

**COMMISSION ON AGING
REGULAR MEETING
December 5, 2012**

STONINGTON HUMAN SERVICES BUILDING COMMUNITY ROOM

The regular meeting of the Commission on Aging was held on December 5, 2012 in the Human Services Building Community Room. Members present were: Maryann Bessette, R.J. Connelly, III, Betty Croteau, Robert Elmer, Karen Hawthorn, Betty Henry, Lisa Ryan, and Alice Watson. Also attending: First Selectman, Ed Haberek; Carol Umphlett Agent For The Elderly, Stonington Human Services. Unable to attend: Stacy Cassata, Toni Potter and Billie Ward.

Guests: Vicki Anderson, Executive Director, Pawcatuck Neighborhood Center, Carol Granato, Vice President Board of Directors, Pawcatuck Neighborhood Center; Peggy Kilmartin, Pawcatuck Neighborhood Center Senior Programming Coordinator and Joanne Kelly.

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

Minutes from the November meeting were presented. Motion to accept was made by R.J. Connelly. Seconded by Robert Elmer. Motion Carried.

Treasurer's Report: Not available at time of meeting.

Carol Umphlett, Agent For the Elderly, Stonington Human Services reported that there were 774 Social Service contacts made in November. Of those, 217 persons were 55 years of age or older. Senior Contacts: Food: 19; Transportation: 15; Medicare: 43; Energy Assistance 118; TVCCA Applications: 22.

Carol also presented a report on senior events on behalf of Kristen King, Human Services Program Coordinator. Approximately 50 people attended the Lunch and Learn Event on November 16th at Enders Island. 15 people attended the AARP Safe Driver Course on November 21. The Babyboomers Exercise Course is ongoing at Road Church for those age 50 and above. 21 people attended in November. Quilting: 5 people attended. Upcoming events: December 7: Lunch and Learn at Latitudes (SOLD OUT); January 16, 2013: AARP Safe Driver Course at StoneRidge.

First Selectman Ed Haberek provided information on actions taken by Governor Malloy to meet the state budget deficit. Governor Malloy made cuts to address the shortfall in the approximate \$365 million dollar deficit. He has

filed for an emergency loan to cover operating expenses for the state. However, it is expected that he will need to make more cuts to meet the deficit.

Ed also announced that there will be a new prescription card program for Stonington residents. Stonington Residents can now get a card that offers substantial savings on prescription drugs after the town joined a program sponsored through the Connecticut Conference of Municipalities.

The ProAct Discount Prescription Card is free, there are no income or age requirements and no claim forms are needed. It's available to anyone without prescription drug coverage as well as those who do have coverage but whose plan does not cover certain drugs they need.

The card offers an average savings of 45 percent off retail prices and is accepted at most major pharmacy chains and supermarkets such as Stop & Shop and Big Y. It also offers discounts on eye exams, glasses, LASIK surgery and hearing products. It can also be used for veterinary prescriptions for pets.

Information about the card is on the town's homepage at www.stonington-ct.gov. and www.CTRxdiscountcard.com.

Ed shared that he would like to have a meeting in January for an update and feedback on where Human Services wants to be 5 to 10 years from now and to explore opportunities for collaboration and perhaps have Human Services be a clearing house for services. Ed would like to increase revenue by developing opportunities for enrichment activities and help people break the cycle by helping them help themselves.

Vicki Anderson, Executive Director of the Pawcatuck Neighborhood Center stated that the PNC has been very busy with signing people up for Christmas baskets and toys.

LEGISLATIVE:

Lisa Ryan, legislative liaison for the Stonington COA, presented information on how federal sequestration will impact seniors in Connecticut. The information was provided by The National Council on Aging. The five Area Agencies on Aging in Connecticut provide Older Americans Act funding to community based service providers to serve seniors across the State. The National Council on Aging estimates that sequestration would result in cuts of Older American Act funding for Connecticut Seniors of \$1,314,216. These funds are currently used to provide community based services such as meals, transportation, in-home assistance, adult day care, health services and assistance for caregivers. In Connecticut, this would result in estimated losses of the following services: Nutrition programs would provide 117,500 fewer

meals to 1,650 fewer people; Transportation programs would provide 10,765 fewer rides to 00 fewer people; Social Service programs would provide 6,815 fewer hours of services to assist 1,600 fewer people; In-Home Service programs would provide 6,375 fewer hours of service benefitting 300 fewer seniors; Adult Day Centers would provide 4,600 fewer hours of care to 30 fewer seniors; Legal Service Providers would provide 485 fewer hours of assistance to 80 fewer seniors; Senior Centers would provide 5,400 fewer hours of programming to 75 fewer seniors; Health Service Providers would provide 2,875 fewer services to assist 520 fewer seniors; 4,200 fewer caregivers would receive 7,975 fewer support services.

OLD BUSINESS:

Robert Elmer, R.J. Connelly and Betty Henry make up the nominating committee to establish a slate of officers for 2013.

Bob Elmer stated that he has spoken to the Lagrua Center about the possibility of using their Center as a venue for the dementia training discussed at last month's meeting. The training will include town service providers and non-profits. Ed Haberek will help develop an invitation list.

Lisa Ryan stated that we should contact Beth Stewart at the COMO and invite her or a representative for the COMO to the COA meetings.

One of the areas that was identified as a possible project for the Commission on Aging was organizing a presentation on senior nutrition. Lisa Ryan made a contact with Alison Dorak, Dietician, with Senior Resources. Alison would be happy to do a presentation. Lisa is looking into the possibility of having it at Stonington Arms.

NEW BUSINESS:

Betty Henry announced that the Town of Stonington Plan of Conservation and development (POCD) has a Resident Questionnaire. The questionnaire is designed to gather information from residents for the purpose of drafting the 2014 update of the Plan and Conservation & Development (POCD). The committee is trying to determine what residents want to protect and how they would like to grow. Betty suggested that the Commission on Aging might write a letter to the committee in support of elderly affordable housing.

Lisa Ryan stated that she would like to investigate a new program, the "Assisted Senior Program", which is a daily program for seniors who need a little extra support at the senior center but are not ready for Adult Day Services yet.

Motion to adjourn at 5:02 pm made by Maryann Bessette. Seconded by R.J. Connelly. Motion carried.

Respectfully submitted,

Karen Hawthorn

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Secretary