

**COMMISSION ON AGING  
REGULAR MEETING  
April 7, 2010**

**STONINGTON HUMAN SERVICES BUILDING COMMUNITY ROOM**

**The regular meeting of the Commission on Aging was held on April 7, 2010 in the Human Services Building Community Room. Members present were: Maryann Bessette, George Brennan, Betty Croteau, Karen Hawthorn, Lisa Ryan and Jennifer Young. Also attending: Carol Umphlett, Agent for the Elderly, Stonington Human Services. Unable to attend were: Stacy Cassata, Kathleen Crockford, Robert Elmer, Toni Potter, Virginia Turek, and Billie Ward.**

**Guests attending: June Strunk, Vice President of PNC Board and Caitlin Adcock and Stephanie Collins from Stonington High School Citizens in Action.**

**The meeting was called to order by Lisa Ryan at 4:04 p.m.**

**Minutes of the March 2010 meeting were presented. Motion to accept minutes and place on file made by Maryann Bessette. Seconded by Jennifer Young. Motion carried.**

**Treasurer's Report for March 2010 not available but will be reported at the next regular Commission on Aging meeting in May.**

**Carol Umphlett reported that Energy Assistance is being wrapped up. The Department of Human Services helped out with sheltering during the flood at the end of March. There were 16 people on cots at Stonington High School with some people coming from Pawcatuck and some from Old Mystic.**

**Carol reported that the Renter's Rebate program begins next month. She also stated that the fliers for placement in food bags distributed by the PNC are finished. The fliers will list resources available to seniors in need of services. Carol stated that she has been dealing with difficulties with the Medicare Part D open enrollment. ConnPace has established benchmark plans that they will pay premiums for however it was a lot of money for ConnPace and premium payments are a few months behind which has caused a lot of problems during the switch over.**

**On behalf of Beth Stewart, Director of Human Services, the statistical data developed by ECTC on the Elderly and Disabled Regional Collaborative Grant was distributed. Stonington's annual allocation is \$37,911. Stonington residents accessed a total of 332 one-way rides at a total cost of \$8,706.50 in grant funds for this six month period. None of the towns fully expended their**

**allocations, therefore, the balance is allowed to be carried over into the next funding cycle. The committee has agreed that will allow us to extend the timeframe of the program in the event state funding is cut. Once an updated brochure is approved by the larger regional group, Beth will be initiating another mass mailing to further publicize this resource to our disabled and senior residents. Beth further suggested that at the completion of year two (2011) of our participation in this program, she recommends that the Commission on Aging transportation committee reconvene to analyze Stonington's expenditures and numbers served to then determine if Stonington is best served remaining in the collaborative or pursuing the funding individually as a town.**

**Lisa Ryan inquired whether Pawcatuck Neighborhood Center had brochures for the ECTC program and June Strunk confirmed that they do have brochures and have made referrals to the program but to date, she has no statistics on the number of referrals that have been made.**

**Jennifer Young reported that AARP tax program the COMO now has two or three appointments left for April 15. She stated that the SEAT bus did not run last week due to flood conditions. The COMO is still doing Meals on Wheels. The COMO has regular blood drives that are very popular. By the end of the last blood drive, they had received 45 donors. 30 vendors are scheduled for the Green Fair on April 10. Jennifer stated that the COMO Athletic Directorship position is going to be vacant. The COMO Women's Tennis program will begin soon and the COMO has booked a trolley for the Village Fair on August 7.**

**June Strunk, Vice President of the PNC Board, reported that congregate lunch program served 169 meals to 50 seniors during February. The PNC is looking forward to the "Fresh Prep" meals which will be cooked on site on Wednesdays and is scheduled to begin in a month or so.**

**June shared that the Live Well Workshop: Chronic Disease Self-Management Program, sponsored by the Connecticut Department of Social Services: Aging Service Division and The Connecticut Department of Public Health will have a one hour orientation in May with the six week workshop to follow. The program provides participants with techniques to manage their chronic disease and health problems while enhancing their quality of life. It will be co-facilitated by two certified lay leaders from the local area.**

**PNC Transportation for February: 55 seniors served for a total of 532 one way rides. Residents: 40 from Pawcatuck, 7 from Stonington, 2 from Mystic, 3 from North Stonington and 3 from Westerly. 24 seniors had one way trips for medical appointments; 26 seniors had 215 one way trips to PNC Lunch and activities; 9 seniors had 142 one way trips to Adult Day Center of Westerly and 33 one way trips for shopping, banking and pharmacy. Foot Clinic is going**

well. It meets every Wednesday with 2 student nurses treating 6 patients. Appointments are booked one month in advance. Continuing Programs: Senior Stretch; Art; Line Dancing; Writing; Wii Bowling; Thursday Game Day attendance is down. New in April: Live Well Workshop: chronic Disease Self-Management Program sponsored by the Connecticut Department of Social Services: Aging Service Division and the Connecticut Department of Health. It is a six week program; Introduction to Meditation. June delivered invitations to the Commission members to attend the PNC Giving and Growing Gala on March 27.

Chair, Lisa Ryan, read the thank you letter to Congressman Joe Courtney sent by Beth Stewart, Director of Stonington Human Services. Beth thanked Congressman Courtney for visiting Stonington's new senior center to discuss healthcare and stated that it is' the mission of the Department to enhance the quality of life for Stonington residents from all age groups and backgrounds by advocating for their basic needs and promoting self sufficiency'.

As the COA Legislative liaison, Lisa also reported that C4A (Connecticut Association of Area Agencies on Aging, Inc.), is urging calls or emails to the key budget decision makers to urge them to remove the burdensome 15% co-payment that has been imposed on participants of the state-funded tiers of the Connecticut Home Care Program for Elders. Also, C4A is urging calls or emails to key decision-makers urging them to re-open the Statewide Respite Program to new participants. The program which supports families caring for loved ones with dementia, closed to new clients on May 11, 2009 and has left over 300 family caregivers on a wait-list with nowhere to turn for help. Lisa also provided a hand-out on Health Care 101: A consumer primer on Obama's new health bill.

### **NEW BUSINESS**

Lisa Ryan distributed registration forms for the Etchics, Accountability and Conflicts of Interest Seminar for Thursday, April 29, 2010.

Lisa Ryan stated that she is in receipt of the letter from the First Selectman's Office appointing George Brennan to the Stonington Commission on Aging.

### **OLD BUSINESS**

Carol Umphlett announced that Stonington Human Services presented the Wii Interactive Gaming system to the Edythe K. Richmond Center and they were very happy to receive it.

**Motion to adjourn made by Maryann Besette. Seconded by Jennifer Young.  
Motion carried.**

**Meeting adjourned at 4:55 p.m.**

**NEXT MEETING – Wednesday, May 5, 2010 at 4:00 p.m.**

**Respectfully submitted,**

A handwritten signature in cursive script that reads "Karen Hawthorn".

**Karen Hawthorn  
Secretary**