

**COMMISSION ON AGING
REGULAR MEETING
May 1, 2013**

STONINGTON HUMAN SERVICES BUILDING COMMUNITY ROOM

The regular meeting of the Commission on Aging was held on May 1, 2013 in the Human Services Building Community Room. Members present were: Maryann Bessette, R.J. Connelly, Betty Croteau, Betty Henry, Joanne Kelly, Lisa Ryan, Billie Ward and Alice Watson. **Also attending:** Carol Umphlett Agent for The Elderly, Stonington Human Services. **Unable to attend:** Stacy Cassata, Robert Elmer, and Toni Potter.

Also attending: Carol Umphlett Agent for The Elderly, First Selectman Ed Haberek, and Vicki Anderson Representing Pawcatuck Neighbor Center.

Guests: Stephanie Panagos, Coordinator of Our Shoreline Community Association. Inc (OSCA)

The meeting was called to order by Lisa Ryan at 4:05 p.m.

There was a presentation by guest Stephanie Panagos from OSCA about a grassroots movement for seniors called **Safe Aging in Place** that is organized in the Groton, Noank, Stonington area. This is part of a national organization called the Village Movement, which organizes senior volunteers to help each other remain independent in their homes by helping with transportation, grocery shopping and other simple tasks. They currently have 77 member households with 120 people involved. They are part of the Village to Village Network, which has 84 "Villages" in the USA.

Minutes from the April meeting were presented. Motion to accept was made by Maryann Bessette. Seconded by Betty Croteau. Motion carried.

Treasurer's Report for April was delivered by Stacy Cassata and read by Billie Ward. 82% of the budget has been spent on Program Expenses and Postage/Printing leaving \$865.83 available in the budget. Motion to accept was made by Maryanne Bessette. Seconded by Joanne Kelly. Motion carried.

Carol Umphlett, Agent For the Elderly, Stonington Human Services reported the following contacts for April: **Food:** 18 contacts and of those 12 were seniors; **Transportation:** 44 contacts and of those 18 were seniors; **Medicare:** 51 contacts and of those 48 were seniors; **Home Health Care:** 3 Contacts and of those 3 were seniors; **Energy Assistance:** 147 contacts and of those 43 were seniors; **Social Security:** 0 for seniors; **Medical (Medicaid) Assistance:** 32 contacts and of those 4 were seniors; **TVCCA applications for the month:** 11 contacts and 2 were seniors; **Renters Rebate:** 308 contacts and of those 272 were seniors.

The Program Report was presented by Carol Umphlett on behalf of Kristen King, Program Coordinator. There were 52 participants in the April 5 Senior Lunch and Learn. There are 23 Participants in the ongoing Boomers 50+ Senior Exercise Program at the Road Church.

An announcement was made regarding the upcoming three part series on "**Living with Alzheimer's**" to be held at the Stonington Arms at 9:00 am on May 17, May 31, and June 7, sponsored by the COA and presented by the Alzheimers association.

Legislative:

There was no legislative report.

OLD BUSINESS

Lisa Ryan announced that Maryanne Bessette and Betty Croteau attempted to attend the previously announced meeting on **Living Communities** but there meeting did not take place.

Lisa Ryan reported that Kristine Johnson, who is presenting the **Living with Alzheimers** series, is ready to plan and implement a training program for our local police and business owners on how to recognize the disease in people they encounter and how to react with them.

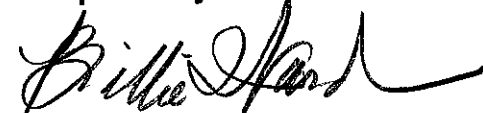
NEW BUSINESS:

Carol Umphlett announced that the **Edyth K. Richmond** Housing has just passed a "no-smoking anywhere on the premises" policy. They are currently seeking a smoking cessation program for residents who smoke.

Vicki Anderson announced a program at the Pawcatuck Neighborhood Center called Sandwich Generation series that will be conducted by Christine Lautz of the SECT Women's Network. This presentation is on "**Right Sizing**" and will be held at the PNC on May 16 from 11:30 am -1 pm. A light lunch will be served

Motion to adjourn at 5:18 p.m. was made by Maryann Bessette. Seconded by Betty Croteau. Motion carried.

Respectfully submitted,



Billie Ward

Secretary **Approved June 5, 2013**