

**Commission on Aging  
Regular Meeting  
Monday, November 21, 2016 @ 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, November 21, 2016 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Curt Symes called the meeting to order at 5:03 p.m.

**Present:** Curt Symes, Anne Rothstein, John Boccuzzi, Margaret Imbro, Barbara Bloom, Anna Wiedemann, Claire Theune, Mae Schmidle

**Absent:** Sheila Torres, George Guidera, Lisa Krauss and Ruby Ryles

**Also Present:** Marilyn Place, Ann LoBosco and 6 members of the public

**BRIEF ANNOUNCEMENTS:** Mr. Symes handed out flyers from The Center for Support and Wellness given to him by its Director, Jennifer Crane, and spoke about their involvement in senior matters. Also distributed was the 2016-2017 schedule for the Newtown Public Schools Visual and Performing Arts and the flyer about the AARP CT Road to Livability discussion which will be held on November 29<sup>th</sup> at 6 p.m. at Newtown Middle School.

**PUBLIC PARTICIPATION:** None.

**ACCEPTANCE OF MINUTES:**

Ms. Imbro made a motion to accept the meeting minutes from October 17, 2016, seconded by Ms. Wiedemann and unanimously approved.

**PROPOSED 2017 COA MEETING CALENDAR (Attachment A):**

Mr. Symes distributed the proposed meeting calendar for next year and asked if there were any questions.

Ms. Bloom made a motion to accept the COA Meeting Calendar for 2017 as presented, seconded by Ms. Imbro and unanimously approved.

**CHAIRMAN'S REPORT** (Attachment B): Mr. Symes reported that many national programs fall in the month of November. He commended Ms. Wiedemann, Mr. Guidera, and Ms. Schmidle on their efforts with getting the COA By-laws in place.

He stated that he will not be seeking the COA Chairman's position this year as he will focus his efforts on the design and planning of a new Senior Center. The \$3 million line item in the 2017 CIP for a new center has now been moved to the Legislative Council for their review and approval. Given the changes in the Charter this year, residents/voters will be able to go through and vote on each of the 47 line items in the CIP. Ms. Ryles drafted a letter for seniors to use a guideline for some soft lobbying for the new Senior Center effort.

Mr. Symes thanked Ms. Theune for her 3 year-long effort to achieve COA visibility and updates which have been approved by the town as part of the recent Charter Revisions. He also pointed out greater media coverage of emerging senior issues including the recent progress in Senior Tax Relief.

#### **NEW BUSINESS**

*Nomination of 2017 COA Officers for December Election* – Ms. Theune presented the slate of COA officers for 2017: Anna Wiedemann, Chair; George Guidera, Vice Chair; Lisa Krauss, Treasurer; and Mae Schmidle, Parliamentarian.

**Mr. Boccuzzi made a motion to approved the 2017 COA slate of officers as presented to be voted on next month at the annual meeting**, seconded by Ms. Imbro and unanimously approved.

#### **OLD BUSINESS**

*Progress on CIP "New Senior Center" Funding* – As mentioned earlier, there has been great progress for a new Senior Center in the CIP. The \$3 million is only a start – additional funds can be requested in future years. Voting on the budget will occur in April and seniors need to continue to lobby for a new center.

*Friends of Newtown Seniors (FONS) Initiative* – Mr. Boccuzzi received confirmation of the grant for self-defense and will be looking for a place to hold the classes. The Senior Center does not have the space and may be held after hours. The grant is only meant for paying the instructor. Edmond Town Hall Gym and the Newtown Youth Academy are possible places to hold the course which will run in January.

The AARP Livable Community presentation will take place on November 29<sup>th</sup> at Newtown Middle School at 6:00 p.m. Mr. Boccuzzi will send out information to the COA members about the 8 domains which are the main focus. In preparation for the presentation, the COA can put together a list of what creates a livable community and compare it to what initiatives are already in place in Newtown.

Mr. Boccuzzi said the Live Well course which was held at the Newtown Youth Academy has been completed, went very well, and will be held again in the spring. The longevity initiative continues with a 4 part exercise series as well as the Silver Sneakers Program being offered at NYA. Mr. Symes commented that Aetna is leaning toward offering the Silver Sneakers Program in the Advantage/Supplement Plans.

*Senior Communications* – Other than Ms. Ryles letter mentioned above, the media, forums and bulletin board will be used to communicate Senior issues.

**TREASURER'S REPORT** (Attachment C): Ms. Wiedemann distributed the monthly report and asked if there were any questions. She also noted that she will have sign-up sheets for bell ringing for Salvation Army available tomorrow.

**Ms. Imbro made a motion to accept the Treasurer's Report.** Second by Ms. Schmidle and unanimously approved.

**DIRECTOR OF SENIOR SERVICES REPORT** (Attachment D): Ms. Place reported that the Holiday Bazaar was once again very successful and raised \$2,327.79 for the gift fund. She has 3 Gift Fund requests which amount to \$858.69: \$83.69 reimbursement for food for volunteers the day of the Holiday Bazaar; \$250.00 for the DJ for the Holiday Party; and payment for staff and 10 seniors to attend the Holiday Party (15@\$35.00 which totals \$525.00).

**Ms. Boccuzzi made a motion to allocate up to \$1,000.00 from the Gift Fund to cover the 3 requests made by Ms. Place mentioned above.** Second by Ms. Wiedemann and unanimously approved.

Ms. Place also reported that the Senior Community Health Fair was held on November 19<sup>th</sup> sponsored by Regional Hospice. Local vendors provided a one on one experience and the fair will now become an annual event. At the end of January, a creative arts organization will be holding an intergenerational class called "Pilobolus". The Annual Holiday Party will be held on December 8<sup>th</sup> from 11:00 a.m. to 3:00 p.m. at Michael's at the Grove.

**MUNICIPAL AGENT FOR THE ELDERLY REPORT** (Attachment E): Ms. LoBosco stated she has been very busy with energy assistance applications as well as holiday baskets. Food drives are in full swing and stocking the food pantry's shelves. She also reported that she attended a workshop on "Hoarding Hazards" which was very informative and relevant given hoarding has become a very common and difficult problem among our residents

There being no further business, **Mr. Bloom made a motion to adjourn the meeting at 6:59 p.m.,** seconded by Ms. Wiedemann and unanimously approved.

Respectfully submitted,

Ann LoBosco, Clerk

3 Primrose Street  
Newtown, CT 06470  
Tel (203) 426-3288  
Fax (203) 426-3288  
www.newtown-ct.gov



AH. A

**TOWN OF NEWTOWN**  
COMMISSION ON AGING

The following is list of meetings of the Commission on Aging for 2017. Meetings are held at the Newtown Senior Center, 14 Riverside Road, Sandy Hook, Connecticut, at 5:00 p.m.

January 23, 2017

February 27, 2017

March 20, 2017

April 17, 2017

May 15, 2017

June 19, 2017

July 17, 2017

August 21, 2017

September 18, 2017

October 16, 2017

November 20, 2017

December 18, 2017

January 22, 2018

Respectfully submitted,

Ann M. LoBosco  
Clerk

If you plan to attend this meeting and require assisted hearing devices or an interpreter, please contact the office of the First Selectman at (203) 270-4201 at least forty-eight (48) hours prior to the meeting.

AH. B

Newtown Commission on Aging (COA) - Chairman Report - 11/21/16 Meeting

Welcome to our November COA Meeting which also coincides with National Family Caregivers Month, National Hospice & Palliative Care Month and Nationally Recognized Mental Health First-Aid Training Month.

As I mentioned in Announcements & Correspondence, we have received notifications from the Friends of Newtown Seniors, regarding the AARP Age Friendly-Livable Communities presentation on November 29<sup>th</sup>, and the Newtown Public Schools Visual and Performing Arts 2016-2017 Winter Performance & Exhibit Schedule. Both of these flyers are attachments to my report.

With the revised By-Laws now approved by the COA at the October meeting, thanks to the invaluable work of Anna Wiedemann, George Guidera and Mae Schmidle, we can now proceed ahead this month with 2017 Officer Nominations, December Meeting Planning and a January COA transition.

At this point in time I do not plan to run again for a 5<sup>th</sup> year as Chair of the COA but will continue my 3 year-long focus on the New Senior Center Design & Planning via the newly formed COA New Senior Center Committee. As of last week the BOS and BOF have reviewed and approved the 2017 CIP \$3M Line Item for the New Senior Center and it has now been moved to the LC for their Review & Approval, followed by inclusion in the 2017 Proposed March Budget for April town-wide Voting.

Earlier this month the town voted approval of the proposed Newtown Charter Revisions, including our 3 year-long effort to achieve COA updates and visibility, thanks to Claire Theune and myself, the Chair.

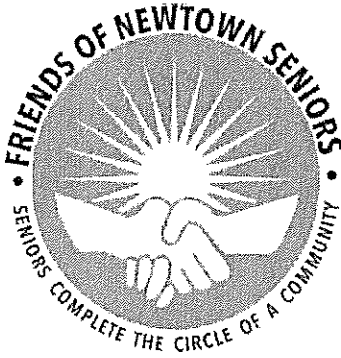
Thanks to the media coverage provided by The Newtown Bee and the Village Voices, the COA, the Friends of Newtown Seniors, the Newtown Center for Support & Wellness and Town of Newtown overall have gotten significantly greater coverage of emerging Senior Issues.

Finally, the recent progress in Senior Tax Relief and the continuing BOF dialogue and investigation demonstrate that financially concerned Senior Residents are important to Newtown. This ongoing work has also brought into focus 2 other critical issues that the COA has discussed over the years - Affordable Housing Options and More Convenient Transportation.

Respectfully submitted,

Curt Symes

Chair, Newtown COA



Join the Friends of Newtown Seniors, the Newtown Commission on Aging, Newtown Social Services and Newtown Senior Services as they host an in-depth discussion on livable communities

NOVEMBER 29, 2016

6p.m. – 7p.m.

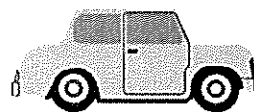
At

Newtown Middle School  
11 Queen Street, Newtown, CT

This discussion facilitated by the **AARP CT Road to Livability** team, will walk attendees through:

- *What makes a livable community?*
  - *What is a Livability Index?*
- *How can we work together to be a livable community?*

To register, contact John S. Boccuzzi from the Friends of Newtown Seniors at [info@friendsofnewtownseniors.org](mailto:info@friendsofnewtownseniors.org) or call 203.430.0633 to leave a message w/ the number attending and contact information.



## *Newtown Public Schools Visual and Performing Arts 2016-17 Winter Performance and Exhibit Schedule*

|             |       |  |  |
|-------------|-------|--|--|
| <i>Nov.</i> | 16    | NMS Art – Paint and Snack, 5:30-7:00 p.m.  | NMS                                    |
|             | 17-20 | Fall Drama (Th-Sat @ 7:00 p.m. & Sun @ 2:00 p.m.)  | RIS                                    |
| <i>Dec.</i> | 1     | Hawley 3 <sup>rd</sup> and 4 <sup>th</sup> Grade Chorus, 7:00 p.m. (snow date – Dec. 8)  | RIS                                    |
|             | 1     | SH 4 <sup>th</sup> Grade Chorus, 7:00 p.m. (snow date –Dec. 8)   | SH                                     |
|             | 5     | NMS 8 <sup>th</sup> Grade Concert, 7:00 p.m. (snow date –Dec. 19)  | RIS                                    |
|             | 7     | NMS 7 <sup>th</sup> Grade Concert, 7:00 p.m. (snow date – Dec. 20)   | RIS                                    |
|             | 12    | NHS Orchestra Concert, 7:00 p.m. (snow date – Dec. 21)   | RIS                                    |
|             | 13    | NHS Band Concert, 7:00 p.m. (snow date – Dec. 22)  | RIS                                    |
|             | 15    | NHS Chorus Concert, 7:00 p.m. (snow date –Dec. 21)   | RIS                                    |
|             | 16    | NHS Singers Holiday Show, 7:00 p.m.  | NHS                                    |
| <i>Jan.</i> | 11    | HOM 4 <sup>th</sup> Grade Chorus, 7:00 p.m. (snow date –Jan. 17)   | HOM                                    |
|             | 12    | MG 4 <sup>th</sup> Grade Chorus Concert, 7:00 p.m. (snow date –Jan. 17)  | RIS                                    |
|             | 13-14 | Western Region HS Music Festival (snow date – Jan. 20-21)  | Staples HS                             |
|             | 13-26 | NHS Art Portfolio Class Exhibit (M-Th 9:30-8; F 11-5; Sat 9:30-5; Sun 12-5)<br>Reception on 1/26/17, 5:00-7:30 p.m. – Meet the Artists | Booth Library                          |
|             | 15-29 | Scholastic Art Show (M-F 10-4; Weekends 12-4)  | Silpe Art Gallery, Hartford Art School |
|             | 18    | RIS 6 <sup>th</sup> Gr. Band Concert, 7:00 p.m. (snow date –Jan. 23)   | RIS                                    |
|             | 19    | RIS 5 <sup>th</sup> Gr. Band Concert, 7:00 p.m. (snow date –Jan. 24)   | RIS                                    |
|             | 25    | RIS Gr. 5 & 6 Orchestra, 7:00 p.m. (snow date – Jan. 30)   | RIS                                    |
|             | 26    | RIS Gr. 5-6 Chorus Concert, 7:00 p.m. (snow date –Jan. 31)   | RIS                                    |
|             | 28    | Winter Guard and Winter Percussion Competition   | Brookfield                             |
| <i>Feb.</i> | 4     | Winter Guard (Varsity only) and Winter Percussion Competition  | Trumbull                               |
|             | 11    | Winter Guard and Winter Percussion Competition   | Masuk                                  |
|             | 18    | Winter Guard and Winter Percussion Competition   | Jonathan Law                           |
|             | 25    | Winter Guard and Winter Percussion Competition   | Bethel                                 |



*All students will create, perform, respond and connect with understanding to all of the arts, including visual arts, music, theatre, and dance. Students will develop in-depth skills in at least one art form, appreciate the importance of the arts in expressing human experiences, and be prepared to apply their arts knowledge and skills throughout their lifetime.*

**Capital Improvement Plan**  
**Town of Newtown, Connecticut**

'17/'18 thru '21/'22

Project # **SR CTR - 1**  
 Project Name **Senior Center Design & Construction**

Type Building construction/renovatio      Department Senior Center  
 Useful Life      Contact Marilyn Place, dept head  
 Category Buildings

**Description**

New Senior Center - Design & Construction

Legislative Council, on 12/16/2015, moved this item, then labeled as community center, from 2016/17 to 2017/18.

**Justification**

The senior population has grown dramatically and comprises over 26% of the total population of the Town. The variety of needs has increased as seniors continue to become more active. We clearly have outgrown our present space. The Senior Center is a multi-faceted facility encompassing many programs: Health & Wellness, physical fitness, educational, inter-generational, nutritional, recreational, seminars and socialization. In comparison to neighboring towns of smaller population, our present facility does not measure up to the current needs.

| Expenditures          | '17/'18          | '18/'19 | '19/'20 | '20/'21 | '21/'22 | Total            |
|-----------------------|------------------|---------|---------|---------|---------|------------------|
| Design & Construction | 3,000,000        |         |         |         |         | 3,000,000        |
| <b>Total</b>          | <b>3,000,000</b> |         |         |         |         | <b>3,000,000</b> |

| Funding Sources | '17/'18          | '18/'19 | '19/'20 | '20/'21 | '21/'22 | Total            |
|-----------------|------------------|---------|---------|---------|---------|------------------|
| Bonding         | 3,000,000        |         |         |         |         | 3,000,000        |
| <b>Total</b>    | <b>3,000,000</b> |         |         |         |         | <b>3,000,000</b> |

**Budget Impact/Other**

Budget impact has not been determined yet. One assumption is that any increases in building maintenance costs will be off set by reduced energy costs due to new up to date equipment (compared to the old building)



## Draft for COA consideration

October 17, 2016

3 Primrose Street  
Newtown, CT 06470

Dear Sir/Madam:

As a Newtown senior, I thank you for your work as a leadership body, especially for your role in putting Newtown back on the path of constructing a new senior center by protecting its funding in the Capital Improvement Plan (CIP). It is critical to us that you continue on this path so that we can have a senior center that inspires us and supports our desire to age healthily and actively in Newtown.

Over the years, Newtown seniors have been patient and hopeful that our government would provide a senior center that is worthy of a town that values and invests in its senior population. Regrettably, the woefully inadequate center on Riverside Road remains the symbol of Newtown's investment in its seniors.

The physical undesirability of the Newtown Senior Center, despite its vigorous programming efforts, is forcing seniors to neighboring centers such as Southbury and Bethel in spite of our loyal citizenry and our collective contribution to Newtown spanning decades.

Due to the confluence of low birth rates, increasing longevity and other factors, Newtown, like the rest of the country, is aging at a rate that is unprecedented. We encourage our town, like many towns and cities, to assume a proactive posture and become positioned to deal effectively with our changing demographic landscape in a way that promotes healthy and productive aging. This effort should start with a senior center befitting of the 21<sup>st</sup> century.

Sincerely,



A.H. D

NEWTOWN SENIOR CENTER  
Director of Senior Services  
October 15, 2016 – Nov 18, 2016

| PROGRAMS                  | NUMBER OF ATTENDANTS (Oct.) |
|---------------------------|-----------------------------|
| Meditation                | 18                          |
| Zumba Gold                | 39                          |
| Exercise                  | 153                         |
| Floor Yoga (2 days)       | 64                          |
| Chair Yoga (2 day)        | 61                          |
| Cards                     | 18                          |
| Mah Jong                  | 16                          |
| Pottery                   | 15                          |
| Bingo/Keno                | 8                           |
| Lunch                     | 83                          |
| Hot Dog/pizza Luncheon    |                             |
| Knitting                  | 35                          |
| Cards (craft)             | 12                          |
| Quilting/sewing           | 35                          |
| Walk-Ins                  | 22                          |
| Billiards/ping pong       | 10                          |
| Crafts                    | 49                          |
| Trips                     | 48                          |
| Newsletter                | 6                           |
| Wii                       | 10                          |
| High School Technology    |                             |
| Painting/Art              | 16                          |
| Special events            | 126                         |
| Tai Chi                   | 18                          |
| Qi Gong                   | 18                          |
| AARP Safe Driving         |                             |
| Ballroom Line dance       | 17                          |
| Barn Dance                | 31                          |
| Current Events Discussion | 33                          |
| Spanish Lessons           | 24                          |
| Speakers                  | 84                          |
| Chair Pilates             | 15                          |
| Strength & Balance        | 24                          |
| Inter-generational w/ CAC | 49                          |
| Bible study               |                             |
| Password                  | 11                          |
| Blood Pressure            | 14                          |
| Special Events            | 126                         |

Attendance Daily: August

| Monday | Tuesday | Wed. | Thurs | Friday | Monthly Attendance |
|--------|---------|------|-------|--------|--------------------|
| 187    | 257     | 236  | 195   | 318    | 1193               |

**COMPLETED EVENTS:**

- The Cloisters Oct 18
- Understanding Interpersonal Boundaries (Wellness series) Oct 20 10am
- WCAAA Medicare Fraud and Abuse Scams Oct 20 1pm
- AARP Driver Safety program Oct 21
- Holiday "Safe-Tea" Nov 9
- Thanksgiving Discussion w/ Arthur Gottlieb Nov 17
- Lunch and Learn w/ Masonicare Nov 18

**UPCOMING EVENTS:**

- Thanksgiving Bingo Nov 21
- Newtown Community Health Fair Nov 19
- Senior Center Trim the Tree Dec 2
- Senior Center Annual Holiday Party Dec 8/snow date Dec 12
- Holiday Cookie Swap Dec 14
- Time Square discussion w/ Arthur Gottlieb Dec 15
- Annual Holiday Bingo Party Dec 19
- New Year's Party Dec 29 12-3

**TRIPS:**

- Radio City Xmas Spectacular Nov 18

**CRUISES:**

- Florida & The Bahamas Feb 19-26, 2017
- Panama Canal March 13-23, 2017

**SPEAKERS:**

1. Cultural history series: Thursday Dec 15 Times Square

**Lunch and Learns:**

1. Lunch and Learn w/ Masonicare Holiday Art and Crafting Nov 18

**Cultural History Series: Continues w/ Arthur Gottlieb LSCW**

1. Times Square Dec 15

New fun program w/ Fran Hendrickson, (retired Senior Center Director of Danbury), "Fran and Friends". Fran plays many instruments and plays for the Barn dancers with her accordion. She will encourage those who wish to bring an instrument, (if they are comfortable), to play with her and sing –a- long some great old tunes. Mondays @ 2.

**GIFT FUND:**

**\$2327.79 profit from Bazaar monies earmarked for senior services gift fund**

**Gift Fund request:**

1. \$83.69 reimbursement for food for volunteers the day of Bazaar
2. \$250 to pay for the DJ at annual holiday party
3. As in past practice I am requesting payment for staff and 10 seniors to attend the Holiday Party. 5 staff (myself, Judy, Bob S., Marianne P., Ann L.) 15 x \$35 = \$525  
\$250 + \$525 = \$775 + \$83.69 = total \$858.69 from SS gift fund

Annual Bazaar is scheduled for Saturday Nov 5 from 9-3 .

So many have been busy! It will be wonderful...using donated items...making something from nothing, totally creative members! A complete profit in the end!

**UPDATE : The bazaar was a huge success! The senior center was filled all day with so many complimenting those involved how wonderful it was. Was a great day for all involved. The seniors were and are proud of their Senior Center!**

**Every item sold was hand made from materials already here at the center. Plans and work started in May, continued working till the night before on projects. Many hands, new and old members working together. It is very rewarding.**

**UPDATE:**

1. Holiday "Safe-Tea" program on Nov 9 w/ Angela DeLeon and the fraud dept. from People's united bank with Officer MH McCarthy was very well received. It was to update the seniors on the variety of scams/frauds that are still out there. Also, "up to date" info were given out.
2. Senior Community Health Fair is Saturday Nov 19 from 10-3 sponsored by Regional Hospice. Local vendors within the health care industry will be in attendance.
3. Annual Holiday Party is Thursday Dec.8 from 11-3 at Michael's at the Grove. If you know of a senior who cannot afford it, and would like to go, please let me know.

Keeping the seniors busy and active.

**Marilyn**



AH. E

**DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR  
THE ELDERLY**

**COA – November 21, 2016**

**Program Statistics**

Energy Assistance Applications (88 for seniors/diabled to date)

Food Pantry (30 seniors/disabled individuals visit weekly)

72 Thanksgiving Baskets distributed

Attended the Salvation Army Bell Ringing meeting and dates for bell ringing this year are Dec. 9<sup>th</sup> and 10<sup>th</sup> and Dec. 16<sup>th</sup> and 17<sup>th</sup>.

Had our first “shared cases” meeting with Marilyn, MaryHelen, and Esma Arjuli (Protective Services) – meetings will continue on a monthly basis. Extremely informative!!

Food drives are ongoing and are stocking the pantry nicely for the winter.

Attended a workshop on “Hoarding Hazards” and made several contacts with state agencies – training will be very helpful with this difficult and common situation.

Assisting with Medicare choices including Part D – open enrollment ends on December 7<sup>th</sup>.

Completed a Title 19 application successfully for elderly man who currently is residing in a nursing home in Sharon, CT. Working with his wife to move him closer to Newtown by applying to several area nursing homes.