

**COMMISSION ON AGING  
REGULAR MEETING  
November 3, 2010**

**STONINGTON HUMAN SERVICES BUILDING COMMUNITY ROOM**

The regular meeting of the Commission on Aging was held on November 3, 2010 in the Human Services Building Community Room. Members present were: Maryann Bessette, Betty Croteau, Robert Elmer, Karen Hawthorn, Lisa Ryan and Billie Ward. Also attending: Carol Umphlett, Agent for the Elderly of Stonington Human Services and June Strunk, President of the Board, Pawcatuck Neighborhood Center. Unable to attend were: George Brennan, Stacy Cassata, Toni Potter and Father Brian Romanowski.

The meeting was called to order by Lisa Ryan at 4:02 p.m.

Minutes of the October 6, 2010 meetings were presented. Motion to accept minutes and place on file made by Maryann Bessette. Seconded by Betty Croteau. Motion carried.

Correspondence and Announcements: Chair, Lisa Ryan, signed forms for the 2011 Regular Meeting Schedule for the Commission on Aging. Motion was made by Maryann Bessette not to hold meetings during months of July and August. Betty Croteau seconded. Motion carried. Regular meetings will be held on the first Wednesday of the month at 4:00 p.m. in the Stonington Human Services Community Room with the exception of the months of July and August when no meeting will be held.

Treasurer's Report was unavailable. Financial Secretary, Toni Potter, is on medical leave and will return to meetings in December. She has requested to be relieved of her duties as Financial Secretary. Motion was made by Maryann Bessette to assign the position of Financial Secretary to Billie Ward. Billie accepted. Robert Elmer seconded the motion. Motion carried.

Lisa Ryan stated that the Affordable Housing Advisory Committee meets on the first Tuesday of the month at 4:00 p.m. at Stonington Human Services. The Stonington Commission on Aging would like to be kept up to date and involved with affordable senior housing issues.

Lisa Ryan, legislative liaison for the Stonington COA, reported that the Legislation is not in session and there was nothing new to report. She distributed the 2010/2011 Survey of State Legislative Issues from the Connecticut Coalition on Aging, Inc. The survey is intended to help the CCOA identify and address critical issues related to aging on behalf of its members

**and Connecticut Seniors. June Strunk took a copy to be copied and distributed to seniors through the Pawcatuck Neighborhood Center and the Robert A. Granato Senior Center. Lisa Ryan will send a copy to Stacy Cassata to distribute at Stonington Arms. A motion to use funds from the Postage Account to do a mass mailing was made by Maryann Bessette and seconded by Robert Elmer. Motion carried. Carol Umphlett will inquire about using the funds.**

**June Strunk, President of the Pawcatuck Neighborhood Center Board and Liaison to the Stonington Commission on Aging reported on the August, September, October Senior Activities at the PNC. Activities: Morning Stretch, Line Dancing, Writing, Art, Wii Bowling, Tai Chi: all activities are running well with good attendance. Friday Afternoon at the Movies started in September and continues to run every other Friday, alternating newer movies with older movies. Congregate Lunch: 227 meals were served to 47 seniors during the month of August 2010. 257 meals were served to 50 seniors during the month of September 2010. Fresh pre-café' style meals started at the beginning of August on Tuesdays and Wednesdays and are going well. Original TVCCA meals is still being served on Monday. Foot Clinic: The Foot Clinic was on a summer schedule of 4 patients every Wednesday in August as the students were on summer break. Sr. Sherry Bassi continued to see the patients weekly. Attendance is good and appointments are being booked 8 weeks in advance. The students recently started helping out and they now see 6 patients weekly. Live Well Group: The 6 Week Live Well Group ended in June, however after a group get-together in July they decided to continue meeting on a monthly basis here at the PNC. All 12 of the group attendees met together in August and again in September to discuss progress in their personal lives.**

### **OLD BUSINESS**

**Virginia Turek has resigned from the Commission leaving two positions open on the Stonington Commission on Aging.**

### **NEW BUSINESS**

**None.**

**Motion to adjourn made by Maryann Bessette. Seconded by Betty Croteau. Motion carried.**

**Meeting adjourned at 4:47.**

**NEXT MEETING – Wednesday, December 1, 2010 at 4:00 p.m.**

**Respectfully submitted,**

**Karen Hawthorn  
Secretary**