

**Commission on Aging
Regular Meeting
Monday, May 18, 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, May 18, 2015 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Curt Symes called the meeting to order at 5:01 p.m.

Present: Curt Symes, Joanne Albanesi, Margaret Imbro, John Boccuzzi, Anna Wiedemann, Leah Lentocha

Absent: Sheila Torres, Anne Rothstein, Claire Theune, Barbara Bloom

Also Present: Marilyn Place, Ann Piccini (5:08), Linda Manganaro, 3 members of the public

ANNOUNCEMENTS: Mr. Symes apologized for the last minute notification of April's regular meeting which resulted in cancellation, but stated that the Special Meeting held on April 11th helped the commission gain insight into a number of key issues critical to the COA in moving forward in 2015. In addition, there were two resignations of board members, Joanne Davis and LeReine Frampton.

Mr. Symes made a motion to amend the April 11, 2015 Special Meeting Minutes to reflect "Commissioners Davis and Frampton expressed objection to the Executive Session under FOI and left early – 10:30 a.m. and 10:40 a.m., respectively", seconded by Ms. Imbro and unanimously approved.

PUBLIC PARTICIPATION: Karin Aurelia, 23 Cherry Street, began to speak but indicated she would like to comment after Mr. Symes' report. Mr. Boccuzzi told her that Public Participation was listed on the Agenda before the Chairman's Report therefore she would need to offer comments now. She declined.

LeReine Frampton, 6 Pebble Road, asked for a moment of silence in honor of former commissioners Ed Rees and his wife, Glenna Rees, who both recently passed away. Mr. Symes said it would be a very respectful thing to do and a moment of silence was taken. Ms. Frampton noted that both Mr. and Mrs. Rees served 10 years on the commission and Mr. Rees was Chairman for 4 years.

CHAIRMAN'S REPORT: (Attachment A) Mr. Symes thanked Joanne Davis and LeReine Frampton for their many years of service to the COA, in particular their work on Legal and FOI issues and Outreach and the Newtown Senior Survey, respectively. Ms. Frampton brought the Senior Survey documents/results with her tonight to leave with the COA.

TREASURER'S REPORT: (Attachment B) Ms. Wiedemann presented her report and asked if there were any questions. Ms. Wiedemann and Mr. Symes met with Assistant Finance Director Donna Tomasko regarding funds in the Senior Services Gift Fund. It was determined that the COA could spend up to \$1,200 based on donations made to the Gift Fund.

Ms. Place said she was out of Senior Guides and suggested they begin work on a 2nd Edition which would include any updates. Mr. Symes has about 50 guides left and will get them to Ms. Place. Other than Officer McCarthy's update which was already submitted, he said there were very few changes to be made.

Mr. Symes received a copy of the last will and testament of Frank Ernest Knotts which states that COA Gifts/Donations and Funds from the Frank Knotts Trust are available for use by the COA, as a part of the Gift Fund.

Ms. Albanesi made a motion to accept the May 2015 Treasurer's Report, seconded by Ms. Imbro and unanimously approved.

DIRECTOR OF SENIOR SERVICES REPORT: (Attachment C) Ms. Place presented her report and asked for the following allocations to be made from the Gift Fund: Mother's Day Tea and Bingo - \$372.72; Flowers for boxes out front - \$200.00±; Historian Speaker Arthur Gottlieb, 3 sessions @ \$110/each, total \$330.00; "Fitball" for exercise classes – 10@\$10 each, total \$100.00; Alan DeValerio, White House Butler speaker on August 11th for \$100.00.

Ms. Place explained that the instructors for exercise classes suggested the "Fitball" product to replace the old exercise balls; they are much easier to use for seniors and are highly recommended. Mr. Symes asked whether any other equipment needed to be replaced. Ms. Place stated that seniors bring their own mats and no other equipment was needed at this time.

Ms. Place recommended looking at the website, Danbury Senior Resource, which is linked to the Town's website and provides easy access for senior to view activities being offered at their Senior Center. It was funded through the Buck Foundation and is a great format to get information out to seniors easily. Ms. Place spoke to IT Director Al Miles and he thought it was better than the senior network idea and would fit well with Newtown's Town website.

Mr. Boccuzzi made a motion to allocate funds from the Gift Fund (\$372.72 for Mother's Day Tea, \$200.00± for flowers for boxes out front; \$330.00 for speaker Arthur Gottlieb, \$100.00 for exercise balls, and \$100.00 for speaker Alan DeValerio), seconded by Ms. Imbro and unanimously approved.

MUNICIPAL AGENT FOR THE ELDERLY: (Attachment D) Ms. Piccini said that the fuel assistance program has come to an end for the year. Some applications are still being processed because

CAAWC is requesting more information from clients. The Renter's Rebate Program has started and will run until October 1st. All people 65 and older and/or disabled are eligible to apply. Operation Fuel will begin its summer program sometime in June which helps seniors with electric bills. Ms. Piccini said that this year's Postal Food Drive was a huge success which will help stock the food pantry in the upcoming months. She continues to work on food stamp applications, Medicare Savings applications, and other programs which help keep seniors afloat.

Linda Manganaro, Director at Nunnawauk Meadows, reported that things are running smoothly. Mr. Symes asked whether there were any plans for expansion of the complex. She said that plans are being discussed but there is a need to be creative financially.

UNFINISHED BUSINESS:

Community Relations & Outreach Update – Ms. Albanesi said the team will be participating in the Duck Race and was looking to purchase rubber jar openers with the COA logo as a giveaway. She requested up to \$200.00 to purchase 350 openers. Ms. Place said she has a box of jar openers that say "Newtown Senior Center" on them and offered them to use as the giveaway. She also said she has quite a number of items (magnets, bags, balloons, mints, etc.) that could be used for future events.

Ms. Albanesi made a motion to release the findings of the Senior Survey to the newly formed Community Center Commission, seconded by Ms. Wiedemann and unanimously approved.

Mr. Symes said that the new Community Center Commission was appointed by the Board of Selectmen and has met to begin gathering information. He will ask Anne Rothstein to compile the survey results and release them.

Grants Activities Update – Mr. Boccuzzi wanted clarification about what the COA is trying to accomplish with respect to grants and priorities. Mr. Symes said that Christal Preszler was appointed last year as a grant administrator for the town. He encouraged Mr. Boccuzzi to be in contact with Christal. Ms. Wiedemann said that Betsy Paynter from Economic Development offered her services to the Board of Managers and she will set up a meeting with Mr. Boccuzzi, Ms. Preszler and Ms. Paynter which could be helpful.

Community Center Update – Mr. Boccuzzi attended the first meeting and members were essentially getting to know one another. He has some concern that people feel the failure of the first plan for the Community Center had to do with the new Senior Center. However, at the the last Information Session, concerns were expressed regarding the phasing of the project and the Aquatic Center as well. The Commission is now looking for suggestions from the community going forward and Mr. Boccuzzi asked the COA members to email him with their own ideas. The new commission consisting of 14 members is a broader representation of the community as a whole and their next meeting is May 26th.

NEW BUSINESS:

Discuss COA Mission/Goals/Organization – This item was tabled.

Communications Approach – Mr. Boccuzzi suggested reaching out to the community to find someone with a background in publicity who would be willing to help the COA. Mr. Symes asked whether reaching into the gift fund should be considered to attract that person. Ms. Wiedemann does not see the need to spend money on such a person, but rather appoint someone on the Board to handle publicity.

There being no further business, **Ms. Wiedemann made a motion to adjourn the meeting at 6:17 p.m.**, seconded by Ms. Albanesi and unanimously approved.

Respectfully submitted,

Ann LoBosco, Clerk

AH. A

Newtown Commission on Aging (CoA) – Chairman Report – 5/18/15 Meeting

Welcome to our May CoA meeting. On the national level May is celebrated as Older Americans Month and on our local level the Senior Center Director has scheduled a whole series of activities around the 50th anniversary theme of “Get into the Act”. Checkout the newly formatted Newtown Senior Center Newsletter for May-June, regarding details of events and new activities.

Since our last full monthly meeting in March, there has been a great deal of activity. Our long planned and awaited Special Meeting of April 11 was very eventful in bringing together the commissioners to focus on a number of key issues critical to the CoA in moving forward across 2015.

Commissioner Joanne Davis has submitted her resignation and Commissioner LeReine Frampton announced her intent to resign. The CoA thanks them both for their many years of service to the commission and their work on Legal and FOI issues and Outreach and the Newtown Senior Survey, respectively.

The New Community Center work that we had been participating in, as part of an Advisory Team, on behalf of the Newtown Seniors for the past 16 months has been redirected and the Board of Selectmen has restructured both a new charge and membership for reassessing and evaluating the requirements for a new multi-generational Community Center funded through the November 2013 generous gift of the GE foundation. Sheila Torres and John Boccuzzi will be representing the CoA in this new activity.

Over the past months there has continued to again, as in past years, be questions, regarding funding of CoA sponsored, voted and documented initiatives. The Newtown Finance Director has, once again, confirmed to us that both CoA Gifts/Donations and funds from the Frank Knott Trust are available for use by the CoA, as a part of the Gift Fund, and the CoA Treasurer is now tracking these allocations.

The Smart911 Program implemented here in Newtown affords some capabilities for Seniors that the CoA plans to investigate this year.

Finally, in light of the many key activities now in play by the CoA and others identified through the work of the commission in recent meetings, I am going to suggest that we consider initiating a “CoA Visioning Process with the Seniors of Newtown” as a part of our longer term strategic planning work later this year and into 2016.

Respectfully submitted,

Curt Symes

Chair, Newtown COA

SENIOR SERVICES GIFT FUND

AH. B

DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS NEW SENIOR		BALANCE
				TRUST FUND	CENTER	
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. #15024 Michael's at the Grove		(200.00)			42,135.42
9/4/14	Ck. #15537 Superior Signs		(340.00)			41,795.42
9/4/14	Ck. #15468 Minuteman Press		(485.00)			41,310.42
9/18/14	Ck. #15611 John Bocuzzi		(61.24)			41,249.18
9/18/14	T-14601 Trust Distribution			491.00		41,740.18
10/16/14	Ck. #16219 Andrea Zimmermann		(281.25)			41,458.93
10/22/14	T-21447 Trust Distribution			609.76		42,068.69
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				41,338.69
12/11/14	Ck. #16894 CW Resources - Senior Nutrition Srv		(240.00)			41,098.69
12/16/14	T-30470 Holiday Raffle	71.00				41,169.69
1/28/15	Trust Distribution			598.40		41,768.09
3/4/15	T-43928 P-card		(71.37)			41,696.72
3/19/15	Ck. #18036 Billy Michael		(75.00)			41,621.72
3/16/15	t-45155 Donation - New Senior Center				2,000.00	43,621.72
4/14/15	Ck. #18347 Ethel Kaufman		(100.00)			43,521.72
4/4/15	P-card		(48.99)			43,472.73
4/21/15	Trust Distribution			598.40		44,071.13
		81.00	(2,912.85)	2,907.32	2,000.00	44,071.13

NEWTOWN SENIOR CENTER
 Director of Senior Services
 April 18, 2015 – May 13, 2015

A.H. C

PROGRAMS NUMBER OF ATTENDANTS (April)

Zumba Gold	31
Exercise	267
Floor Yoga (2 days)	70
Chair Yoga (2 day)	98
Cards	44
Mah Jong	19
Chorus	17
Bingo/Keno	17
Lunch	132
Knitting	14
Cards (craft)	14
Quilting/sewing	7
Walk-Ins	27
Billiards/ping pong	50
Trips	52
Newsletter	8
Wii	17
Chinese brush painting	15
Painting/Art	13
Special events	35
Tai Chi	33
Entertainment	25
AARP Safe Driving	
Ballroom Line dance	44
Current Events Discussion	58
Spanish Lessons	26
Speakers	42
Chair Pilates	35
Strength & Balance	20
Inter-generational w/ CAC	44

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
328	212	394	267	368

MONTHLY ATTENDANCE

1569

COMPLETED EVENTS:

- NYS Independent Day April 25
- Mother's Day Tea and Bingo May 6
- Lunch and Learn Brain Healthy/Mind Fitness May 7

UPCOMING EVENTS:

- Hot Dog Luncheon & speaker Dr. Varanno When Your Get Up , Got Up and Went May 15
- Celebrate monthly birthdays w/ Cake Nurse Linda Pinckney Regional Hospice May 18
- Financial Planning Seminar Series starting May 19 ending August 18
- Community Health Assoc. lecture series May 28
- Healthy Heart presentation June 5
- AARP driver safety program June 19

ENTERTAINMENT:

- Wheel of Fortune May 14

Upcoming Trips:

- Italian Festival @ Hunt's Landing May 21
- Mohegan Sun June 15
- Belmont Park June 17
- Statue of Liberty & Ellis Island June 25
- Boston Pops @ Tanglewood July 5
- WNBA all-star game July 25
- Prince Edward Island July 14-21, 2015
- Saratoga August 6
- Bobby Rydell @ Aqua Turf Club August 12
- Polka Fest @ Hunt's Landing August 20

New programs for the Spring:

1. Chinese Brush Painting 10 week course Thursday @ 2-4
2. Intergenerational craft program w/ CAC every 2nd Thursday
3. Healthy Eating cooking demos w/ nutritionist 6 week course starts in April
4. Bible Study Wednesdays @ 2:30
5. Mornings with Marilyn Thursday @ 10
6. Humor w/ Judy Thursday @ 3
7. Cake Nurse w/ Linda Pinckney RN regional Hospice every 3rd Monday @ 2

More Upcoming Events for Seniors:

- Financial Planning presented by Bankers Life Seminar Series
 1. Retirement Income Tuesday May 19
 2. Final Expenses Tuesday June 16
 3. Long Term Care Tuesday July 21
 4. Medical Expenses Tuesday August 1
- Dr Rebecca Brickman (podiatry) & Dr Kumkum Modwel (primary)
Diabetes & diabetic foot care presentation by Community Health Assoc. Thursday May 28
- Historian Speaker Arthur Gottlieb LCSW
 - June 18 Grand Central Station 1:00
 - July 22 Rosie the Riveter 1:00
 - August 5 Empire State Building 1:00

UPCOMING ANNUAL STATEWIDE SENIOR OUTING @ Holiday Hill will be Monday, August 24 9-4

I'm excited for is WHITE HOUSE BUTLER.... ALAN DEVALERIO a dynamic speaker giving inside details about all the preparations involved in White House entertaining and how it has evolved over the years from FDR to the present. Scheduled Tuesday August 11 @ 10am (fee is \$100)

Also, a Live Well 6 week seminar is in the works for July/August

*******GIFT FUND**

UPDATE:

*Being that there was not a meeting last month, I am requesting monies from the gift fund to pay for the Annual Mother's Day Tea and bingo party as in the past.

This year we had 26 for lunch, 31 for Bingo and 38 for Tea. It was a full day and festive time for all who attended. They all enjoyed themselves. Nice article in the Bee.

The cost is as follows:

1. \$246.73 from Xmas Tree shop for bingo prizes , teas, napkins, cookies, bags, etc.
2. \$41.64 from Michael's for ribbon, candy melts, dipping boxes, food gel etc
3. \$50.91 from Party depot for placemats, tablecloths
4. \$25.46 from Big Y for cream cheese, strawberries, eggs, lemons, cucumbers etc.
5. \$2.00 from Big Y for frosting
6. \$5.98 from Caraluzzi's for cocktail pump/rye bread

Total: \$372.72 w/ copy of receipts. Needs to be voted upon to pay

*Arthur Gottlieb, LCSW, CSA is charging \$110 for each (3) special presentation...**total \$330.**

To be voted upon. Invoice to follow.

*I will be purchasing flowers for the boxes out front as in the past I am requesting monies from the gift fund. **Receipt to follow.**

The actor Richard Clark is still out of the country and will finalize within 2 weeks of his return and our schedule and still negotiating a fee. Providing invoice to follow.

Also, I am requesting purchase of balls for all exercise classes. Not all bring their own. I will be purchasing "Fit ball" from Fitness 1st online. These are the proper balls to have on hand for those who need them. Highly recommended from the teachers. The ones we have really needed to be replaced. I will supply invoice when purchased.

3 new exercise programs from the WCAAA grant for the "social isolated".

1. Sunrise exercise Tuesdays @ 9
2. Stretch and Meditation Mondays @ 2:30
3. Qi gong Tuesdays @ 12:45

Starts May 11 and 12. **HAS BEEN POSTPONED.**

Although we had a great article in the paper, and front page of newsletter, I also sent letters and called and visited many whom I'd thought would benefit. Also, got names from Ann. The numbers are low. Following Latifa S. Ranganadan criteria from WCAAA grant , stressed that she expected 10-15+ in each class. We have till Sept.

New classes doing well:

1. The Bible Study
2. Mornings with Marilyn
3. Chinese Brush painting
4. inter-generational w/ CAC

The suggestion box is a great tool. Working well.
Good input.

Ann Piccini and I attended a Directors quarterly meeting @ New Fairfield Senior Center (networking w/ other Directors and Muni Agents.) We all concur that participation and activities are the same in all the surrounding towns. Each of us spoke about our Centers and shared concerns.

As I stated in the previous report,

Humor ...laughter is the best medicine.

Humor promotes healthy aging. Humor is actually a sophisticated tension-defusing mechanism, uniquely developed in human beings which most appreciate the sensation and seek it out. Because it is fun.

The benefits fall in four important areas:

1. Physical wellness
2. Emotional wellness
3. Social engagement
4. Brain Health

We now offer a " Humor w/ Judy" on Thursday @ 3.....I will be helping at first to get it going. Already had one session.....very promising!

I wanted to share a website.....Danbury Senior Resource. This was just launched...it is the first of its kind tying together all services together for the town of Danbury. Please look it up and I'm sure you'd agree it is a great site. A great format. Incredible information,

I spoke to Al Miles, Director of IT for his opinion, he too likes it. And I also talked to Sandor/Max (located in Sandy Hook) who actually designed the website.

This website was paid for by the Peter Buck aging in place Foundation (owner of Subway) This is a web site where we are trained ourselves to update...there is no advertising at all and could be tied into the existing Town website.

Talking to Julia Nable (Sandor/Max), she will be e-mailing more info to me and the foundation contact, (June Renzulli.) Julia said this was the first site like this by this Foundation and they expressed to her that they wanted to continue this type of website w/ other Towns...

The Senior Center is a small % to the senior population here in Town. With a website as this one or similar it can be built into the social media for all activities within the Community. Easy access for seniors their family members. In town and esp. out of town. This could be the creative solution.

Also on this website was listed "Grantmakers in Aging", w/ a GenTogether photo contest. Awesome project. This could be something to do in the future?

Please, if you have the time, go to both websites it might be the way to go.

Thank you.

<https://www.ctphilanthropy.org/news/foundation-funds-virtual-senior-resource-center-danbury>

Keeping the seniors busy and active.

Marilyn



PAID CLASSES

DATE	EXERCISES	EXERCISES	ZUMBA	YOGA	CHAIR YOGA	CHORUS	CART	AART	LI	LINE	CHAIRPILES	STRENGTH & BALANCE	SPANISH	LUNCH	CARDS / BRIDGE	WII	MOVIE	PING PONG	WALKING	SEWING	MAKE CARDS	KNITTING	CRAFTS / INTERG	BINGO / KENO	BLOOD PRESSURE	MAH JONGG	TRIPS	ENTERTAIN	SPEAKERS	NEWSLETTER	DISCUSSION	CHINESE	SPECIAL EVENT	TOTALS
W 1	18	20							11					3	4			4				1								5			66	
TH 2				5							4	5	8	4		4		4											26		4		60	
F 3	ci	o																															0	
M 6	19	19	12											7	6			6	10							4						20	101	
T 7					15			3	10					5							1		1							9			53	
W 8	16	17								9				9	6			4										25		7			93	
TH 9				9										6	4	3		4													4		79	
F 10			28	11										5				4		2					4								65	
M 13	20	21	7											5	4			4	10						3							6	80	
T 14								3	9					5							3									8			53	
W 15	18	24								8				16									44						16				84	
TH 16				6										6	5	4		2			2										3		28	
F 17			24	5																					3	16							76	
M 20	18	19		13										6	6			4															74	
T 21					15			3	7					5	5						4										11		60	
W 22	17	21								7				5	4			4	2											4			77	
TH 23				7										5	5	2		5									36				4		70	
F 24			34	15										23	4											5							5	109
M 27	23	20		11				4	7					6				4			3												73	
T 28					10			4	7					3							3										4	10		50
W 29	15	20								9				8				4													4		62	
TH 30														5	4			2			1									4			4	30
	164	267	31	70	98	17	13	33	44	44	35	20	26	132	44	17	0	50	27	7	14	14	46	17	0	19	52	25	42	8	58	15	35	
																TUESDAY		THURSDAY		FRIDAY		MONTHLY TOTAL												
																212		267		368		1569												

Report for May 18,2015 Meeting

Att. D

Fri 5/15/2015 3:51 PM

From: Piccini, Ann

To: CurtSymes@aol.com

Director of Social Services/ Municipal Agent for the Elderly

Report for May 18, 2015

Fuel Assistance for November 2014 thru May 15, 2015 has ended. We have had several applications that needed additional information. The Fuel Program had sent the applicants letters to submit information back within 10 days or they have denied the application. I have 7 applications that did not get the information back within the 10 days. I am trying to get these applications approved.

Operation Fuel Winter Program has ended. I used all the money they budgeted to Social Services. They will budget money for a Summer Program which is for electric only. These programs are for low income and sometimes have to need medication refrigerated and have a shut off notice.

Salvation Army paid \$2145.00 in the last 2 months. This was for 3 elderly 4 disabled and 3 families.

Elderly Homeowners Tax relief ended on May 15, 2015.

Renters Rebate Program for the elderly and disabled started April 1. I will take applications till Oct. 1, 2015. I will need proof of what they paid in rent and utilities for 2014 and income for 2014. They will receive a check from The State of Conn in Oct or Nov, 2015. I have completed sixteen applications.

We had the Postal Food Drive on Sat, May 9th. We received a huge amount of food. We spent 4 days sorting, checking expiration dates, and putting the 2015 foods on the shelves. We have stocked the 2016 and 2017 items. Most of this will be used by November and then we receive donations for the holidays. We have 14 seniors and eleven disabled that use the pantry weekly. The younger people that use the Pantry are single moms and single people that are working part time or low income.

We have completed 22 Food Stamp (SNAP) applications. Two new application and twenty-eight redeterminations for the Medicare Saving Program. One elderly couple with modification for their mortgage.