

**Commission on Aging  
Regular Meeting  
Monday, July 20, 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, July 20, 2015 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Curt Symes called the meeting to order at 5:00 p.m.

**Present:** Curt Symes, Sheila Torres, Joanne Albanesi, Margaret Imbro, John Boccuzzi, Anne Rothstein, Anna Wiedemann, Barbara Bloom, Ruby Ryles, Claire Theune, Leah Lentocho

**Absent:** None.

**Also Present:** Marilyn Place, Ann Piccini (5:14), 2 members of the public

**ANNOUNCEMENTS:** Mr. Symes announced that Barbara Bloom is now a full member of the Commission. Also, Ruby Ryles has been appointed as a full member. There is one vacancy remaining as an Alternate.

**PUBLIC PARTICIPATION:** None.

**Ms. Imbro made a motion to accept the meeting minutes from June 15, 2015,** seconded by Ms. Wiedemann and unanimously approved.

**CHAIRMAN'S REPORT:** (Attachment A) - Two work items, Newtown Arts Festival and Senior Resources Guide, will be reviewed at the next meeting in August. Sheila Torres and John Boccuzzi continue to represent the COA as members of the Community Center Commission. Mr. Symes asked for members to let him know if they are interested in being more involved in the Arts Festival. Ms. Place asked for more copies of the "File of Life" so she may distribute them at the Arts Festival. Ms. Albanesi will check with Health Director Donna Culbert on the matter. This meeting will be focusing on results of the Newtown Senior Survey. One of the biggest challenges is effectively communicating with the seniors of Newtown beyond the Senior Center. Ms. Ryles mentioned that she has background in the communications area and volunteered to be involved in upcoming work.

**TREASURER'S REPORT:** (Attachment B) - Ms. Wiedemann presented her report and asked if there were any questions.

Ms. Imbro made a motion to accept the Treasurer's Report as presented for June 2015, seconded by Ms. Bloom and unanimously approved.

**DIRECTOR OF SENIOR SERVICES REPORT:** (Attachment C) – The Annual Statewide Senior Outing at Holiday Hill will be held on August 24, 2015 and will cost \$31.00 per person. Ms. Place requested that \$310.00 be allocated from the Gift Fund to cover the cost for 3 staff members and 7 needy seniors.

Mr. Boccuzzi made a motion to allocate \$310.00 from the Gift Fund to cover the cost of the Senior Outing for 3 staff members and 7 needy seniors, Ms. Bloom seconded, Ms. Imbro opposed. Motion passed.

Ms. Place reported that the grant money from WCAAA for the new exercise program has not been received yet; however, classes are being held and teachers have been unpaid. She requested that the teachers be paid out of the Gift Fund until the grant money is received. For the month of June the total owed to the teachers is \$600.00. Ms. Rothstein asked how this would affect the W-9's needed. Ms. Place will follow up with Finance Director Bob Tait regarding the question.

Ms. Torres made a motion to allocate \$600.00 for the month of June and subsequent months from the Gift Fund to reimburse teachers of the new exercise class until the WCAAA grant money is received subject to Bob Tait's approval, seconded by Mr. Boccuzzi and unanimously approved.

A new class will begin on August 6<sup>th</sup> called "The Joy of Signing" which will encourage communication between the deaf and hearing community. The Senior Picnic is scheduled for September 18<sup>th</sup> and will be a free event held at the Gazebo at Masonicare of Newtown. In order to attend the picnic, seniors are encouraged to donate a non-perishable item or \$1 towards the purchase of gift cards for the food pantry located in Social Services. Ms. Place is now a member of the Coalition for Elder Justice which will provide networking opportunities including workshops, seminars, and conferences relating to seniors.

**MUNICIPAL AGENT FOR THE ELDERLY:** (Attachment D) – Operation Fuel has given Newtown a budget of \$5,000 and will continue taking applications for electric bill assistance until November. Eversource is predicting that bills will go down in the next month which should help seniors and other residents. The Salvation Army budget has been exhausted for the year so any future assistance may have to come from Social Services Gift Fund. Ms. Wiedemann said the VNA may be able to offer help with prescription costs, and she encouraged Ms. Piccini to make her aware of any requests that she can bring the board.

**OLD BUSINESS:**

*Community Center Commission Update* – The Commission is preparing a survey which will be distributed in August. Postcards will be mailed out indicating the link to participate in the

survey, and residents will be asked 10 questions relating to the type of space and programs to be offered at the center. Ms. Torres reminded all that the public is encouraged to attend these meetings.

*Community Relations & Outreach Team* (Attachment E) – Ms. Torres will provide a sample COA Orientation Packet at the next meeting. Mr. Symes asked Ms. Bloom and Ms. Theune to continue their work on and distribute the By-laws to the Commission indicating suggested changes to be made which will then be reviewed by the Town Attorney. Now that space needs are being discussed, the Facilities Team will be revived.

*Grants Activities Update* – Mr. Boccuzzi will be submitting a grant application to the Cultural Alliance of Western Connecticut for \$5,000 for a ceramics program. The program would be run at the Senior Center with pieces being completed offsite, possibly at the Brookfield Arts Center.

*Survey Results & Actions* – The Executive Summary was discussed at last month's meeting and Ms. Torres asked for recommendations on next steps. Ms. Albanesi suggested discussion continue assuming the existing Senior Center will remain in use; therefore, limited space for programs and parking should be considered. Mr. Boccuzzi made some suggestions with respect to the charts in the Summary. There should be a clear indication that the numbers represent percentages; the percentages represent only those seniors who responded to the survey; and indicate that not all questions were answered on the individual surveys. Discussion followed.

Maureen Will, Director of Emergency Communications, was invited to speak regarding the results of the survey; in particular, the response from seniors that "Emergency Support" is very important to them. Ms. Will said that seniors need to make sure to register with "Code Red" on the Town's website as well as "Smart 911" (link on Town website). Seniors/residents will receive a phone call about any emergency or special announcement from First Selectman Pat Llodra or Maureen Will. The Smart 911 program is a way for seniors to provide emergency personnel with specific information about their households including their medical history. A profile pops up with personal information when 911 is dialed and then the EMT's are notified of the specifics. **However, she stressed that a personal phone call will not be made to seniors in the case of an emergency.** Seniors need to have a "Plan B" in place whether it is with neighbors, family members, or doctors. She also suggested registering with Eversource if they have emergency needs. The COA will work with seniors on registering for these programs if they do not have access to a computer or simply need help. Newtown Social Services is another place for seniors to go for assistance.

Finally, it was suggested that some of the "conclusions" in the Executive Summary be moved to the "suggestions" part of the report. The recommendations for next steps will also be changed to focus more on space needs rather than the Community Center.

**NEW BUSINESS:** Deferred for this meeting.

There being no further business, Ms. Wiedemann made a motion to adjourn the meeting at 6:48 p.m., seconded by Ms. Torres and unanimously approved.

Respectfully submitted,

Ann LoBosco, Clerk

AH. A

Newtown Commission on Aging (CoA) – Chairman Report – 7/20/15 Meeting

Welcome to our July CoA meeting. As I mentioned in opening announcements, we now have one (1) vacancy on the CoA. Barbara Bloom has been moved up to permanent member and Ruby Ryles has been appointed to the commission, as a permanent member, filling LeReine Frampton's spot.

Following reports our primary focus for this meeting will be on the results of the Newtown Senior Survey.

We will be reviewing the status of our work-in-process activities and Staff Reports with future work on the upcoming Newtown Arts Festival and Senior Resources Guide continuing in August.

Sheila Torres and John Boccuzzi continue to be appointed members of the Community Center Commission and our primary CoA representatives.

On a related note we will now be participating in the review of the Charter Revision Commission draft documentation.

Finally, our greatest challenge going forward is probably how to get the attention of and effectively communicate with the Seniors of Newtown beyond the Senior Center.

Respectfully submitted,

Curt Symes

Chair, Newtown COA

AH. B

SENIOR SERVICES GIFT FUND						
DATE	RECEIPTS/DISBURSEMENTS	C/R	C/D	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	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. #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
5/4/15	P-card - Michael's		(41.64)			44,029.49
5/4/15	P-card - Party Depot		(50.91)			43,978.58
5/4/15	P-card - Christmas Tree Shop		(246.73)			43,731.85
5/8/15	Additional Trust Distribution			279.90		44,011.75
6/4/15	P-card		(361.97)			43,649.78
6/11/15	Ck. #18999 Susan Bradley		(150.00)			43,499.78
6/11/15	Ck. #19017 Arthur Gottlieb		(330.00)			43,169.78
6/30/15	Balance as of June 30, 2015	81.00	(4,094.10)	3,187.22	2,000.00	43,169.78

AH. C

NEWTOWN SENIOR CENTER  
Director of Senior Services  
June 13, 2015 – July 17, 2015

PROGRAMS	NUMBER OF ATTENDANTS ( June )
Zumba Gold	34
Exercise	234
Floor Yoga (2 days)	74
Chair Yoga (2 day)	86
Cards	79
Mah Jong	12
Chorus	42
Bingo/Keno	24
Lunch	100
Knitting	39
Cards (craft)	16
Quilting/sewing	8
Walk-Ins	28
Billiards/ping pong	56
Trips	62
Newsletter	9
Wii	6
Chinese brush painting	16
Painting/Art	21
Special events	27
Tai Chi	40
AARP Safe Driving	25
Ballroom Line dance	20
Current Events Discussion	60
Spanish Lessons	18
Speakers	62
Chair Pilates	35
Strength & Balance	25
Inter-generational w/ CAC	50

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
444	299	286	192	319

MONTHLY ATTENDANCE

1544

**UPCOMING ANNUAL STATEWIDE SENIOR OUTING** @ Holiday Hill will be Monday, August 24 9-4  
The all-inclusive cost this year is \$31 pp. From cherrystone clams to apple pie, swimming, miniature golf. Bingo, dancing etc. something for everyone.

I will be looking at chartering a bus for transportation if we go beyond the seating on the SweetHart van and the SC van.

As in the past I will request that amount from the gift fund **if need be**.

I have partnered with Masonicare and Nunnawauk Meadows and will be having a Senior Picnic scheduled Friday Sept 18<sup>th</sup> @ the Gazebo at Masonicare of Newtown. This event will be free to all seniors. The **FEE** will be a non - perishable item or a \$1 towards the purchase of gift cards for the Social Services Pantry More info will be in the next newsletter.

The CHOICES program (CT's programs for **H**ealth insurance, **O**utreach, **I**nformation and **E**ligibility **S**creening) is offering FREE "New to Medicare" presentations across the state These are designed to provide an overview of Medicare Parts A, B, C and D, information on Medicare Supplement plans and detailed information about the Medicare Savings Program and Low Income Subsidy.

I will be having a presentation here at the Center Wednesday August 19 starting at 3pm.  
WCAAA will be facilitating the overview.

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

Started June 6 and June 7

**Update:**

The town hasn't received the \$ from this grant as of today Friday July 17.

The instructors have not been paid as of yet.

They should be paid from the gift fund until we receive the monies.

I will discuss further at meeting.

New classes doing well:

1. The Bible Study
2. Mornings with Marilyn
3. Inter-generational w/ CAC
4. Humor w/ Judy

Attached is a new type of class to be offered. ASL .....American Sign Language

Some have grandchildren who are deaf. Etc.

Signing is a useful skill that can

1. Open up a new world of relationships & understanding
2. Helps keep your mind alert & strong as you age by acquiring a second language
3. Encourage communication between the deaf & hearing community

Julia Silvestri will be the instructor.

I have become a member of the Coalition for Elder Justice in Ct.

I will have great opportunities to receive info/updates, to participate in Action Teams/Workshops, seminars, conferences or other implementation activities of the Coalition.

This past June 11 the Coalition on Aging held its 2015 Carlson Forum & Annual Meeting the topic was "Bullying and The Older Adult". This was held at Masonicare in Wallingford. Guest speakers were Pamela Atwood Director of Dementia Care Services, Donna Fedus, M.A. Gerontologist, Jo Ann Freiberg Ph D. Ct St Dept of Ed, This event was opened to all persons with an interest in critical topics affecting older adults .....This topic has come a long way since the article in the Bee 5 months ago.

It is a problem that many organizations , senior centers, senior housing, nursing homes etc. have and these Forums are a help to all of us who recognize it and network amongst ourselves.



#### COMPLETED EVENTS:

- AARP driver safety program June 19
- Dad's & Donuts @ CAC June 19
- Protecting Yourself from Fraud June 17
- Talk on Healthy Hydration July 8
- Memory Screening July 13
- Ice cream social and Wheel of Fortune July 15
- Bingo sponsored by Lutheran Home of Southbury July 16

#### UPCOMING EVENTS:

- Live Well 6 week seminar July 23- August 27
- White House Butler speaker August 11
- WCAAA Medicare update seminar August 19
- Annual Statewide Senior Outing August 24
- Home Energy Solutions Sept 16
- Senior picnic @ Masonicare Sept 18

#### Upcoming Trips:

- 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
- Delaney House and Day Cruise August 26

#### New programs:

1. Intergenerational craft program w/ CAC every 2<sup>nd</sup> Thursday
2. Bible Study Wednesdays @ 2:30
3. Mornings with Marilyn Thursday @ 10
4. Humor w/ Judy Thursday @ 3
5. Cake Nurse w/ Linda Pinckney RN regional Hospice every 3<sup>rd</sup> Monday @ 2
6. Bingo sponsored by Lutheran Home once a month
7. Wheel of Fortune sponsored by Home Instead Senior Care once a month

#### More Upcoming Events for Seniors:

- Financial Planning presented by Bankers Life Seminar Series
  1. Long Term Care Tuesday July 21
  2. Medical Expenses Tuesday August 1
- Historian Speaker Arthur Gottlieb LCSW
  - July 22 Rosie the Riveter 1:00
  - August 5 Empire State Building 1:00
- Live Well 6 weeks Workshop learn how to manage your health July 23
- The Joy of Signing 4 week workshop Aug 6
- Home Energy Solutions income eligible program Sept 16

Flu shot clinics are scheduled at the Center on Sept 15 and 29<sup>th</sup> from 9-12 and Oct 13 from 10-12.  
Annual Bazaar is scheduled for Saturday Nov 14 from 9-3

I'm currently discussing with an Acupuncturist and Chinese Medical Herbalist to do a lecture here at the Senior Center. Something different and interesting.  
Also, the yoga instructor will be doing a talk on essential oils.  
Planning for the winter and the Annual Holiday party.

Yearly membership was due July 1<sup>st</sup>.  
\$15 pp resident  
\$20 pp non-resident  
\$5 pp per class drop in fee

Keeping the seniors busy and active.

**Marilyn**





# THE JOY OF SIGNING

Classes will start Thursday Aug 6 for 4 weeks from 5-6 \$60pp

## What is American Sign Language?

American Sign Language (ASL) is a visual language. With signing, the brain processes linguistic information through the eyes. The shape, placement, and movement of the hands, as well as facial expressions and body movements, all play important parts in conveying information.

Sign language is not a universal language -- each country has its own sign language, and regions have dialects, much like the many languages spoken all over the world. Like any spoken language, ASL is a language with its own unique rules of grammar and syntax. Like all languages, ASL is a living language that grows and changes over time.

ASL is used predominantly in the United States and in many parts of Canada. ASL is accepted by many high schools, colleges, and universities in fulfillment of modern and "foreign" language academic degree requirements across the United States.

**Learning sign language is a creative communication to broaden your knowledge of vocabulary, grammar and culture.**

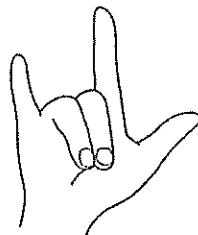
ASL is a visual gestural *language*. That means it is a language that is expressed through the hands and face and is perceived through the eyes. It isn't just waving your hands in the air. If you furrow your eyebrows, tilt your head, glance in a certain direction, lean your body a certain way, puff your cheek, or any number of other "inflections" --you are adding or changing *meaning* in ASL. A "visual gestural" language carries just as much information as any spoken language.

Signing is a useful skill that can

1. Open up a new world of relationships and understanding
2. Helps keep your mind alert and strong as you age by acquiring a 2nd language
3. Encourage communication between the deaf and hearing community

There is much more to learning American Sign Language than just memorizing signs. ASL has its own grammar, culture, history, terminology and other unique characteristics. It takes time and effort to become a "skilled signer." But **you have to start somewhere if you are going to get anywhere**--so dive in and enjoy.

**SIGN UP AT THE FRONT DESK OR CALL the Newtown Senior Center @ 203-270-4310**



I Love You!



Ann Piccini <ann.piccini@newtown-ct.gov>

**report**

1 message

Ann Piccini <ann.piccini@newtown-ct.gov>

To: CurtSymes@aol.com

Mon, Jul 20, 2015 at 1:33 PM

Director of Social Services / Municipal Agent for the Elderly

Report for June 20, 2015

Operation Fuel, a non profit, has an electric assistance program from now till Nov or when they run out of money. I have been given a budget of \$5000. Eversource has been sending shut off notices for \$500 and under. To apply the person has to be low income, have a shut off notice, have to refrigerate medication and they have to have made 4 payments on their electric bill within the year.

Salvation Army has granted a request to pay for a seniors dental work from a Ross Fund. In 1950 the Ross fund was set up to give money for dental and under five medical checkup thru the VNA.

Salvation Army Hartford Headquarters has the account and have made it difficult to get the use of the money as most of the original reasons for the distribution of the money do not exist.

Salvation Army budget has been spent. The last of the money was for 36 backpacks and 25 shoe certificates to Payless totaling \$923.70. The Junior Women's Group provide the paper, pens, calculators, etc and they put together each backpack with the supplies for the grade the child is entering into. We are doing about 90 backpacks. I have included this because we have four grandparents taking care of grandchildren.

A recent car show at Stop and Shop delivered two palates of food that was collected for our pantry.

We have completed 8 food stamp applications. Thirteen Medicare Savings Program applications.

One info on applying for Social Security and when to apply. After they applied, help on the computer to compare which drug card would be best and the least amount of money per month and when they decided it was applied for on the computer. The Part D drug card will be sent by the company in one month.

AH. D

A.H. E

## Commission on Aging

### Community Relations and Outreach Team Report – July 2015

**Meeting Date/Time:** Monday, July 13, 2015

**Present:** Anna Weidemann, Margaret Imbro, Sheila Torres

**Location:** Edmond Town Hall, Mary Hawley Room

#### **Key Discussion Points**

Team continued to work on Orientation packet as outlined below:

**COA Orientation Packet Contents** – Per request from input from Governance Team, CRO members suggested the following items be included in a Commissioner Orientation Packet.

- Welcome Letter – suggest they familiarize themselves by reading through folder and going to the web site to review our minutes, let members know how or where to find that information, also to think about what teams they wish to participate in.
- COA Member Bio Form (Sheila will develop form for new commissioners to use as guide so they can submit their brief biographies.)
- COA Statute Language – Anna Wiedemann will obtain this for the packet
- Charter Language (about appointed Boards) Anna got
- COA Bylaws (we will use existing bylaws)
- Teams (their charters, members, etc.) (Sheila will develop
- Contact Information Sheet (Anna developed one that contains more information.
- Robert's Rules of Order – Use the State of Connecticut Card

**Next Meeting:** Monday, August 10, 2015 @ 2:30 pm. Edmond Town Hall, Mary Hawley Room