

**COMMISSION ON AGING
REGULAR MEETING
February 6, 2013**

STONINGTON HUMAN SERVICES BUILDING COMMUNITY ROOM

The regular meeting of the Commission on Aging was held on February 6, 2013 in the Human Services Building Community Room. Members present were: Maryann Bessette, Stacy Cassata, Betty Croteau, Karen Hawthorn, Joanne Kelly, Lisa Ryan and Alice Watson. Also attending: Carol Umphlett Agent for The Elderly, Stonington Human Services and First Selectman, Ed Haberek. Unable to attend: R.J. Connelly, Robert Elmer, Betty Henry, and Toni Potter.

Guests: 5 Stonington High School Students from Citizens in Action

The meeting was called to order by Lisa Ryan at 4:00 p.m.

Minutes from the January meeting were presented. Motion to accept was made by Maryann Bessette. Seconded by Billie Ward. Motion carried.

Treasurer's Report for January was presented by Billie Ward. 66.9% of the budget has been spent on Program Expenses and Postage/Printing leaving \$1,588.78 available in the budget. Motion to accept was made by Stacy Cassata. Seconded by Maryann Bessette. Motion carried.

Carol Umphlett, Agent For the Elderly, Stonington Human Services reported the following contacts for January: Food: 65 contacts and of those 20 were senior; Transportation: 17 contacts and of those 9 were seniors; Medicare 29 contacts and of those 21 were seniors; Energy Assistance: 325 contacts and of those 108 were seniors; Medical (Medicaid) Assistance: 47 contacts and of those 25 were seniors.

Carol also presented a report on senior events on behalf of Kristen King, Human Services Program Coordinator. 25 attended the AARP Safe Driving classes at StoneRidge. 52 attended the Senior Lunch and Learn Program at the Steak Loft (Submarine Force Presentation). Upcoming events: AARP Safe Driving March 20th at Human Services from 1:00 to 5:00 p.m.; Senior Lunch and Learn Program March 1 at Go Fish from Stonington Historical Society; Quilting Session begins April 16th; Baby Boomers (50 & up) – Senior Exercise Program 23 attended. As a reminder: please encourage seniors in the community to apply NOW to become a HIRE-A-TEEN Employer so they can hire a teen to shovel if need be, when the time comes.

Legislative:

Lisa Ryan, legislative liaison for the Stonington COA, had no new legislative news to share.

Correspondence: An appointment letter to the COA was received from the Selectman's Office for: Joanne Kelly.

OLD BUSINESS:

The nominating committee nominated the following as a slate of officers for the Commission on Aging for 2013: Chair: Lisa Ryan; Vice Chair: R.J. Connelly, III; Secretary: Billie Ward; Treasury Secretary: Stacy Cassata. Nominations were accepted. Motion made to accept: Maryann Bessette. Seconded by Stacy Cassata. Motion unanimously carried.

Lisa Ryan reported that the date for the Senior Nutrition presentation by Alison Dvorak, MS, RD Nutrition Educator will be held at the Stonington Arms Meeting Room on Friday, February 22, 2013. Alison will be discussing healthy eating for happy aging and meal planning for one on a budget.

NEW BUSINESS:

Kristine Johnson, Eastern Regional Director of the Connecticut Chapter Alzheimer's Association gave a presentation to the COA. Kristine has a small grant that can be used in the Stonington Area. The educational program is entitled "Living With Alzheimers. It is a three part program and each part has three modules. There are components for the caregiver and components for the patient. The Commission would like to explore the possibility of having the Alzheimer's Association do two presentations (one for service providers and one for caregivers of those with Alzheimer's disease). There will be further discussion on venues and dates.

Lisa Ryan presented information that she gathered when she attended a meeting in Hartford on Creating Communities for a Lifetime. The program is aimed at creating a Liveable Community for All Ages so that people can age in place. Lisa mentioned OSCA (Our Shoreline Community Association) in Noank. OSCA encompasses Groton Long Point and now Stonington. Lisa would like to invite them to do a presentation for the COA.

Motion to adjourn at 5:15 p.m. made by Maryann Bessette. Seconded by Billie Ward . Motion carried.

Respectfully submitted,

Karen Hawthorn
Secretary


Approved by Commission April 3, 2013