

**Commission on Aging
Minutes of Regular Meeting
Monday, July 21, 2014 @ 5:00 pm**

MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, **July 21, 2014** at the Senior Center, 14 Riverside Road, Sandy Hook, Connecticut. Chairman Curt Symes called the meeting to order at 5:07 pm.

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

Chairman Symes called the meeting to order and welcomed Claire Theune to the commission. He asked her to consider which CoA activities/team she might be most interested in working on.

PUBLIC PARTICIPATION: Rose West asked Ms. Torres if the Senior Center could be advertised at the Edmond Town Hall theatre. Ms. Torres will send Ms. Place information.

Lynn Welsh, who teaches art class at the senior center, opened discussion of extending the length of her classes to two or three hours if possible. Ms. Place said most classes are scheduled for an hour due to funding but this is something she can work on. Ms. Frampton suggested if another class could benefit from a two hour spot, weeks could be alternated.

APPROVAL OF MINUTES: Ms. Imbro motioned to approve the minutes of 6/16/14. Ms. Wiedemann seconded the motion and all were in favor. The minutes were approved as written.

CHAIRMAN'S REPORT (Attachment A): Mr. Symes reviewed his report as attached. The commission discussed funding the new monthly Men's Breakfast Club. Ms. Place would prefer the Department's credit card (the PCard) be used for these expenditures. Ms. Frampton motioned to reimburse Mr. Boccuzzi for \$61.24 for out-of-pocket expenses for the Men's Breakfast. Ms. Imbro seconded the motion which was unanimously approved. Mr. Symes discussed initiating communication with senior living complexes in town. The commission discussed finding channels of communication. Ms. Place said she will be meeting with the new Director of IT. Mr. Symes commented on how productive meetings with the Senior Center - Senior Action Committee (SAC) have been and how well received the First Selectman Monthly Meetings have been.

UNFINISHED BUSINESS

New Community Center – Senior Center Status: Mr. Symes and Ms. Torres updated the commission on recent events and Ms. Place said the commission can be creative in promoting the new senior center. Mr. Symes discussed the need for an additional driver for the van.

Newtown-wide Senior Survey & Senior Center Survey Updates: Ms. Torres reviewed the Community Relations and Outreach Team report dated July 2014. (Attachment B) The team met in July to review additions to the survey based on input from SAC and the Municipal Agent. The commissioners discussed having a list of all seniors in town in case of emergencies. The commission discussed options for mailings.

CoA Grants Planning & Proposals: Mr. Symes said there was a very productive initial meeting with the Grants Team and new Grants Consultant and work is proceeding. Mr. Boccuzzi outlined objectives and said they are working on what funding approach to use.

Newtown Arts Festival Planning: Ms. Place met with Jen Rogers. The line dancers will be scheduled for 11 am on Sunday September 14th. Other demonstrations are being worked on as well.

TREASURER'S REPORT (Attachment C): Ms. Symes, acting as interim Treasurer, reviewed the report. A future CoA Town Budget Line Item was mentioned and the use of designated/voted funds by the CoA from the Senior Services – CoA Gift Fund was discussed. The Newtown Finance Director, Bob Tait, has affirmed the use of voted funds by the CoA.

DIRECTOR OF SENIOR SERVICES REPORT: Ms. Place reviewed her report (Attachment D) and discussed funding for the Annual Senior Picnic at the Holiday Hills on Monday August 19th, 2014. If a larger coach bus is needed she will have to pay \$685. She is also asking to cover six seniors and three staff members at \$30.00 each.

Ms. Plouffe motioned to approve \$270.00 towards sponsoring six seniors and three staff members. Ms. Frampton seconded the motion which was unanimously approved. Ms. Wiedemann motioned to approve \$685.00 towards transportation costs needed in case a larger amount of people attend the function. Ms. Aurelia seconded the motion and all were in favor.

Ms. Place requested funding for a deposit of \$200 to reserve space for the Holiday Party that will be held at Michaels at the Grove on December 9th, with a potential snow date of December 10th. Ms. Frampton motioned to allocate \$200 from the gift fund for a deposit on the Holiday Party. Ms. Imbro seconded the motion which was unanimously approved.

Ms. Place said that Senior Center Membership this year has been increasing with the increased visibility of senior activities around Newtown and enhanced programs at the Senior Center.

MUNICIPAL AGENT FOR THE ELDERY REPORT: Ms. Piccini discussed her report (Attachment E). She noted that there may be additional social workers hired to help as counselors, as a part of the Newtown Youth & Family Services organization. The CoA again discussed the needs for a dedicated Social Worker across both the Senior and Social Services departments.

PUBLIC PARTICIPATION: No further questions or discussion were brought forward.

ADJOURNMENT: Ms. Frampton motioned to adjourn the meeting, which was seconded by Ms. Imbro. All were in favor. The meeting adjourned at 7:00 pm.

Respectfully Submitted by Tammy Hazen, Clerk

Newtown Commission on Aging (CoA) – Chairman Report – 07/21/14 Meeting

Welcome to our July monthly CoA Meeting, continuing our primary 2014 focus on the New Community Center, including both the Senior & Aquatic Centers, the Newtown-wide All Senior's Survey, our CoA Grants Initiatives, both short and long term and the upcoming National Senior Center Month and Newtown Arts Festival in September.

I would like to welcome our new alternate member, Commissioner Claire Theune, appointed by 1st Selectman, Pat Llodra, this past week.

From a CoA Administrative standpoint I would like to remind Commissioners to bring forward approved expenditures that they would like processed this year. Outstanding, I believe, are the (Inreach) Men's Breakfast and the (Outreach) Banners.

Our ongoing communications with the Senior Action Committee (SAC) and participation with Pat (Llodra) at her monthly informal Senior Center Teas has been both very fruitful and productive. A great round of communications ensued last week, regarding future use of the Aquatic Center for Senior Aquacise to complement the Exercise Programs currently in place.

These have been very busy weeks for the CoA Teams with progress being made on the New Senior Center Facilities and Financial Planning and the structuring of the Grant's Consultant Work. A new initiative is being launched to look into the possibility of sourcing some paid advertising in support of Senior Programs and expanding current programs, like Arts, Education, etc. to reach and entice Seniors not currently involved in the center .

It has also become apparent to the CoA that a Communications Plan to the Seniors at the various Senior Living Complexes (Nunnawauk, Walnut, Liberty, Regency, etc.) would be very beneficial in our ongoing work.

We continue to have cross-communications with the Brookfield, New Fairfield and Sherman CoAs, relative to their interests in many of our Newtown CoA initiatives. Charter CV-21 is very interested in working with us to highlight Senior Activities here in Newtown.

Respectfully submitted,

Curt Symes

Chair, Newtown CoA

Community Relations and Outreach Team Report – July 2014

Present: Margaret Imbro, Joanne Albanesi, LeReine Frampton, Sheila Torres

- Team met during the month to review additions to survey based on input from SAC and Municipal Agent
- Changes were as follows in red or bold:

In the opening letter:

The mission of the Newtown Commission on Aging (COA) is to identify the needs of residents age 60 plus (seniors) and to develop or coordinate grants and programs to address those needs. As a member of this demographic and a taxpayer, the COA is seeking your input and would appreciate your participation in the following brief survey. Your responses will help us determine what types of programs to develop in support of senior needs, **including in the new senior center that will be located in the Community Center that will be built with the grant received from General Electric.** Please complete the survey and return it in the enclosed stamped envelope. Responses are anonymous, but you are welcome to include your name and address if you wish. We have provided space for additional input and you may send additional input on a blank sheet of paper. For information about the COA, see the Town of Newtown web site. Thanks for participating. **For assistance completing the survey, please call Ann Benore at (203) 270-4330.**

In the programs area:

Added creative writing, poetry, Tai Chi,

Added new questions from Municipal Agent:

2a. In the event of an emergency, (e.g. power outage, etc.) do you have a medical or other issue that requires special attention? Please circle your answer:	Yes	No
2b. Would you like a check-in phone call or visit from emergency personnel	Yes	No
2c. If you said yes to 2b, please write your phone number here or call Ann Benore at (203) 270-4330 to provide your contact information.		
Comments or Additions:		

Changed Senior Center Question as Follows:

4. Are you a member of a senior center? Please circle your answer	Yes	No	
If you are NOT a senior center member, why not? Please circle all that apply			
Hours	Location	Program Offerings	Other (please include here or below)
Comments or Additions:			

Community Relations and Outreach Team Report – July 2014

(continued)

- Ordered two banners based on logo design. The banners were used at the Book Sale. Will need to pay invoice for the banners and for a few additional supplies, including a plastic box, some holders and some reusable name badges.
- Team members, Senior Center members and Claire Theune staffed the COA table at the Book Sale.
- Will send press release to all members for review tonight.
- Students are stuffing envelopes for survey.
- Expect to send out survey last week in July.

7/21/2014

Newtown Finance - Senior Services - CoA Gift Fund								
DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTT'S TRUST FUND	BALANCE			
7/1/13	Beginning Balance				36,954.36			
8/7/13	Cash Receipts			579.25	37,533.61			
8/5/13	Ck. #10258 Holiday Hill		(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 - Junior Women	50.00			36,555.61			
9/26/13	Cash Receipts - Mary Hanlon	10.00			36,565.61			
9/26/13	Cash Receipts - Art Gottlieb	10.00			36,575.61			
10/31/13	Cash Receipts			579.25	37,154.86			
10/31/13	Ck. #11423 Image One		(510.00)		36,644.86			
11/14/13	Cash Receipts - Bazaar - for holiday party	2,171.25			38,816.11			
11/20/13	Cash Receipts - Ann Marie Macey - for activities	1,000.00			39,816.11			
11/22/13	Cash Receipts - Bazaar - for holiday party	40.00			39,856.11			
11/27/13	Ck. #11726 Capellaro's		(1,095.00)		38,761.11			
12/4/13	Cash Receipts - anonymous - for activities	45.00			38,806.11			
12/4/13	Cash Receipts - Bazaar	70.00			38,876.11			
12/16/13	Cash Receipts - holiday party raffle	159.00			39,035.11			
1/4/14	P-card		(212.70)		38,822.41			
1/8/14	Cash Receipts - Archdeacon Family Foundation	1,000.00			39,822.41			
1/22/14	Donation in memory of Frank Furze	125.00			39,947.41			
1/22/14	Trust Distribution			609.76	40,557.17			
3/14/14	Donation - CS Consulting - Cultural Arts Festival	100.00			40,657.17			
3/20/14	Ck. xxxxx - Newtown Arts Festival - Registration		(100.00)		40,557.17			
3/26/14	T-42059 Cash Receipts - Taunton Press	300.00			40,857.17			
4/22/14	Trust Distribution			609.76	41,466.93			
5/4/14	P-card - program supplies		(286.30)		41,180.63			

7/21/2014

5/28/14	T-51225 Donation - Newtown Lions Club	1,000.00			42,180.63
6/4/14	p-card - flowers		(184.97)		41,995.66
		6,080.25	(3,416.97)	2,378.02	41,995.66

**NEWTOWN SENIOR CENTER
Director of Senior Services
May 20,2014 – July 21, 2014**

CoA 7/21/14 Attachment D

PROGRAMS	NUMBER OF ATTENDANTS	
	May	June
Zumba Gold	77	34
Exercise	305	295
Floor Yoga (2 days)	65	59
Chair Yoga (2 day)	75	64
Cards	12	26
Mah Jongg	23	11
Chorus	29	45
Bingo		
Lunch	150	107
Knitting	28	37
Cards (craft)	6	8
Quilting/sewing	7	4
Walk-Ins	29	21
Billiards/ping pong	48	42
Trips	30	25
Newsletter		
Wii	15	20
Painting/Art	19	20
Special events	45	130
Tai Chi	25	26
Entertainment	40	
AARP Safe Driving		20
Ballroom Line dance	22	37
Current Events	91	61
Spanish Lessons	24	
Reading CAC	1	10
Speakers	72	85
Chair Pilates	41	65
Strength & Balance	28	25

Attendance Daily:

MAY					
Monday	Tuesday	Wed.	Thurs	Friday	
236	300	310	202	463	

JUNE					
Monday	Tuesday	Wed.	Thurs.	Friday	
376	270	300	165	290	

MONTHLY ATTENDANCE

MAY	JUNE
1511	1401

COMPLETED EVENTS:

- **Lunch/Learn w/ Dr Verrano Topic: What is normal aging also a memory screening May 16 (see newsletter)**
- **Lunch w/ State Rep Mitch Bolinsky update on Leg. Session May 19**
- **Matter of Balance (fall prevention 8 week session) program May 28-June23**
- **Outsmarting Investment Fraud sponsored by BBB & Homecare Advantage May29**
- **WCAAA Medicare Fraud June 10**
- **Coin Collecting June 26**
- **Motoko Japanese Heritage June 27**
- **Love Stories in a Song July 17**

ALL events were well attended esp. the Matter of Balance program (grant through Fairfield University.) Those who attended benefited so much from the program. A great program to repeat in the future.

Having Motoko Japanese Heritage here was fantastic. This was a collaboration with Park & Rec and was absolutely wonderful! Over 40 attended and all enjoyed it.

Again, a different program for all, Coin collecting was well attended by over 30 members.

UPCOMING EVENTS:

- **Zounds Hearing will do a free pass-fail hearing screening and presentation on hearing loss**
- **6th Annual Wii Tournament in Torrington 10 senior centers competing July 23**
- **Lunch and Learn part2 What is Normal Aging w/ Dr Verranno July 25**
- **LifeLine Screening apt only August 8**
- **AARP driving Course August 15**
- **Bethel Health Care speakers bureau program series:**
 1. **Life Transitions/What's Next Aug 14**
 2. **Integrative Therapies Program Aug 28**
 3. **Nutrition Education Sept 16**
- **Celebrate Me Home Journaling August 26**
- **Annual Statewide senior Picnic August 18**
- **Diabetes Academy is a free class given by Novo Nordisk Diabetes Educator to help learn about managing diabetes Sept 12**

Upcoming Trips:

- **Thimble Islands & CT Shoreline August 6**
- **The Company Men August 13**
- **Newport RI August 21**
- **Transatlantic Cruise from London to Boston August 30 – Sept 14**
- **Mohonk Mountain House Sept 5**
- **The Big "E" CT Day September 17**

- The cooking class w/ NFYS was a lot of fun for the seniors, as is the walking group at FFH. With that in mind, I've been talking to Angie Mavrakis, Recreational therapist @ NFYS to continue a inter-generational program this Fall.
- Keno once a month sponsored by Golden Opportunities is taking off.
- Men's Breakfast Club is moving forward. Will continue the 1st Thursday of the month
- Book Club 2nd Wed. is also moving forward.
- Spanish lessons will resume the first Thursday after Labor Day
- **ANNUAL SENIOR PICNIC @ HOLIDAY HILLS is Monday August 18**
Would like to again request as done in previous years to sponsor from the gift account the transportation which is \$685.... 3 staff members @ \$30 each (\$90) and 6 seniors @ \$30 each (\$180) Total of : \$ \$955

I have met w/ the new owners of Capellaro's.....now Michael's at the Grove. Attached is the menu and they will work with me on keeping the price at \$35 pp. Although I need a deposit of \$200 to hold the reservation. I request from the gift fund \$200 for deposit.

I will be having a snow date and will be using the DJ we used last year which was 1/2 the price of the previous DJ and the Seniors loved it.

I would like to thank those who manned the front desk for Judy while I was on vacation. Although, there are policies and procedures that I follow as a municipality. Every full time employee has one un-paid hour for lunch. When there is not enough coverage here at the center we take our lunch in the back room etc. and let the voice mail pick up. If there is an emergency for coverage we call HR for another town employee to cover or floater.

I met w/ Jenn Rogers from the Arts Festival and our senior line dancers will be on the spot light Sunday Sept 14 @ 11. (at this time) I will be relaying this to the instructor tomorrow.

I'm working w/ Donna Culbert Health Dept Director on three items:

1. Flu shot clinics w/ BVNA scheduled Sept 16, and 30th from 9-12 Sept 20 9-1 at the annual health fair (which will have a municipality info table) which if we like we can be part of. And Oct 14 10-12
2. Red Cross re certification not only for all staff here at the Center but for some Doctors and nurses who are members here.
3. Also, an intern will be on hand this Fall to discuss Lyme Disease

And thank you Anna for sending Transitional Employment Unlimited thru her neighbor Dawn Gray. I have a gentleman here w/ his job coach helping him get back into the work force.

- **July 1st starts the SC membership renewal. It was put in the newsletter as \$15pp (not \$12) a year for Newtown residents and \$20 for out of town members. Also, Please note: Drop ins pay \$5 per class.**

2014 is going to be a great year...being resilient and productive.

Enjoy Summer!

Marilyn



Newtown Senior Center Christmas Party

At *Michael's At The Grove*, formerly Capellaro's

11 am – 3 pm

Dinner served at 12 noon

\$35 per person – includes gratuity

- Please forward tax exempt certificate

Music by DJ Big Daddy

Stationary hors d'oeuvres:

Please choose 3: an array of imported Cheese & Crackers, Nacho Tower with homemade tortilla chips,

Crudités with ranch dressing, Hummus with Arabic Bread, or Fresh Fruit Display

Champagne Toast with sparkling cider available as well

Egg nog

Buffet Selections:

House Salad with two dressings; ranch and homemade lemon herb

Warm rolls & butter on each table

Sliced Top Sirloin served with au jus

Walnut and Apple Stuffed Chicken

Stuffed Filet of Sole with homemade stuffing

Penne with Broccoli and Peppers

Red Bliss Roasted Baby Potatoes

Fresh Vegetable Medley

Dessert: Apple Strudel with vanilla ice cream

Cash Bar – Sodas included in meal price

Christmas Tree will be up either on the dance floor or in front of windows

Raffle Table and Entry Table for place cards

Coatroom available

Customer will provide seating chart.

Our oil lamps will be used for centerpieces with round mirror underneath

Napkins- burgundy and forest green, every other seat

Tablecloths champagne color.

Snow Date to be determined

Director of Social Services/Municipal Agent for the Elderly

Report for June 16, 2014

Today Operation Fuel summer program for electric or Yankee Gas has started. Low income guidelines for families and single persons. I will be able to help pay up to \$500.00 on their account.

My Gift Account has helped pay for summer camp for the daughter of a disabled woman. I paid a rent for a family with a disabled son and a son who was in the class room at Sandy Hook School. The mother lost her job last week.

Renters Rebate applications started on April 1st and will continue to be taken until the end of September. Patrick Sullivan from Office of Policy in Hartford gave word that the Sunset law is not in effect. I have about 30 applications taken for disabled and elderly.

The elderly couple will be coming back home. Thru HomeFront the house has a new roof and carpet and all the mold has been taken out.

Salvation Army has helped with several medical bills and prescriptions, a senior plumbing repair and two car insurance payments. The last of our money will go to backpacks and shoe certificates which have been ordered. We are out of money until November which will be a new budget.

With all of the Town Social Service offices complaining on how hard it is to get any information for our clients regarding the application we completed and sent into the State Office. All the clients want to know after three months is that the State has their application and they are working on it.

The police called me about a sixty-three year old man who is very depressed since his wife died last year. He could not find his car keys and his wallet. He stated that he needed help and has been in the hospital for two weeks. He has finally agreed to

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go into rehab for two months. His sister-in-law came from another state to get his house in order and I helped her for two afternoons. The house looks much better and he was happy to get the help.

I had an elderly woman who has forgotten to pay her car and homeowners insurance. I was at her home on Friday with a helper and we did remove a van full of newspapers, magazines and general mail. We have a lot more paper to remove from her floor and then get her house insured again. I was surprised that she let me in with the helper. I made a call to her nephew and asked him to talk to her and he did, so she is now accepting the help to clean up.

We are helping people sign up for food stamps and health insurance. Can be done on the computer or paper application with required documents. We have completed eight applications this month.