencies
- Work on Newsletter
- Continue to confer w/ a variety of Tour companies for 2013 trips
- Continue new reading program w/ Children's Adventure Center
- Confer w/ local pharmacy on scheduling info topics periodically
- Organize/set-up speakers for April-May-June
- Prepare for Annual Mother's Day Tea

**COMPLETED TRIPS:**

- Planet & Space @ Museum of Natural History NYC April 4

**UPCOMING TRIPS:**

- Westchester Broadway dinner Theatre "Guys and Dolls" rescheduled date May 30
- Woodloch Pines "A Day in Tuscany" April 17
- Mohegan Sun May 23
- Culinary Institute of America May 28

**OVERNIGHT TRIP**

- Bermuda Cruise April 16-23
- Historic South Savannah GA & Charleston SC April 19-26
- Trans Atlantic Cruise (London/France/Ireland/Iceland/Faroe Island/Boston) August 30-Sept 15-17 days on the Brilliance of the Seas
- American Queen Steamboat Jazz River Cruise "High Society" Oct 25-Nov 2

**COMPLETED SPECIAL EVENTS:**

- AARP Income Tax asst. on Monday mornings
- Grief 101 @ MasonicCare

**SPECIAL EVENTS:**

- |  |                       |
|--|-----------------------|
| • Current Events / Hot Topics                        | Every Tuesday         |
| • Alzheimer's training course for family caregivers  | April 3-24 (wed. @ 1) |
| • Hat Day  | April 18 & 25         |
| • Independent Living Day                             | April 27              |
| • Mother's Day Tea                                   | May 8                 |
| • Wheel of Fortune w/ HomeInstead SeniorCare         | May 9                 |
| • Price is Right w/ Tracy @ Visiting Angels          | May 15                |
| • Free Hearing Screening w/ Ct Hearing Comm. Service | June 12               |
| • Investment Fraud w/ Home Care Advantage w/ BBB     | June 13               |

**PROGRAMS****NUMBER OF ATTENDANTS**

Zumba Gold	31
Exercise	211
Floor Yoga (2 days)	58
Chair Yoga (2 day)	76
Cards	63
Mah Jongg	10
Chorus	14
Bingo	
Lunch	128
Knitting	16
Cards for Troops	6
Iris Fold	14
Quilting	6
Board Games	4
Walk-Ins	63
Billiards/ping pong	17
Trips	28
Newsletter	
Wii	4
Painting/Art	12
Crafts	
Scrabble	13
Tai Chi	27
Entertainment	
AARP Safe Driving	
Ballroom Line dance	34
Current Events	14
Spanish Lessons	17
Reading CAC	2
Speakers	33
Federal Taxes	105
Special Luncheon	

**Attendance Daily:**

Monday	Tuesday	Wed.	Thurs	Friday
237	139	231	150	257

**MONTHLY ATTENDANCE****1014**

May is OLDER AMERICANS MONTH.....will be doing the Annual essay through AAA.  
The 2013 theme is: UNLEASH THE POWER OF AGE

1. Great programs in April/May:

- a. Trish McDonald RN, Reiki Master, CYT, Yoga Therapist  
Reiki Therapy Thursday@2:30 Friday @1
- b. Sharon Mastrafra from HomeInstead will be conducting a 4 week Alzheimer seminar starting April 3, 10, 17, & 24 from 1-2. Includes a training course for family caregivers.
- c. Hat Day ...Make a Victorian Hat for the Annual Tea April 18 & 25
- d. Annual Mother's Day Tea May 8
- e. Chair Pilates w/ Claudia Landwehr on Tuesdays starting in May
- f. Strength Training Thursdays starting in May

2. The reading program at CAC is wonderful. Those who volunteer enjoy it as much as the children do. This continues on Monday's 3-4 and Thursday's 9:30-10:30.

3. I'm recruiting our volunteers to volunteer more here at the Center....such as answering the phones, re-doing song books, monthly bake sale, setting tables for the meal site , and esp. reading to the CAC children etc.

4. The newly active member wants more exercise related programs. I now offer Tai Chi, 2 forms of Yoga (Chair), Zumba, 2 forms of exercise (Fit & Flex plus Strengthen & Tone) and Ballroom Line Dancing. Starting in May I will be offering Chair Pilates and Strength Training form of exercise. All classes are spaced and offered at various times M-F. This helps whereas down the line when a special event or program is being offered and a certain class has to be canceled that particular day, the members can choose another form or day during the week to attend an exercise class. My focus is to spread out the classes in hopes to contain overcrowding in certain classes.

In the past monies from the Gift Fund has paid for certain classes. For a number of years it paid for a computer teacher.

If you recall AnnMarie Macey has donated to the gift fund for programs, also, monies from the Annual Bazaar.

I would like to use monies from the gift fund to pay for the 2 new classes for May/June . That would be 7 classes in May @ \$40 each = \$280

7 classes in June @ \$40 each = \$280

Total \$560.00

Expenses for the Mother's Day Tea request to be paid from Gift Fund.

In May, comes planting,,,,again this year flowers to be paid from the Gift Fund. Last year total was \$252.

I have scheduled Bob Mel an Entertainer on June 18 the fee is \$125

I'm still planning and/or comparing prices to have a picnic at Capelaro's this year instead of Holiday Hill. Not sure ..... either way I will be requesting that monies from the Gift Fund pay for half. I will discuss it w/ more details next month.

I would like to further talk about charging a small fee for certain classes.

Always busy!

Marilyn



## Director of Social Services / Municipal Agent for the Elderly Report for April 15, 2013

We will still be taking applications for people who heat with electric and Yankee Gas. We have completed a total of 252 fuel assistance applications as of today. One hundred eleven were for seniors and 38 for disabled.

Operation Fuel will start applications for electric on April 30, 2013 and I am not sure of the cutoff date. The last two years it has been till the money runs out and then the programs are closed. I have several people waiting for the start date.

On Saturday 4/13/13 Six Flags had a food drive for our pantry. Ann went on Sat and brought the giveaway wrist bands. It was the opening of Six Flags for the summer and if a person brought six non perishable items they would have a reduced entrance fee and could get a reduced season pass. We will be receiving the donations on Wednesday. I have approximately 18 seniors and 35 families which totals approximately 63 people this month.

Last week I had a 64 year old woman who had a fall and is on short term disabilities from her job. Her daughter brought her into complete an application for food stamps. Her daughter stated she was taking tests and hoping not to have bad news. We are going to help her with bills through the Salvation Army and my gift account.

I had a daughter in about her Mom and Dad. They are 68 and 72 but not in good health. One has early dementia and the other has Parkinson Disease. The Mom had a fall and the daughter was called to her home. She stated that the refrigerator was almost empty and she would go shopping. She also saw their bank statement which had the money from a rental property in Los Vegas and also the father's pension which both amounts are withdrawn the day after they are in the account. A daughter in law and the Mom are on this account and the daughter in law is taking the money. They are living on their Social Security and not having enough to pay the bills. They should be living comfortable if their money was being used by them. I told the daughter to go to Probate.

I have another elderly woman who is giving the live in companion homemaker a hard time. The Big Y thought that the helper was not nice to the elderly woman but it is the elderly woman that is not nice. Her husband died a couple of months ago but that is not the problem it is that she wants to drive and take care of herself but she has dementia. Her Power of Attorney is taking her shopping and giving the companion a break.

We have not had a complaint in two weeks about Rocco so I hope his son has brought him to an Assisted Living like he said he was going to do.

I completed six Medicaid applications, and ten redeterminations for Medicare Savings application.

**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 \$104.90 and the Part D for Prescriptions which is deducted from Social Security checks each month. They get extra help for their medications. This means that they pay only \$2.65 to \$6.60 per medication.

