Commission on Aging Minutes of Regular Meeting Monday, September 15, 2014 @ 5:00 pm

MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, **September 15, 2014** at the Senior Center, **14** Riverside Road, Sandy Hook, Connecticut. Chairman Curt Symes called the meeting to order at 5:05 pm.

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

PUBLIC PARTICIPATION: Rose West asked what the status is of the bulletin board. Mr. Symes said it is a work in progress. They will get to it this week.

APPROVAL OF MINUTES: Tabled

Ms. Torres asked for a moment of silence in honor and memory of Larry Schneider, previous commissioner and treasurer, who passed away recently. He was well thought of and will be missed.

CHAIRMAN'S REPORT: Mr. Symes thanked everyone for their participation at the Cultural Arts Festival. John Boccuzzi was congratulated for being moved up as a permanent member. Mr. Symes reviewed his report (Attachment A) and provided a brief overview stating that the commission is using about 80% focus on the community center. Other priorities include the survey and grants activities. He said the commission has had a great deal of positive media presence. He asked everyone to reach out to gather more survey responses.

UNFINISHED BUSINESS

Newtown-wide Senior Survey Update & Funding: Ms. Torres distributed and reviewed the Community Relations and Outreach Team Report (Attachment B). Although the grant was denied, the Town has agreed to absorb the cost. She is working on a press release to inform residents on the deadline extension to 9/30. A draft will be sent to the commission for review. There is a great deal of data entry being completed and the survey results will be presented to the commission in November. Ms. Frampton said that 100 surveys came in over the past week with an approximate total of 1,300 (25% response rate). Ms. Rothstein reviewed the data (Attachment C) and highlighted some facts including that 29% of respondents have lived in Newtown over 41 years. Mr. Symes felt the commission should have a special meeting dedicated to discussing the results of the survey with a visual presentation. Ms. Davis motioned to devote a portion of a regular meeting to focus on the survey. Mr. Symes is concerned over losing momentum during regular meetings. Ms. Frampton felt each member can submit questions or comments in advance of the next regular meeting. After discussion, Ms. Davis wished to withdraw the motion. Ms. Rothstein will send out an email asking for input regarding the survey.

Ms. Frampton opened discussion about streamlining the monthly meetings. She felt that with streamlining, the CoA could be more efficient and appear more professional,. She shared concerns over process and that public participation should reflect agenda items only. Reports should be submitted by the Friday before each meeting so that members can be ready to discuss. She said lengthy meetings can be difficult for seniors who want to attend, especially with daylight shortening. Also, items are repeated during meetings. For FOI purposes, email distributions should be restricted to commission members only. After discussion; Ms.

Frampton motioned that the Commission streamline meetings as follows: that each committee, advisory and chair report be submitted no later than the end of day on the Friday before each scheduled CoA meeting; that each member should read all reports prior to each meeting; and that public participation be kept at the beginning and end of each meeting; dialog with the public should be discouraged outside of public participation; and emails should be restricted to include CoA members only. Ms. Wiedemann seconded the motion. All were in favor and the motion passed.

New Community Center (SC & AC) RFQ Status: Mr. Symes said there have been a couple of sessions with the study group and that response to the RFQ has been positive with approx. 15 architecture / engineering responses and 10 responses to construction management. The study group has met with the Public Building and Site Commission where the list was narrowed down further. He saw encouraging information on the quality of proposed products. Ms. Frampton asked if Ames and Whitaker submitted a response and shared concerns over the way things were handled by them previously. Mr. Symes foresees a sound process going forward. He felt it will be valuable having Geralyn Hoerauf from Diversified Project Management as the project manager. He said all involved feel confident that the process is going forward in a positive way.

CoA Grants Planning Update: Ms. Plouffe said the grants committee has met a few times and making significant progress. Mr. Boccuzzi suggested seeking out grants with local banks; he asked about the grant process. Ms. Davis said Andrea Zimmerman is assisting with developing a process. There are two ways to go forward so more research is to be done. Ms. Zimmerman will work on a generic narrative that includes information on the CoA, the Town and the Senior Center. The team will come up with six recommended projects for the commission's review and prioritization. Mr. Symes said grant money is important for the success of the center and that there will be short term and long term goals, but he would like to see some short term successes.

Mr. Boccuzzi said when the center is open a plan should be set in place. Ms. Davis said all grant requests should flow through the grants team. She discussed the idea of partnering with other organizations that have a 501C(3) or other groups in Town who are involved with the community. Mr. Symes said he learned that unless there is a 501C(3) involvement, groups are precluded from a significant portion of grants. He feels the commission should look to develop a "Friends of the Senior Center" or "Friends of the CoA."

Newtown Arts Festival Discussion: Ms. Torres said a representative from the Rocking Roosters had approached her with interest in offering free classes at the Senior Center. Ms. Place said she has spoken with them but their time availability was not conducive to the center's availability. Ms. Torres said there were more people from Newtown at the festival this year; they engaged 95 people on Saturday and 79 people on Sunday. She felt there was a great cross section of people, including children of the elderly that inquired about information. Ms. Place said she is concerned over social isolation of the elderly in Town.

Nominating Committee Update: Ms. Plouffe said the nominations are as follows: Curt Symes as Chair, Joanne Davis and Sheila Torres as Co-Vice Chairs and Anna Wiedemann as Treasurer. The vote will take place in October.

Charter Revision Commission & CoA Discussion: Mr. Symes said he and Ms. Theune had a great meeting with the Charter Revision Commission. He circulated a copy of an article that appeared in The Bee. (Attachment D).

Nunnawauk Meadows, Senior Action Committee & CoA Discussions: Mr. Symes said discussions continue with a great deal of interaction between different senior groups.

Newtown IT & CoA Website(s) Discussion: Ms. Place met with the new Director of IT, Al Miles, to discuss technology issues in the Center. Mr. Symes spoke with him about a website. The commission is allowed to set

up a website that can be linked to the Town's website. Commissioners will investigate options. Ms. Rothstein suggested requesting a proposal from Joanne Marcinek from "Ask Joanne, LLC" submit a proposal.

TREASURER'S REPORT (Attachment E) — The commissioners discussed the financial process for payments. Mr. Boccuzzi asked if it would be appropriate to have some portion of the gift fund to support an extension of the arts program. Ms. Place didn't feel so. Mr. Symes said membership needs to grow. Ms. Frampton said she would support the funds being used for a specific event, like a dance, but not for a continuing program. Ms. Place said teachers fees are mainly paid per session rather than per hour with a few exceptions, such as Exercise classes because of their large size.

DIRECTOR OF SENIOR SERVICES REPORT: Ms. Place reviewed her report (Attachment F) - She asked if everyone had received their newsletter. Ms. Wiedemann has not received one. There are currently 400 paid members. The First Selectman will change her monthly meetings at the Senior Center to every other month. The alternate months will have a Department Head attending. Al Miles will be attending the October session and will teach seniors how to skype. Flu shot clinics are offered through Bethel VNA and scheduled for 9/16, 9/30 and 10/14. The Annual Holiday Party is scheduled for 12/9. Ms. Place shared concerns that some members are intimidated to enter the senior center when an exercise program is dominating the main space. She would like to move the exercise classes to the three back rooms. Ms. Torres and Mr. Boccuzzi agreed with her concerns. She is very concerned over the decrease in the attendance of the meal site. Someone had suggested to her that bricks should be sold as a fundraiser, similar to what the library did.

Ms. Frampton discussed free events that are being held at her facility. On Sunday, October 12th, 1pm to 3pm ARP will discuss issues and benefits, electricity costs and driving abilities. There will be another session on Friday, October 24th, 7pm to 9pm for caregivers, both children caring for the elderly and seniors caring for grandchildren.

Ms. Place discussed difficulties that the FISH drivers are having. It needs to be clear that FISH is only for seniors who have no means of transportation for medical issues. She then discussed a concern where another agency planned an event and offered up the Senior Center parking lot for parking without communicating with her in advance. She said that all communication should be filtered through her office.

MUNICIPAL AGENT FOR THE ELDERY REPORT: Ms. Piccini discussed her report (Attachment G). Operation Fuel provided her office with \$3,000 for their summer program for electric and Yankee Gas. She is concerned with the inability to contact the State DSS office. She explained that applications are lost; it can only be mailed in; then there is no confirmation that an application was approved. Paper applications are sent into state departments and then scanned into a program by state employees.

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

ADJOURNMENT: Ms. Frampton motioned to adjourn the meeting. Ms. Wiedemann seconded the motion and all were in favor. The meeting adjourned at 7:32 pm.

Respectfully Submitted by Tammy Hazen, Clerk

Newtown Commission on Aging (CoA) - Chairman Report - 09/15/14 Meeting

Welcome to our September monthly CoA Meeting and the celebration of National Senior Center Month. We will be continuing our 2014 primary focus on the New Community Center, including both the Senior & Aquatic Centers, the Newtown-wide 60+ Senior Survey and our CoA Grants Initiatives both short and long term. In addition, we have now launched an effort to ensure the visibility of Newtown's Senior activities in the ongoing Charter Revision work.

I would like to thank everyone, Commissioners, Newtown Staff, the Senior Action Committee, the Senior Steppers and the Charter Community Vision-21 team for their outstanding efforts at the Newtown Arts Festival this past weekend. It was a tremendous success for Newtown's Seniors with 50% more foot traffic at our booths over the 2 days.

From a CoA Administrative standpoint I would like to remind the Commissioners and Seniors in the community over 60 to fillout their surveys. We have had a great response to date and will continue to accept submissions.

I would also like to announce that John Boccuzzi has been moved up to fill the slot previously held by Republican Commissioner Karin Aurelia. We still have 1 vacancy, however, a number of candidates have stepped forward and I expect that a selection will be made shortly.

The Nominating Committee will also be reporting on the current status of our proposed slate of officers for 2015.

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

Respectfully submitted,

Curt Symes

Chair, Newtown CoA

Community Relations and Outreach Team Report - September 2014

Team met Sunday 9/7/14 to discuss survey work. LeReine Frampton, Sheila Torres, Anne Rothstein were able to attend.

- Wish to thank all commissioners for pitching in with the survey and with the Arts
 Fest and want to commend LeReine Frampton, Anna Wiedemann and A. Rothstein for their special efforts with the survey.
- Have been very busy with entering data for incoming surveys. This is more time consuming than coding.
- S. Torres working on press release and editor's letter to inform residents that
 deadline has been extended to September 30. Will send draft to commissioners on
 Tuesday eve. We will continue to accept all surveys that come in until we are
 finished entering. We engaged a total of 95 people on Saturday and 79 people on
 Sunday at the Arts Fest.
- More than 21 people signed up to receive a copy of the survey, some requested 2 copies. These were people who either did not receive the survey or lost their original. We took names and addresses and will send a form.
- Our goal is to communicate results to the Commission at the November 17 meeting.
- So far we have a 25 percent response rate, which is considered excellent for a paper survey. We hope to get more.
- Received excellent input during the Arts Fest. The display featuring the newspaper articles, Newtown Senior by the numbers and the sample survey attracted attention.
- Visitors from other commissions stopped by and took copies of our survey.
 Complimented us on our work and how active we were.
- Many people had questions and Ann Piccini helped answer them. She was also able to get some requests in to Congresswoman Esty.
- There were more Newtown people at the Fest this year than last year.

Newtown Commission on Aging Demographic Profile of First Survey Data(25% of mailings)

Frequency Table

GENDER

			Valid
		Percent	Percent
Valid	Male	34.4	44.8
	Female	41.4	55.2
	Total	76.8	100.0
Missing	Missing	23.2	
Total		100.0	

DISABLE

			Valid
		Percent	Percent
Valid	Yes	12.7	17.4
	No	59.6	81.6
	Total	73.1	100.0
Missing	Missing	27.9	
Total	-	100.0	

AGE

			Valid
		Percent	Percent
Valid	60-65	28.2	29.0
	66-70	21.4	22.1
	71-75	18.0	18.5
	76-80	13.0	13.3
	81-85	8.5	8.7
	86-90	6.5	6.7
	90+	1.7	1.8
	Total	97.3	100.0
Missing	Missing	2.7	
Total		100.0	

RETIRED				
		AL PART AND	Valid	
		Percent	Percent	
Valid	Yes	58.6	65.5	
	No	30.9	34.5	
	Total	89.5	100.0	
Missing	Missing	10.5		
Total		100.0		

EMPLOY

			Valid
		Percent	Percent
Valid	Part-time	13.9	42.3
	Full-time	18.7	54.0
4			
	Total	34.7	100.0
Missing	Missing	67.3	
Total		100.0	

live alone

		Percent	Valid Percent
Valid	Yes	20.4	53.9
	Total	37.9	100.0
Missing	Missing	79.6	
Total		100.0	

live with spouse/partner

			Valid
		Percent	Percent
Valid	Yes	15.2	100.0
Missing			
	Missing	84.8	
	Total	100.0	
Total			

live with family				
		Percent	Valid Percent	
Valid	Yes	3.0	100.0	
h din nim m	Total	3.0	100.0	
Missing	Missing	97.0		
Total		100.0		

live with grndchld

		Darrant	Valid
		Percent	Percent
Valid			
Missing			
	Missing	100.0	
	Total	100.0	
Total			

live with friend

		Percent	Valid Percent
Valid			
Missing			
	Missing	100.0	
	Total	100.0	

live with pet

		:	Valid
		Percent	Percent
Valid	Yes	4.2	100.0
Missing			
_	Missing	95.8	
	Total	100.0	
Total		ALAAA	

live with other

			Valid
		Percent	Percent
Valid			
Missing			
	Missing	100.0	
	Total	100.0	
Total			

time in newtown

			Valid
		Percent	Percent
Valid	less than 5 years	4.7	4.9
	6-10 years	7.0	7.2
	11-15 years	11.0	11.3
	16-20 years	9.2	9.5
	21-30 years	15.0	15.4
	31-40 years	21.7	22.4
	41-50 years +	28.4	29.3
	Total	97.0	100.0
Missing	Missing	3.0	
Total		100.0	

Care giver for:

			Valid
		Percent	Percent
Valid	spouse	13.7	64.7
	parent	3.0	14.1
	grandchild	.2	1.2
	other	2.5	11.8
	Total	19.5	100.0
Missing	Missing	80.5	
Total		100.0	

The Newtown Bee Article

Charter Panel Asked To Consider Including Commission On Aging

By John Voket

Friday, August 29, 2014

Commission on Aging Chairman Curt Symes appeared briefly before the Charter Revision Commission August 25, requesting the panel consider including the commission as a new entry in Newtown's governing document.

Mr Symes said he and his follow commissioners would like to at least see the presence of his panel and a brief description of its role in a new charter revision, which is in the very early stages of development, and likely will not appear before voters for possible endorsement until November 2015.

He also brought along suggested language from a recent Ridgefield revision, in which that community's commission on aging is incorporated.

Calling his panel formerly "one of the best kept secrets in Newtown," Mr Symes discussed how the commission has more recently increased its activities and outreach, and how members have improved the visibility of the commission among other elected and appointed boards in town.

He credited the newest commission alternate Claire Theune with assisting by researching other communities to see how those towns position their commissions on aging in their respective charters. She learned most towns do include their commissions in charter language.

Mr Symes said getting the local commission into Newtown's charter is one of a number of ways the panel is continuing its efforts to heighten its visibility.

He said based on information gathered by the Newtown registrars of voters, the community includes about 5,000 residents over age 60 among its roughly 16,000 adults, and admitted that for much of his 44 years in town, he was unaware the Commission on Aging existed.

Mr Symes said since the commission will continue to play a role in the senior center development aspect of the town's new community center plan, he believes it is "essential" to recognize the panel's existence in the charter.

Charter Revision Commission Chairman Jeff Capeci said it is part of his group's goal to thoroughly review the document, and to look at adding or removing groups as warranted, as well as creating guidelines to ensure newly created commissions and boards are incorporated into future charters in a timely manner.

Charter Commissioner James Ritchie asked if Mr Symes thought inclusion in the charter would serve to help the group if it goes out for grants. Mr Symes said the Commission on Aging has just begun exploring the prospect of applying for grants, but so far, he has "never been asked if the Commission on Aging was part of the charter."

Ms Theune was invited to join Mr Symes before the charter commission, to review the language included in the Ridgefield charter. She indicated the Ridgefield passage summed up the number of members and terms of service, and that the Ridgefield commission was charged with studying the needs of seniors in that community, and to coordinate with other municipal programs and agencies to meet those needs.

SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS TRUST FUND	BALANCE
7/1/13	Beginning Balance				41,995.66
7/22/14	Trust Distribution			92'609	42,605.42
8/1/14 8/1/14	Ck. #14903 Holiday Hill Ck. #15024 Michael's at the Grove		(270.00) (200.00)	(()	42,335.42 42,135.42
9/4/14 9/4/14	Ck. #15537 Superior Signs Ck. #15468 Minuteman Press		(340.00) (485.00)		41,795.42 41,310.42

CoA 2014-09-15 Att F

NEWTOWN SENIOR CENTER Director of Senior Services August 19, 2014 – Sept 15, 2014

PROGRAMS	NUMBER OF ATTENDANTS
Zumba Gold	33
Exercise	229
Floor Yoga (2 days)	53
Chair Yoga (2 day)	67
Cards	49
Mah Jongg	19
Chorus	15
Bingo	
Lunch	96
Knitting	32
Cards (craft)	12
Quilting/sewing	10
Walk-Ins	55
Billiards/ping pong	35
Trips	129
Newsletter	6
Wii	13
Painting/Art	19
Special events	74
Tai Chi	21
Entertainment	10
AARP Safe Driving Ballroom Line dance	18 12
Current Events	61
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Spanish Lessons Reading CAC	
Speakers	48
Chair Pilates	25
Strength & Balance	26
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Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
271	230	281	140	354

MONTHLY ATTENDANCE

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COMPLETED EVENTS:

- Holiday Hill Annual Statewide senior outing August 18
- 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

UPCOMING EVENTS:

- Game Night Sept 19
- BHC Nutritionist Sept 23
- Apple Pie Baking Contest Sept 25
- Hot Dog Luncheon Sept 26
- Trash to Treasure Sale Saturday Oct 4
- Halloween Bingo Party October 30

Upcoming Trips

- The Big "E" CT Day September 17
- Oktoberfest @ Platzl Brauhaus Oct 21
- WBDT South Pacific Oct 30
- Mohegan Sun Nov 6
- Radio City Xmas Spectacular Nov 20
- Boar's Head Feast w/ Bright Nights Dec 8

FLU SHOT CLINIC SCHEDULE:

Tuesday Sept 16 9-12 BVNA Tuesday Sept 30 9-12 BVNA Tuesday Oct 14 10-12 BVNA

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

Music will be by DJ BIG DADDY

\$35 pp includes gratuity

Please note: His fee is \$250 which is $\frac{1}{2}$ the cost of the past entertainers and the seniors loved it last year. I will be requesting funds from the gift fund to sponsor the entertainment at the annual Holiday Party.

Hope many from the COA can attend.

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

- This past week-end @ the 2nd annual Arts Festival our senior line dancers performed and were fantastic!
 - The ladies did a wonderful job considering the Line dance instructor has been out for over a month due to caring for her husband who had surgery (returning Oct 1). And through practicing on their own and here they were successful. It was a beautiful day and they're ready for next year!
- Elder Law Seminar and Ask an Attorney was very popular last year. Many benefited from it and will continue this year Oct 8 and Nov 12 (front page on Newsletter)
- Today Sept 15.....DEMENTIA vs. DEPRESSIONGeriatrician , Dr. Susan Varano and Social Worker Cindy LaCour from Candlewood Valley Health and rehab took lead roles in conducting this discussion on signs and fears of dementia and/vs depression. This was very informative to caregivers /spouses. 22 seniors attended. Dr Varano continues to do FREE memory screenings when asked for our seniors.
- These speakers whether from Better Business Bureau, Bethel Healthcare, Candlewood Valley, Danbury hospital, Elder law, etc. are free and is a wonderful service to our seniors. Many topics change and many rotate yearly to go with the needs and interest.
- For the Fall/Winter Season again Game Night and Social gathering will re-start Friday
 Sept 19 from 4:30 to 7:00. Pizza will be supplied w/ tea/coffee
- September is Apple month. We will be having an Apple Pie baking Contest Sept 25 @ 1 Rob Sibley from Land Use will be one of the judges.
- 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.
- The Men's breakfast on the 1st Thursday of every month will have a speaker, when possible. Last month Dan Wolinski spoke on Benedict Arnold. Went great!
- Spread the word on the Flu Shot clinics!!!!
- I also need to know if everyone is receiving the Newsletter....
- Someone asked recently regarding teachers fees......Teachers are paid *per session*. Most classes go one hour.

The gift fund does not pay for teachers.

Teachers are sub-contractors hired by myself and their pay (fee) comes out of the Senior Services budget. The exercise class is the highest attended class.

The seniors calendars are filled...they are busy, if not here at some other senior center! Fall is here! So much to do......not enough time



Director of Social Services/Municipal Agent for the Elderly

Report for June 16, 2014

Operation Fuel gave my office \$3000 for their summer program for electric or Yankee Gas. Low income guidelines for families and single persons. I have completed seven applications and now have \$375.00 to complete one application. Three of the applications were for seniors.

Renters Rebate applications will continue to be taken until the end of September. I have completed about 58 applications taken for disabled and elderly over 65. I have about ten that will be coming in this week.

All of the Town Social Service offices in Conn are part of CAMAE and I am hoping to attend the next meeting. Updated e-mails state the group is making progress with the State DSS Office to get an internet portal or a direct line. Something to help the clients we sent in applications and they have not heard anything in months.

My elderly woman would not let me in last week to try to finish up on all the mail. I told her we found in the mail we opened that her driver's license had been suspended due to a ticket she did not pay. Her comment was that the police officer was following her. He gave her a ticket as her license plate had expired and she did not renew it. She said that was motor vehicles problem as they did not give her a notice that it was to be renewed. I reminded her that this is why we need to get her mail opened. I will take her to the Danbury Court and have the ticket put on the docket and she can plea or pay and get her license restored.

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 twenty-three applications this month. I completed fifteen redeterminations for the Medicare Savings Program.