

**Commission on Aging
Minutes of Regular Meeting
Monday, September 16, 2013 @ 5:00 pm**

MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, September 16, 2013 at the Senior Center, 14 Riverside Road, Sandy Hook, Connecticut.

Chairman Curt Symes called the meeting to order at 5:00 pm.

Members Present: JoAnne Albanesi, Karin Aurelia, LeReine Frampton, Margaret Imbro, Joan Plouffe, Anne Rothstein, Larry Schneider, Curt Symes (Chair), Sheila Torres (Co Vice-Chair) and Anna Wiedemann; **Members Excused:** Joanne Davis (Co-Vice Chair); **Support & Advisory Present:** Marilyn Place, Director of Senior Services and Ann Piccini, Municipal Agent for the Elderly.

APPROVAL OF MINUTES – The approval of minutes were tabled.

CHAIRMAN'S REPORT (Attachment A) – Mr. Symes distributed and discussed his report. He highlighted that September is National Senior Center Month and recognized Director Marilyn Place for her 24 years of Service to the Seniors of Newtown. He welcomed Anna Wiedemann back to the commission and announced that Mary Ellen Lydem had resigned from the commission. Officer Maryhelen McCarthy has elected to step down from her advisory role but will continue to work with Ms. Place at the Senior Center. He talked about a renewed focus on efforts that will be needed toward a new Senior Center. In addition, the Senior Resources Guide is in print and will be available at the Newtown Arts Festival – CoA tent.

UNFINISHED BUSINESS

Final Preparation for Newtown Arts Festival – Ms. Torres distributed a flyer “Arts at the Center” that will be available at the festival. Digital versions will be available. Nunnawauk Meadows, FISH, and the Hart Bus will provide information to be distributed at the tent. She asked about volunteers to sign up for two hour shifts. A sign-up sheet will be available for those who wish to have information sent electronically.

Discussion of Newtown Senior Center Numbers – Mr. Symes discussed attendance at the Senior Center. Ms. Place provided a spreadsheet listing activities and attendance. Ms. Place said that although they have lost some memberships, they are gaining others. The commission discussed the difficulties with the size of the parking lot. The firehouse offers overflow parking but the walk there is inconvenient for some people. Ms. Place said that carpooling helps. There are currently 373 paid memberships. Non-members can attend seminars, utilize the meal-site, take advantage of the flu shot clinics, or participate in the income tax prep, but you must be a paid member in order to attend paid teacher classes. Daily participation in activities at the senior center continues to grow, as evidenced by the fact that the numbers reflect people are now coming to either take or stay for multiple activities each day.

Mr. Symes feels there is a compelling case for the need of a new and expanded senior center in order to sustain the growth of Newtown senior participation and add needed new programs, targeted to Boomers and the other senior segments. Mr. Symes said that by October he would like to have a team put together to look at the requirements for the new senior center. He asked that those interested in participating in a multi-month effort should send him an email.

Report on CoA Officer Nomination Status – Ms. Plouffe said the nominations so far are as follows: Curt Symes as Chair, Sheila Torres and Joanne Davis as Co-Vice Chairs and Larry Schneider as Treasurer. Voting will be conducted at the October joint Annual & Regular Monthly Meeting.

Discussion of New Senior Center Requirements and My Senior Center – Ms. Place said the Oxford Senior Center is unsatisfied with their “My Senior Center” software, stating that it’s a very expensive program to upkeep and that it has quirks. This needs to be reviewed and discussed.

NEW BUSINESS

Request for Help Planning Newtown-hosted Western CT CoA Summit – Mr. Symes discussed having a team work on preparing for the summit, share ideas for best practices and to put together an agenda. The summit will help different CoA’s interact and bounce ideas off each other.

TREASURER’S REPORT (Attachment B) – Ms. Aurelia distributed her report that shows no changes from last month. She said the report name has been changed to the Senior Services Gift Fund, as per the Director of Finance. However, there has been no change to the access, process and procedures of the CoA in approving allocation, use and utilization of the gift fund. Ms. Place explained the history of the gift fund and how it had been handled. Mr. Symes will look into the CoA having its own line item in the 2014-2015 Budget. Mr. Schneider suggested having a Finance Committee to review funding ideas.

DIRECTOR OF SENIOR SERVICES REPORT (Attachment C) – Ms. Place distributed her report. She noted the center has new phones and computers. She discussed the space limitations with the building, i.e., staff offices, room for activities, limited parking. She discussed speakers, Mitch Bolinsky, Newtown Rep, and Arthur N. Gottlieb, LCSW, CSA, who came to the center and provided a very interesting lecture. Ms. Place discussed the tax increase that has affected the seniors. Ms. Albanesi discussed having a coalition to band together to advocate for seniors.

MUNICIPAL AGENT FOR THE ELDERY REPORT (Attachment D) – Ms. Piccini provided a brief review of her report. She noted that the money collected with the bell ringing in December goes solely to Social Services.

PUBLIC PARTICIPATION – None

ADJOURNMENT – Mr. Schneider motioned to adjourn the meeting. The motion was seconded by Ms. Albanesi. The meeting adjourned at 6:40 pm.

Respectfully Submitted by Tammy Hazen, Clerk

Newtown Commission on Aging (CoA) – Chair’s Report – 9/16/13 Meeting:

As you will notice in the Agenda, there continues to be some very exciting things happening for both the CoA & Newtown Seniors and many things are now occurring to help shape the future efforts of the CoA.

September is National Senior Center Month and the Senior Center has many things highlighted in its Newsletter in support of this.

In regard to this we, the CoA, would like to recognize Marilyn Place, the Director, for her 24 years of Service to the Center and Seniors of Newtown.

I would next like to recognize and welcome back Anna Wiedemann to the CoA. Anna has been a past Commissioner and has kept herself apprised of our activities over these past 2 years. Anna had been instrumental in initiating the 1st Newtown Senior Resources Guide which is going to press for availability at the upcoming Newtown Arts Festival. I would like to thank the members of the Commission and Advisory Staff for their reviews of the final draft over the past weeks. In my professional opinion this Guide will have significant value to our Newtown Seniors for years to come.

I want to also update you that Emi Lydem has resigned from the CoA. Emi had already completed over 9 years on the CoA, serving as a past Vice-Chair and leading many initiatives in support of Newtown’s Seniors. We thank her for her years of Service and wish her well in her other town endeavors.

Officer Maryhelen McCarthy has also elected to step down from her CoA Advisory Role and concentrate her efforts on some work with Marilyn at the Senior Center. In her continuing TRIAD role I expect that she will continue to keep us apprised of important developments regarding the seniors of Newtown.

As I mentioned at last month’s meeting, we are renewing our discussion and focus on New Senior Center Requirements and I am looking to task a Committee to lead that work. Volunteers are being sought.

We have tasked the Nominating team to bring forward a slate for voting at our October Meeting and there is a follow-up agenda item.

Finally, the SPT and the Community Relations & Outreach Team have been meeting and working diligently this past month in preparation for our 1st time participation in the upcoming Newtown Arts Festival this week. This involvement will be an outstanding opportunity to achieve visibility and both highlight and showcase senior activities and support across Newtown.

Respectfully Submitted,

Curt Symes

Chair, Ntn. CoA

SENIOR SERVICES GIFT FUND

24

DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS TRUST FUND	BALANCE
7/1/13	Beginning Balance				36,954.36
8/7/13	Cash Receipts				37,533.61
8/5/13	Ck. #10258 Holiday Hill	579.25	(261.00)		37,272.61
8/6/13	Ck. #10283 Getaway Tours		(675.00)		36,597.61
8/6/13	Ck. #10314 Marilyn Place - driver tip		(92.00)		36,505.61
8/9/13	Cash Receipts	50.00			36,555.61

**NEWTOWN SENIOR CENTER
Director of Senior Services
August 17- Sept 16, 2013**

Attachment C

PROGRAMS	NUMBER OF ATTENDANTS (for the full month of August)
Zumba Gold	65
Exercise	342
Floor Yoga (2 days)	64
Chair Yoga (2 day)	70
Cards	84
Mah Jongg	30
Chorus	23
Bingo	24
Lunch	162
Knitting	47
Sewing	2
Cards for Troops	2
Walk-Ins	71
Billiards/ping pong	32
Trips	43
Newsletter	3
Wii	16
Painting/Art	4
Tai Chi	26
Entertainment	
AARP Safe Driving	
Ballroom Line dance	29
Current Events/Discussion	41
Spanish Lessons	
Reading CAC	4
Speakers	
Chair Pilates	39
Strengthening/Balance	34

Monthly Daily Attendance:

Monday	Tuesday	Wed.	Thurs	Friday
211	242	269	241	360

MONTHLY ATTENDANCE

1323

September is National Senior Center Month.

The newsletter (Center) has many scheduled events to support and encourage new participants to enhance their lives and help become *Experts at Living Well*. Which is the national theme.

I've conferred w/ Ann Piccini on a 2 mutual clients (update) and w/ the info I put in Newsletter on the CT energy assistance programs. Also, w/ Officer MH MCarthy on senior related issues.

Spanish lessons has resumed and class is full.

The Lunch Bunch has sprouted into a complete social gathering w/ a waiting list twice a month utilizing the van going to surrounding towns for lunch. Many friendships have been established and continue outside of senior activities.

Scheduling for the Fall/Winter and Spring special programs/seminars.

Meeting/networking w/ a variety of venues and professionals.

- Today, Sept 16 State Rep Mitch Bolinsky will be here having lunch w/ our seniors and will be discussing major legislation adopted during the 2013 legislative session that concluded in June. He will share highlights affecting seniors.
- Flu shot clinics are scheduled
Tuesday Sept 17 9-12
Tuesday Oct 1 9-12
Tuesday Oct 8 9-11
Tuesday Oct 22 9-11
No appointment necessary....just bring medicare card
- Sept 24 and Oct 10 Arthur N. Gottlieb, LCSW,CSA is a local historian and was the curator on the Intrepid for 9 years . He will start a series of interesting presentations. From architectural & cultural history, military & political history, and a wellness presentation series. First one will be on The Brooklyn Bridge, the 2nd one will be New York World's Fair 1939-40. This will start w/ the current/events hot topic on Tuesday Sept 24. Then partnering w/ Redding senior Center for Oct 10. I am working on a Military series w/ him for 2014 .
- Michele Murphy and Thomas Murphy, RN, MSN, JD Elder Law Attorneys are scheduled to do a "How can I Protect My Life's Savings and Lifestyle" On Oct 9. Also, "Ask AN Attorney" on Nov 13 and Elder Law forum to be in the Nov/Dec newsletter
- Annual Bazaar is scheduled for Nov 8-9...preview on the 7th.

I'm now preparing for the Annual Bazaar and Holiday Party in Dec.

All classes are doing great. All "exercise" classes are filled. We have no more room! The 2 new classes on Tuesday and Thursday have taken the burden off of the overflow on M-T-F.

This new generation of retirees are the most active! They are mostly interested in health exercise related programs, languages (Spanish and I will be adding Italian), history, current events, socializing, traveling. Periodically arts & crafts (seasonal).

Marilyn



To answer the questions for the agenda item: Discussion of NSC numbers

- 1. To date, how many Seniors have paid their membership?**

373

Although, you do not have to be a member to attend seminars, utilize the meal-site, flu shot clinics and also the income tax prep. Those are services offered. You must be a paid member to attend any and all paid teacher classes.

- 2. What percentage of daily attendees are paying members?**

On-going programs 100%

- 3. Are the monthly report statistics counting members by the number of activities they participate in per day or the number of seniors attending per day?**

Attendance is recorded per class.

Director of Social Services / Municipal Agent for the Elderly Report for September 16, 2013

The elderly and totally disabled Tax/Rent Rebate Program applications will be taken until Oct. 1, 2013. I have completed fifty-one applications. The Ct General Assembly has passed Public Act 13-234. Section 38 of this Public Act states any individual who did not apply for a Renters Rebate grant for calendar year 2011 shall not be eligible to apply for a grant under this program for the year 2012. I have had eight requests from people who have asked to complete an application but did not apply last year.

We have started to take applications for the fuel assistance program. We have completed thirty-eight applications.

I have been working with an elderly woman's Power of Attorney to get help with home care. She has Alzheimer's disease and functions pretty well in her home. She is getting along well with the live in.

I am still helping an elderly woman Elinor B. She is still brings me sweepstakes that she thinks she has won thousands or cars. She just needs to mail them \$25.00 and it is hers. I have opened an account with her name only at another bank. She is only paying her bills but she did bring into the bank a sweepstakes and wanted to mail out money. The teller told her that it was on their scam list. Elinor gave her the papers. She has a doctor's visit next week and I am hoping he can tell us what is happening with her mentally. With a medical report I am hoping the State Protective Services can do more than they have.

We have been given an extra \$2000 for our Salvation Army account and have used all of this money. We have helped with requests totaling \$11,338 to date and this includes only 20 Payless gift certificates for the back to school program. The Salvation Army bell rings only two weeks before the Holidays and the money raised is our budget. Please help out when you see the Salvation Army ringing **only here in Newtown** goes to our budget.

I completed fourteen Medicaid applications and nineteen 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.

We gave away almost 100 backpacks. It is like Christmas with the smiles on the kid's faces and checking all the supplies in their backpacks.