

**Commission on Aging
Regular Meeting
Monday, February 23, 2015 @ 5:00 p.m.**

THESE MINUTES ARE SUBJECT TO THE APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, February 23, 2015 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Curt Symes called the meeting to order at 5:05 p.m.

Present: Curt Symes, Sheila Torres, Joanne Albanesi, Margaret Imbro, LeReine Frampton, John Boccuzzi, Anne Rothstein, Anna Wiedemann, Barbara Bloom

Absent: Joanne Davis, Claire Theune

Also Present: Marilyn Place, Ann Piccini, Linda Manganaro, Ann LoBosco, 5 members of the public

ANNOUNCEMENTS: Mr. Symes introduced Ann LoBosco as the new Clerk for the Commission on Aging. He also introduced Leah Lentocha who was appointed by the Board of Selectman at their February 17, 2015 meeting as an Alternate, Commission on Aging. After Ms. Lentocha is properly sworn in, she will be joining the Board in her full capacity. All board members then introduced themselves and spoke briefly about their time in Newtown and their service to the community.

DISCUSSION OF NEW COMMUNITY (SENIOR & AQUATICS) CENTER: Mr. Symes reported that GERALYN HOERUAF of Diversified Project Management, Inc. and TOM ARCARI of Quisenberry Arcari Architects LLC had scheduling conflicts so were unable to attend this evening's meeting. He stated that great progress is being made with respect to the Community Center project. He pointed out that the Community Center encompasses both the new Senior Center as well as an Aquatic Center. There has been a lot of work being done by Marilyn Place (Director, Senior Services) and Amy Mangold (Director, Parks & Recreation) researching the sizing of pools and a possible therapeutic pool. There will be 4 upcoming Information Sessions on the Community Center and the public is encouraged to attend and offer their input. The dates of the meetings are listed on the Town's website.

Mr. Symes reported that the Board of Selectman has accepted the \$15 million grant from the General Electric (GE) Foundation. There will now be a referendum (possibly March 21st) at which residents will vote on whether to spend \$9.5 million of the GE grant on the construction of the combined Senior Center and Aquatic Center (Phase I). The remainder of the grant (\$5 million) will be used for operating expenses of the facility over a 5 year period. It is very possible that the 5 year period could extend to 7 or 8 more years. Mr. Symes reiterated that there are 3 Phases to the project. Phase II is to provide office space for Parks & Recreation in Fairfield Hills; and Phase III has to do with the possible acquisition of the NYA by the Town which may connect with the new Senior Center/Aquatic Center complex.

Ms. Albanesi is concerned that the public may misunderstand the scope of the upcoming referendum. She wants them to be informed that the referendum is solely for the purpose of accepting the money from the GE grant. She stated that if the grant is not accepted then the project cannot be started. All

agreed that steps need to be taken to educate residents about this issue (article in The Bee, informational flyers, and encouraging people to attend the Information Sessions/Forums).

PUBLIC PARTICIPATION: Rose West, 50 Elizabeth Circle, questioned whether the new Senior Center will be connected to the Aquatic Center. Mr. Symes assured her good practical planning is in the works and that seniors will not have to walk outside to get from one place to the other.

MINUTES OF DECEMBER 15, 2014: Mr. Symes asked whether there were any changes to be made to December's minutes.

Ms. Imbro made a motion to amend the December 14, 2015 minutes so her motion would read "Ms. Imbro made a motion to have an exercise class between 4 p.m. and 5 p.m. on Tuesdays and Thursdays (twice a week) starting in January", Ms. Frampton seconded the motion and unanimously approved.

Discussion continued regarding the new exercise class and Marilyn Place stated that she would have to look into the availability of a qualified teacher for the class. Ms. Imbro and Ms. Wiedemann offered to assist Ms. Place with exploring the possibility of offering this new class.

Ms. Rothstein made a motion to explore the feasibility of offering an exercise class on Tuesdays and Thursdays between 4 p.m. and 5 p.m., seconded by Ms. Frampton and unanimously approved.

Ms. Frampton made a motion to accept the minutes of December 14, 2015 as amended, seconded by Ms. Rothstein and unanimously approved.

CHAIRMAN'S REPORT: (Attachment A.) Mr. Symes highlighted his report and said that going forward into 2015 he would like to extend the idea of organizing "Friends of Newtown Seniors", a group that could offer a mechanism to approach different organizations in future fundraising efforts.

TREASURER'S REPORT: (Attachment B.) Ms. Wiedemann presented her report and asked for clarification on the amount allocated to grant services for Andrea Zimmermann. Mr. Symes confirmed that \$500 was approved toward Ms. Zimmermann's services. Ms. Rothstein suggested that the format be adjusted on the Treasurer's Report to reflect consistency (decimal points).

DIRECTOR OF SENIOR SERVICES REPORT: (Attachment C.) Ms. Place presented her reports for both January 2015 and February 2015 and stated that attendance has been low due to the snowy weather this past month. She highlighted the new programs being offered for the spring. Ms. Frampton asked whether drop-in fees of \$5 would cover the cost of instructors for these programs or whether money from the gift fund would be used. Ms. Place said that she does not foresee cost of the programs exceeding what is projected.

Ms. Place reported that on March 13th and April 8th, two entertainers will be performing at the Senior Center and she asked that the cost which totals \$175 being covered by the gift fund.

John Boccuzzi made a motion to spend \$175 from the gift fund on the entertainment for March 13th and April 8th, seconded by Ms. Bloom and unanimously approved.

Linda Manganaro (Director, Nunnawauk Meadows) reported that there was an article in the paper dealing with "Senior Bullying" and was hoping all the chance to read it as it is a very relevant issue. **MUNICIPAL AGENT FOR THE ELDERLY:** (Attachment D.) Ms. Piccini stated that the bell ringing done by Salvation Army volunteers raised over \$12,000. She said that this money is much appreciated and will be used toward fuel, electric bills, etc. for clients in Newtown.

Ms. Frampton asked Ms. Piccini whether progress has been made on compiling an Emergency Contact List of residents who indicated their interest to be on such a list on the Q&A survey. Ms. Piccini said she is just waiting for a copy of that list and will schedule a meeting with EMS to discuss how they can work together. Ms. Bloom, Ms. Rothstein and Ms. Imbro said they would assist in the process.

UNFINISHED BUSINESS: Ms. Torres talked about the "My Senior Center" tool that could be used to keep track of numbers, trips, contact information, etc. with respect to activity at the Senior Center. She presented the pricing list: the Regular Model (with no advertising) costs \$10,000 with a \$1,800 annual fee; the Sponsor Based Model (with advertising) costs \$4,500 with a \$1,200 annual fee. Ms. Torres suggested that all attend the webinar which presents this tool. Mr. Symes asked whether we are sustaining the level of activity to justify the cost at this time. Ms. Place suggested that a representative come to April's meeting to give a presentation and answer any questions about the "My Senior Center" system. "My Senior Center" has been incorporated into the new Senior Center plan.

Grants Activities: Ms. Torres said a grant was received from WCAAA for \$4,800 to be used toward 3 new exercise classes (Introduction to Exercise, Stress Reduction, and Balancing). The classes would be held once a week for 40 weeks and would be offered to the Senior Center membership at no cost. Ms. Place stated that research would need to be done on possible instructors and time and place of classes. Mr. Boccuzzi and Ms. Torres will work with Ms. Place on the logistics and timeline of the new programs.

Ms. Torres suggested that the movie screen at Edmond Town Hall be used to remind people to vote in the March referendum. The cost is \$100 a month for the message to be posted on the big screen.

Mr. Boccuzzi made a motion to spend \$100 to advertise at ETH the message to vote in the March referendum, seconded by Ms. Imbro and unanimously approved.

Ms. Place reported that she received information about a Federal Block Grant regarding Diabetes and has sent it to Donna Culbert (Health Director) for review.

Mr. Boccuzzi reported that a grant from WCAAA for \$5,000 was received for Diabetes & Chronic Disease Control which centers around exercise and information (Attachment E). He stated that he would like to look at larger grants that may be available to offer more programs for seniors to attend at little or no cost. He suggested hiring a grant writer down the road to assist in these efforts. Ms. Frampton asked whether hiring Andrea Zimmermann was for this type of thing. Mr. Boccuzzi said that she was hired as a consultant to work on grants and not specifically for the grant writing process. Mr. Symes suggested that the board re-establishes where it stands on grants as a commission and reformulate the team. Ms. Wiedemann said that in the Town of Southbury grants are presented at the meetings for the board's review. She will get the information from Southbury on their process and present it at the next meeting.

Mr. Symes stated that "New Business" items will be tabled until the next meeting.

PUBLIC PARTICIPATION: Rose West asked why the larger exercise class couldn't be held in the main room. Ms. Frampton said that some members felt uncomfortable with walking in the main door on an exercise class, so they are held in the back room.

Having no further business, the meeting was adjourned at 7:06 p.m.

Respectfully submitted,

Ann M. LoBosco

Attachment A

Newtown Commission on Aging (CoA) – Chairman Report – 2/23/15 Meeting

Welcome to the 1st CoA meeting of the new year. 2015 holds the promise to be an exciting and potentially outstanding year for both the CoA and the Seniors of Newtown.

There will be challenges ahead in the work activities that we undertake as a commission, however, the rewards will never be greater. The kickoff of the New Community (Senior & Aquatics) Center Architecture & Design work over the holidays marked the beginning of the requirements and information gathering sessions which will now continue through 1Q15. Tom Arcari & GERALYN Hoerauf will meet with us regularly to share thoughts and insights and will be conducting focus group sessions going forward.

We are compiling the key facts and messages from the Newtown Senior Survey for use in formulating both future and expanded Senior Center Programs, and we have received our 1st donation to be used expressly toward new facilities for the New Senior Center. The Grants team has achieved its 1st success in being awarded a stipend for expanding current programs in building interest toward the future center.

So much for the easy work (lol). This year we will also be tackling some of the more arduous work that has escaped us for the past two years. We continue to work closely with the Charter Revision Committee in achieving CoA acceptance in the soon to be revised Charter, and we are compiling a comprehensive list of necessary revisions to our various CoA documents. We will be discussing the need for a new CoA officer position, that of Secretary, dealing with key correspondence, the on-boarding of new commissioners and other tasks in support of the CoA and the Leadership Team.

The 2015 CoA Calendar of Meetings has now been distributed both electronically and in paper format, and we are considering a Special CoA Meeting in mid-March, similar to the October meeting, but focused on key challenges and organizational structures that need to be both addressed and sorted out in the early part of the year.

As I mentioned back in December, work is underway on both the formulation of a CoA Budget for 2015-2016 and the creation of a NewtownSeniors.org informational website.

Various town organizations continue to reach out to the CoA for support in more effectively communicating to all the Seniors of Newtown to make them aware of opportunities and activities of interest and importance. Michelle Hiscavich, Newtown High School Director of Music & Fine Arts Department Chair, is one example, the Newtown VFW Post is another and the Newtown Youth Academy (NYA) and Charter Community TeleVision (now Channel 192) are just behind.

Respectfully submitted,

Curt Symes

Chair, Newtown COA

Attachment B

	A	B	C	D	E	F
1		SENIOR SERVICES GIFT FUND				
2						
3						
4					FRANK KNOTTS	
5	DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	TRUST FUND	BALANCE
6						
7	7/1/2013	Beginning Balance				41,995.66
8						
9	7/22/2014	Trust Distribution			609.76	42,605.42
10						
11	8/1/2014	Ck. #14903 Holiday Hill		-270		42,335.42
12	8/1/2014	Ck. #15024 Michael's at the Grove		-200		42,135.42
13						
14	9/4/2014	Ck. #15537 Superior Signs		-340		41,795.42
15	9/4/2014	Ck. #15468 Minuteman Press		-485		41,310.42
16	9/18/2014	Ck. #15611 John Bocuzzi		-61.24		41,249.18
17	9/18/2014	T-14601 Trust Distribution			491	41,740.18
18						
19	10/16/2014	Ck. #16219 Andrea Zimmermann		-281.25		41,458.93
20	10/22/2014	T-21447 Trust Distribution			609.76	42,068.69
21						
22	11/13/2014	Ck. #16575 Sean McKee- Party Entertainment		-250		41,818.69
23	11/13/2014	Ck. #16578 Michael's At the Grove - Party		-490		41,328.69
24	11/21/2014	T-27757 Cash Receipts			10	41,338.69
25						
26	12/11/2014	Ck. #16894 CW Resources - Senior Nutrition Srv		-240		41,098.69
27	12/16/2014	T-30470 Holiday Raffle			71	41,169.69
28						
29	1/28/2015	Trust Distribution			598.4	41,768.09
30						
31				-2,617.49	2,389.92	41,768.09

NEWTOWN SENIOR CENTER
Director of Senior Services
January 23, 2015 – February 23, 2015

Attachment C

PROGRAMS	NUMBER OF ATTENDANTS (January)
Zumba Gold	36
Exercise	167
Floor Yoga (2 days)	24
Chair Yoga (2 day)	38
Cards	59
Mah Jong	19
Chorus	14
Bingo/Keno	20
Lunch	91
Knitting	26
Cards (craft)	10
Quilting/sewing	4
Walk-Ins	15
Billiards/ping pong	19
Trips	14
Newsletter	
Wii	6
Movie	
Painting/Art	14
Special events	27
Tai Chi	23
Entertainment	
AARP Safe Driving	
Ballroom Line dance	28
Current Events Discussion	30
Spanish Lessons	24
Speakers	37
Chair Pilates	23
Strength & Balance	25

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
102	171	230	133	233

MONTHLY ATTENDANCE

749

NEWTOWN SENIOR CENTER
Director of Senior Services
December 16, 2014 – January 23, 2015

PROGRAMS	NUMBER OF ATTENDANTS (December)
Zumba Gold	38
Exercise	251
Floor Yoga (2 days)	73
Chair Yoga (2 day)	52
Cards	29
Mah Jong	11
Chorus	36
Bingo/Keno	16
Lunch	101
Knitting	31
Cards (craft)	10
Quilting/sewing	4
Walk-Ins	16
Billiards/ping pong	43
Trips	47
Newsletter	
Wii	4
Movie	
Painting/Art	18
Special events	107
Tai Chi	23
Entertainment	
AARP Safe Driving	
Ballroom Line dance	25
Current Events	44
Spanish Lessons	6
Speakers	46
Chair Pilates	18
Strength & Balance	21

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
327	297	223	104	238

MONTHLY ATTENDANCE

1189

- **Healthy Heart** presentation is scheduled on Red Dress Friday Feb 6 @ 1. This very informative talk and slide show will include:
 1. The difference in heart disease for women vs. men
 2. How to decrease risk and recognize that you may be at risk
 3. Latest information and statistic's on heart disease in women
 4. Q & A
Goal: is to provide updated information to empower every woman (and men) to be Heart Healthier
- There will be a Community Senior Forum for Seniors w/ Superintendent Dr. Erardi here at the Center , Wednesday Jan 28 at 2:30. This will be taped by Charter Communications.
- I'm in the process of planning a self-defense class for the seniors. In the past I've done it with Mike Porco and was successful. This will be the late afternoon program for a few weeks w/ a fee. Still waiting to finalize. There is also a cane self- defense and strength training for wounded/disabled veterans and elderly. It is a 4 step program that begins w/ stretching and progresses only at the rate of the individual. It is done while standing or sitting regardless of limitations or disability. It is actually called Cane Fu.
- With talking w/ Linda Manganaro @ Nunnawauk Meadows (she recently took a tele-computer course) there is a need of awareness of *Bullying* amongst seniors. This comes in different levels. We will be meeting not only w/ each other to plan a joint seminar at Nunnawauk Meadows but also we will meet with Officer MH McCarthy.
- There is a very informative article to read under the State Dept of Aging: aging services : What is Domestic Violence in Later Life? I have read the article...it is very well written, but importantly offers links and numbers that possibly might be put into the resource guide ???...and also to have on file, to be educated and aware of such matters within our community. A year ago, Jan 9, 2014 Protective Services for the Elderly mandated report training for senior center directors, which I took....with that I receive such articles monthly.
- I'm also updating the resources we provide w/ many home care agencies

Keeping the seniors busy and active.

Marilyn



SENIOR SERVICES GIFT FUND

		FRANK KNOTT'S		
DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	TRUST FUND BALANCE
7/1/13	Beginning Balance			41,995.66
7/22/14	Trust Distribution			609.76
8/1/14	Ck. #14903 Holiday Hill		(270.00)	42,335.42
8/1/14	Ck. #15024 Michael's at the Grove		(200.00)	42,135.42
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11/13/14	Ck. #16575 Sean McKee- Party Entertainment		(250.00)	41,818.69
11/13/14	Ck. #16578 Michael's At the Grove - Party		(490.00)	41,328.69
11/21/14	T-27757 Cash Receipts			10.00
12/11/14	Ck. #16894 CW Resources - Senior Nutrition Srv		(240.00)	41,098.69
12/16/14	T-30470 Holiday Raffle			71.00
1/28/15	Trust Distribution			598.40
			(2,617.49)	2,389.92
				41,768.09

Attachment D

Director of Social Services/ Municipal Agent for the Elderly

Report for FEBRUARY 20, 2015

We have been very busy doing fuel applications. We need all bank statements and income for everyone in the household. Income has to be below the poverty guidelines. We have completed one hundred ninety eight applications. Thirty six are disabled and eighty seven are elderly.

Operation Fuel has given me \$5000 for heating fuel. I have \$2000 left. I can only do an application for people who received Chap with the fuel assistance program in Danbury. They gave them a little over 100 gallons of oil for this season. With the cold weather this has been a hard year.

I received a check for \$500 for oil which went to an elderly woman that was a little over the income guidelines. This money was raised by a fund raising event at the Congregational church.

I am happy the cost of oil has been 2.30 to 2.52 a gallon. Salvation Army has paid for nine deliveries so far. They have helped with car insurance, medication, and electric bill, eye glasses for a disabled woman and day care for a family out of work. The husband broke his leg and could not care for their two year old while the wife is looking for work.

We completed fifty three applications for the elderly Part D in December. We had about fourteen who came in January to get help with the Part D that all of their medications were not on their drug card. We made several phone calls and some just needed their doctor to state the medication was medically necessary.

Our food pantry is doing well. We have had several large donations. The people in Newtown are so generous. Our pantry is open to elderly, disabled and families.

3 MAIN STREET
NEWTOWN, CONNECTICUT 06470
TEL. (203) 270-4330
FAX (203) 270-4333

My elderly lady with all the mail is now in Masonicare Assisted Living and will be staying there. I have an attorney who said she would be her conservator. The hearing at Probate was December 18th and the Probate Judge agreed with her medical diagnosis that she needs to be cared for. She is getting along very well with the other people living there. The nurses love her. I went to visit her and she knew me but she knows she cannot remember most of every day life.

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-four applications this month. I completed twelve redeterminations for the Medicare Savings Program.

Attachment E

Nutrition related activities such as lunch and learn.

Series of nutrition workshops with food

- Nutritious breakfast
- Nutritious lunch
- Nutritious and easy to fix dinner

Training of presenters for two evidence based programs from Stanford University

Live Well Program

- Self-management of chronic diseases
- Self-management of diabetes

Program have both nutrition and exercise components as well as general discussion of healthy living practices.

Exercise

Zumba

Yoga

Chair Yoga

Strength training

Pilates

Tai Chi

Balance (**funded WCAAA 1 \$5,000**)

Beginner exercise (**funded WCAAA**)

Grants in Progress

WCAAA grant 2 (\$5,000) application for Assessment and program planning. Balance and fitness assessment and program planning

Grant application by Newtown Youth Academy (\$7,000). Implementation of a general fitness program for seniors. Programs will support existing exercise, fitness and nutrition activities.

Isolation, inactivity and depression are all problems associated with aging and older Americans. An article in *Educational Gerontology* Volume 37, Issue 3, 2011 “Successful Aging- A Four Factor Model” identifies four major factors that contribute to successful aging. The four factors identified are Physical, Psychological, Social and Leisure. **Grant activities support these four factors.**

Physical-Aging is not a disease; it is generally considered as the accumulation of various harmful changes occurring in cells and tissues.¹ (Harman 2003) Thus, when getting older, the chances are higher for increasing risk of disease and death suggested that physical function is decreasing for elders; so, prevention of disease and keeping physically healthy is important to—and valued by—elders.² (Rowe and Khan 1998). Thus, good physical function is one important factor of successful aging.

Psychological-The Psychological factor is certainly related to successful aging and is a continuing focus of researchers. Though studies show older age is not associated with high levels of emotional distress³ (Kobau, Safran, Zack, Moriarty, & Chapman, 2004), psychological well-being is essential to elders⁴ (Ingersoll-Dayton, Saengtienchai, Kespichayawattana, & Aunguroch, 2001). Reichstadt, Depp, Palinkas, Folsom, and Jeste found that older adults place greater emphasis on psychosocial factors for successful aging than they do on physical aspects of good health.⁵ (Reichstadt, Depp, Palinkas, Folsom, and Jeste 2007)

Social- Social support, religion, and active engagement with life are important factors that help people to cope with stressful life events in later life⁶ (Schulz & Heckhausen, (1996). However, the isolation in America seems to have increased over the two decades from 1985 to 2004. Specifically, the number of people saying there is no one with whom they can discuss important matters with nearly tripled⁷ (McPherson, Smith-Lovin, & Brashear 2006). So social engagement is a key factor in maintaining both physical and psychological wellbeing.

Leisure- Leisure activities, such as exercise or going on vacations, are important to elders and are getting attention from researchers. Research has shown a positive association between exercise and both cognitive function⁸ (Colcombe & Kramer) and physical function⁹ (Brach et al., 2004) for elders. Furthermore, exercising together with friends provides double protective strengths against physical and cognitive decline¹⁰ (Seeman, 2000). Accordingly,¹¹ (Lee 2009) claimed that elders with more leisure activities may have higher life satisfaction.