

MINUTES

Commission on Aging Committee Meeting

Wednesday, September 27, 2017 @ 10 am
Community Center Room 107

Members Present: Phyllis Jachimowski, Evelyn Molner, Robert Newton, Kathy Pagliaro-Rich and Suzanne Reilly.

Public member(s): Sandra Gesek

Member(s) Absent: none

Others present: Mary McNelis, Community Services Director and Bonnie Wilkes, Municipal Agent.

Not present: Lucy McConologue, Elderly Services Manager,

1. **Call meeting to order:** The meeting was called to order by Evelyn @ 10:05 am
2. **Pledge of Allegiance:** all present stood and recited the Pledge of Allegiance.
3. **Public comment:** none
4. **Approval of the June 28, 2017 Meeting minutes:** A motion was made by Phyllis and seconded by Kathy to approve the June 28, 2017 Meeting minutes with the correction of the date of the meeting should read June 28 not June 26 – motion carried.
5. **Elderly Services Manager Report:** Mary presented Lucy's report in her absence and distributed a prepared **Senior Center Reports** dated July-August-September, 2017 (attached). Mary shared that the Trips have been going well and there has been an increase in member participation at the Senior Center since the new flyers were mailed out to the Seymour households on 9/17/17:
 - a. 32 seniors attended the Pacific Coastal Cruise.
 - b. The Sharon Playhouse, Music Man performance in August had 13 sold tickets, with 4 on a wait listed.
 - c. The Annual Picnic at the Seymour Land Trust had 34 in attendance. Some transportation was provided for Seymour residents to attend.
 - d. The Hudson River Paddle Boat Cruise, a new trip, had 16 with 6 individuals on a wait list.
 - e. The Casino trip attendance has declined; they will investigate options of every other month or review when other local senior centers are having similar casino trips and possibly combining efforts. Breakeven is 42 individuals they have had only 38 this week.
 - f. Line Dancing and Chair massage are newer offerings.
 - g. Educational and Social Wellbeing programs are also now being offered, like the AARP Life Reimagined and a Pot Luck Luncheon with a guest speaker from the Alzheimer's Association presented "Love Your Brain". October programs include Medicare Information Update on October 4th.
 - h. Mattei's Early Bird Italian Diner on August 23 had 52 persons in attendance.
 - i. In September, the Seymour Historical Society Bus Tour had 8 people participate.
 - j. A Flu Clinic sponsored by Valley Health District will be held October 11 for the public.
 - k. The Sturbridge Flea Market has 18 registered with 8 on a wait list.
 - l. On Oct. 16, another Alzheimer's Association presentation will take place... "10 Signs of Alzheimer's".
 - m. The Trip to Monticello Raceway, Foliage tours, has 10 registered already.
 - n. The Woodbury Commons trip is quite popular with a waitlist of 10. They're looking to add additional trips when the waitlist numbers suggest strong interest in a particular trip.

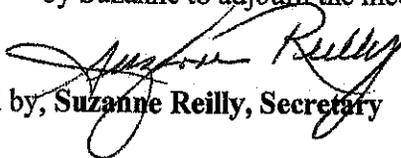
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6. **Municipal Agent Report - Bonnie Wilkes, Municipal Agent for the Elderly:**
Bonnie also mentioned that there has been an increase in the number of calls since the flyer went out. Bonnie presented a summary of her August report, her formal report will be sent via email. Referrals have been ongoing.
7. **Public comment:** Sandra mentioned that she was looking for activities for the younger seniors. And she and others may have an interest in information re Medicare Savings Program and Medical plans – such as higher deductible plans and other Supplemental plans. Sandra also reported that a Charter Revision Committee has been formed and they'll be looking for input from Commission Members in the near future, Rob VanEgghen will be reaching out to the chair. The recommendations will be due by December 1, 2017. Copies of the Commission on Aging Section were distributed to committee members for review.
8. **Old Business:**
 - a. Community Outreach Flyer – if was suggested we wait to the Spring to revisit.
 - b. Transportation – tabled for a future meeting.
9. **New Business:**
 - a. **Welcome New Commission Member,** Robert Newton was welcomed to the Commission.
 - b. **Elect new Chairman – A motion was made by Phyllis and seconded by Kathy to appoint Evelyn as the Chair of the Committee, motion carried.**
 - c. **Membership Benefits,** how can we serve more individuals? – the new rates have been successfully implemented - further discussion tabled to a future meeting.
 - d. **Utilizing Volunteers and Ambassadors – tabled to a future meeting.**
10. **Member comment:** There was a concern rose that Lucy was not present at the meeting. A motion was made by Phyllis and seconded by Evelyn that when long term trips are planned in advance the we consider moving the meeting times to more appropriate times when Lucy will be available, if applicable. Motion was unanimous.
Suzanne announced that TEAM's Annual Meeting is scheduled for Thursday, October 12 and the Town of Seymour and First Selectman Kurt Miller will be receiving TEAM's Partnership Award. The Festival of Trees Wesley Village Holiday Market Fundraiser Flyer was also distributed - to be held on November 18 & 19 from 10 am – 3 pm. Proceeds help support TEAM's Elderly Services.
11. **Prepare next meeting agenda: The next meeting will be held on Wednesday, October 25 @ 10 am -** April J. Chaplin, MSHS, Kennedy Center Northwest Regional Mobility Manager has been invited by Suzanne to present to the group. If time permits, staff will share an analysis of how many of the 80 year old members are active and participating in programs and trips. And, we'll have further discussion on the use of Volunteers and/or Ambassadors at the next meeting.
12. **Adjournment -** A motion was made by Kathy and 2nd by Suzanne to adjourn the meeting at 11:30 am. Motion carried.

Respectfully submitted by,  Suzanne Reilly, Secretary

JULY-AUGUST-SEPTEMBER 2017
SENIOR CENTER REPORT

Our regular weekly activities still continue to be popular with our members, including the fitness programs that have a loyal group of people who continued to participate during the summer months, Additional activities for each month is as follows:

July

- 10th- Trip to Captain's Cove in Bridgeport for lunch and some time to explore the little shops.
- 17th- Annual Picnic at the Seymour Land Trust with lots of food and entertainment. The Land Trust members did the cooking and we booked the entertainment. Our mini-bus provided transportation from the Center Parking Lot since parking is limited at the Land Trust. Also picked up several residents who did not have transportation.
- 20th-Hudson River Paddle Boat Cruise-Lunch stop was at Cracker Barrel prior to going on the cruise.
- 31- Monthly Casino Trip

August

- 9th- Lunch at the Outback Restaurant in Shelton
- 17th- Sharon Playhouse-Music Man-Lunch was at Diner in Torrington
- 23rd- Early Bird Italian Dinner-4:00 p.m. Lots of great food catered by Mattei's. People stayed after dinner to enjoy an hour of Bingo-
- 28th- Monthly Casino Trip

September

- 6th- Trip to Lyman Orchards and Lunch
- 11th- AARP Drivers Course
- 13th Seymour Historical Society Bus Tour of Historic Spots in Seymour
- 14th Pot Luck Luncheon-Guest Speaker from Alzheimer's Assoc.-"Love Your Brain"
- 21st Pacific Cruise Trip-21-29th-we have 32 People for the trip.

We have been working on programs for October-November-December-and early Spring. A flyer has all these programs of both the Senior programs and Recreation Programs listed. Preview of some of the upcoming programs:

- Oct. 4th-Medicare Information Update-9:30 a.m.-good time to check out your supplement since open enrollment is Oct. 5th-Dec. 15th
- Oct. 11th-Flu Clinic sponsored by Valley Health District-open to the Public
- Oct. 14th-Sturbridge Flea Market
- Oct. 16th-Alzheimer's Assoc. presentation-10 Signs to be aware of-Lite Refreshments
- Oct. 19th-New Program-Chair Massage will be offered-\$15.00 for 15 minutes
- 23rd-Trip to Monticello Raceway-incorporate Foliage also.

Lucy McConologue