

**Commission on Aging
Minutes of Regular Meeting
Monday, August 18, 2014 @ 5:00 pm**

MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, **August 18, 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: JoAnne Albanesi, Joanne Davis (Co-Vice Chair), LeReine Frampton, Margaret Imbro, Joan Plouffe, Ann Rothstein, Curt Symes (Chair), Claire Theune and Anna Wiedemann; **Support & Advisory Present:** Ann Piccini, Municipal Agent for the Elderly; **Excused:** Marilyn Place, Director of Senior Services, John Bocuzzi and Sheila Torres (Co Vice-Chair).

Chairman Symes called the meeting to order at 5:08 pm.

PUBLIC PARTICIPATION: Rose West discussed the survey and asked when the bulletin board will be installed. Mr. Symes recognized Donna DeRocco and Carrie Effinger from Maplewoods.

APPROVAL OF MINUTES: Ms. Plouffe motioned to approve the minutes of 7/21/14. Ms. Theune 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. He wished to acknowledge years of dedication to the commission by Karin Aurelia and her husband, John. Karin has decided to step down from the commission.

With no confirmation yet of the grant from WCAAA, Mr. Symes requested a motion to approve \$485.00 payment to Minuteman Press in Monroe. After discussion: Ms. Frampton motioned to approve payment of \$485.00 out of the Gift Fund to Minuteman Press for the printing and folding of the survey documents. The motion is to include that the commission aggressively seeks reimbursement. Ms. Theune seconded the motion. The motion was unanimously approved.

UNFINISHED BUSINESS

Newtown-wide Senior Survey: Ms. Frampton said that approximately 500 surveys have been returned. She needs volunteers from the commission to help code the results. Reports can be run when a good portion of the data is submitted. Some questions were discussed regarding developing a forum and information exchange within different senior groups. Ms. Frampton said there were questions regarding drivers that have frequent accidents or who have a history of driving erratically. It was determined that the CoA is not the venue to handle these issues but there could potentially be programs to assist seniors who are having difficulty dealing with the loss of transportation.

New Community Center – Senior Center Status: There should be some information on the progress by the end of August.

CoA Grants Planning & Proposals: The consultant continues to work on this.

Newtown Arts Festival Planning: Mr. Symes will email commissioners to finalize plans for this event.

NEW BUSINESS

Appointment of Nominating Committee: Commissioners Plouffe, Imbro and Theune agreed to head up the Nominating Committee for the 2015 slate of officers. Ms. Frampton motioned to accept the nominating committee. Ms. Albanesi seconded the motion and all were in favor.

TREASURER'S REPORT (Attachment B) – Ms. Wiedemann discussed the report provided by Bob Tait, Director of Finance. Ms. Frampton motioned to accept the report. Ms. Imbro seconded the motion and all were in favor.

DIRECTOR OF SENIOR SERVICES REPORT: Ms. Place was not present but emailed her report earlier in the week. (Attachment C)

MUNICIPAL AGENT FOR THE ELDERY REPORT: Ms. Piccini discussed her report (Attachment D).

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

ADJOURNMENT: Ms. Imbro motioned to adjourn the meeting. Ms. Wiedemann seconded the motion and all were in favor. The meeting adjourned at 6:38 pm.

Respectfully Submitted by Tammy Hazen, Clerk

Newtown Commission on Aging (CoA) – Chairman Report – 08/18/14 Meeting

Welcome to our August monthly CoA Meeting, continuing our 2014 primary focus on the New Community Center, including both the Senior & Aquatic Centers, the Newtown-wide 60+ Senior's Survey and our CoA Grants Initiatives both short and long term. In addition, we will be planning for National Senior Center Month Recognition and Senior participation in the Newtown Arts Festival in September.

I would also like to acknowledge that Karin Aurelia has decided to step down from the CoA after many years of dedicated service and I would like to recognize her and her husband, John Aurelia's contribution over the past years.

From a CoA Administrative standpoint I would like to remind Commissioners over 60 to fillout their survey and bring forward approved expenditures that they would like processed this year.

Since we have not yet received confirmation of our Grant from WCAAA for conducting the Senior Survey, I am going to Request a Motion for a temporary expenditure from the CoA Gift Fund to cover initial expenses of \$485.

I will be appointing a Nominating Committee to bring forth a slate of officers for election at our October meeting.

Our ongoing communications with the Senior Action Committee (SAC) and participation with Pat Llodra at her monthly informal Senior Center Teas has continued to be both very fruitful and productive.

These have been extremely busy weeks for the CoA Teams with the release of the Senior Survey, progress being made on the New Senior Center Facilities and Financial Planning including the release of the RFQs for bid and the structuring of the Grant's Consultant Work.

The CoA is once again interacting with the Newtown Charter Revision Commission to ensure that the appropriate CoA updates are incorporated into the upcoming revision work.

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.) and Senior Support Organizations would be very beneficial in our ongoing work.

Finally, our thanks to both Charter CTV-21 and The Newtown Bee for their electronic and paper media support of our Newtown Senior Survey.

Respectfully submitted,

Curt Symes

Chair, Newtown CoA

SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTT'S TRUST FUND	BALANCE
7/1/13	Beginning Balance				41,995.66
7/22/14	Trust Distribution			609.76	42,605.42
8/1/14	Ck. #14903 Holiday Hill		(270.00)		42,335.42
8/1/14	Ck. #Michael's at the Grove		(200.00)		42,135.42

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

CoA Mtg 2014-08-18
Attachment C

PROGRAMS NUMBER OF ATTENDANTS

Zumba Gold	26
Exercise	264
Floor Yoga (2 days)	53
Chair Yoga (2 day)	64
Cards	39
Mah Jongg	17
Chorus	31
Bingo	
Lunch	118
Knitting	30
Cards (craft)	13
Quilting/sewing	4
Walk-Ins	45
Billiards/ping pong	34
Trips	48
Newsletter	
Wii	29
Painting/Art	34
Special events	86
Tai Chi	18
Entertainment	
AARP Safe Driving	
Ballroom Line dance	33
Current Events	40
Spanish Lessons	
Reading CAC	
Speakers	22
Chair Pilates	36
Strength & Balance	25

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
309	255	378	144	216

MONTHLY ATTENDANCE

1302

COMPLETED EVENTS:

- Dr Verrano : Lunch and Learn What is normal aging Part 2 July 25
- 6th Annual Wii Bowling Tournament July 23
- Memory Screening August 4
- Thimble Island Trip August 6
- Life Line Preventive Health Screening August 8
- Aqua Turf Trip August 13
- Life Transitions from BHC speakers bureau program series August 14
- Port Jefferson Ferry trip August 15
- Holiday Hill Annual Statewide senior outing August 18

UPCOMING EVENTS:

- Integrative Therapies Program Aug 28
- 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
- ARTS FESTIVAL: senior line dancers Sept 14 @ 11 am
- Dementia vs. Depression discussion w/ Dr. Varano Sept 15
- Game Night Sept 19
- Apple Pie Baking Contest Sept 25
- Hot Dog Luncheon Sept 26
- Trash to Treasure Sale Saturday Oct 4

Upcoming Trips

- Newport RI August 21
- Transatlantic Cruise from London to Boston August 30 – Sept 14
- Mohonk Mountain House Sept 5
- Mohegan Sun Casino Sept 9
- The Big "E" CT Day September 17

FLU SHOT CLINIC SCHEDULE:

Tuesday Sept 16 9-12 BVNA

Tuesday Sept 30 9-12 BVNA

Tuesday Oct 14 10-12 BVNA

• ANNUAL SENIOR PICNIC @ HOLIDAY HILLS UPDATE:

Pleased to share that the monies requested and approved of \$685 for transportation was not utilized this year.

Total of 51 seniors attending..... we will be using our van and SweetHART bus is supplying a bus..... **FREE !!!!!**

Annual Holiday Party @ Michael's at the Grove update:

\$200 approved from gift account was put down for the deposit.

Set date is Tuesday Dec 9 and snow date is Friday Dec. 12 from 11-3

\$35 pp includes gratuity

Music will be by DJ BIG DADDY

Hope many from the COA can attend.

This will be on the front page of the Sept/Oct newsletter

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

THE NATIONAL THEME IS:
SENIOR CENTERS: *EXPERTS AT LIVING WELL*

Senior Centers have resources and tools to empower older adults to make choices that will enhance their lives and help become *Experts at Living Well*. Newtown Senior Center offers a variety of health and fitness classes with lifelong learning opportunities and also encourages involvement within the center and the community. Whether it's trying Tai Chi, Yoga, Zumba, attending a watercolor class, or enjoying the sounds of a local musician. These activities add richness to the lives of older adults. Celebrate by trying some of the programs and services Newtown Senior Center has to offer and become an *EXPERT at LIVING WELL*

- Arts Festival and our senior line dancers will be on the spot light Sunday Sept 14 @ 11am
- Life Line Preventive Health Screening which I host this *community outreach* event every year was a huge success. The technicians arrived from Providence , RI and was set up by 9am80 appointments were made, 74 seniors participated , 6 no show. Out of the 74 I knew 10. The rest are ones that don't attend the Center. All were quite pleased with the service provided. A whole new retiree tapping into a different type of wellness program offered once a year here. It was very busy and a long day....the technicians drove away to drive back to RI @ 7:45pm
- For the Fall/Winter Season again Game Night will re-start Friday Sept 19 from 4:30 to 7:00. Pizza will be supplied w/ tea/coffee
- September is also Apple month.We will be having an Apple Pie baking Contest Sept 25 @ 1
- Since there is no meal site on Friday, Once a month Hot Dog Luncheons will begin Sept 26 \$2.00 donation, this is not a fund raiser.....the fee donation is the same as the meal site.
- Planning a TRASH TO TREASURES "fundraiser" sale Saturday October 4 from 9-3 Seniors will also have a bake sale.

2014 is going fast...where did August go ?...being resilient and productive.

Enjoy the rest of the Summer!

Marilyn



PAID CLASSES

DATE	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONTHLY TOTAL
1	YOGA	8	5	6	5	4	38
2	YOGA	10	10	12	8	4	44
3	YOGA	5		6	4		21
4	YOGA	11	10	6	6	4	47
7	YOGA	8	9	6	6	3	42
8	YOGA	7	9	8	4	4	42
9	YOGA	7	9	8	4	4	42
10	YOGA	7	9	7	5	4	42
11	YOGA	12	5	6	6	2	41
14	YOGA	6	5	6	3	9	49
15	YOGA	6	5	6	5	2	40
16	YOGA	7	2	9	4	3	45
17	YOGA	7		5	5		37
18	YOGA	14	9	7	7	12	63
21	YOGA	7	8	6	6	4	47
22	YOGA	5	6	6	4	4	41
23	YOGA	7	7	6	6	4	46
24	YOGA	8		6	4	4	42
25	YOGA	10	8	6	4	2	40
28	YOGA	10	8	5	3	2	48
29	YOGA	10	9	6	6	6	57
30	YOGA	5	4	8	7	4	48
31	YOGA			6	7	4	47
28	TOTAL	255	144	216	378	144	1302

July 2014

Director of Social Services/Municipal Agent for the Elderly

Report for June 16, 2014

Operation Fuel gave my office \$2000 for their summer program for electric or Yankee Gas. Low income guidelines for families and single persons. I will be able to help pay up to \$500.00 on their bill. I went thru the \$2000 and have asked for another \$1000. They said they would add the \$1000 to my account.

Renters Rebate applications will continue to be taken until the end of September. I have completed about 48 applications taken for disabled and elderly over 65.

All of the Town Social Service offices in Conn are putting together ideas and hope to have a meeting with The State DSS Office to get an internet portal or a direct line to ask if the state has a person application or they are working on it.

The sixty-three year old man who was very depressed since his wife died last year is now in a facility for rehab. His family will then take him to North Carolina to live. The family has been very supportive including his ninety-nine year old mother.

My elderly woman with all the mail has let me in three times and each time we have taken out three shopping carts full of mail, newspapers and magazines. I was at her home on Friday and first she said no, I could not come in but we talked for 15 minutes and she let me in. The stairs and the top of the stairs are still clear and she said she vacuumed the carpet. I am hoping one more trip and I am done. I told her I will come once a month and check her bills, sort the mail and hopefully the house will still be clean.

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 seventeen applications this month. I completed eleven redeterminations for the Medicare Savings Program.