

MINUTES

Commission on Aging Committee Meeting

Wednesday, February 28, 2018

Community Center Room 107

Members Present: Phyllis Jachimowski, Evelyn Molner, Robert Newton, Kathryn Rich and Suzanne Reilly.

Members Absent: none

Others Present: Mary McNelis, Community Services Director, Lucy McConologue, Elderly Services Manager, and Bonnie Wilkes, Municipal Agent

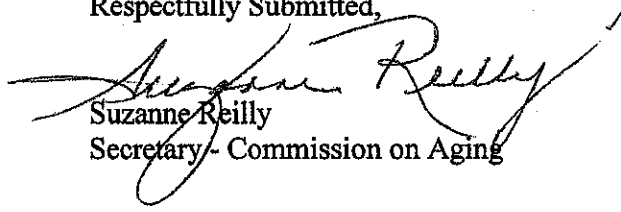
1. **Call meeting to order.** The meeting was called to order by Evelyn @ 10:14 a.m.
2. **Pledge of Allegiance.** All present stood and recited the Pledge of Allegiance
3. **Public Comment:** None
4. **Approval of December 27, 2017 meeting minutes.** A motion was made by Phyllis and seconded by Kathryn to approve **December 27, 2017** motion carried.
5. **Mary shared a Community Services Update - 2017 Year in Review data as part of the Elderly Services Report:**
 - Total registrations - 5042 up from 2568 in 2016
 - Registrations by age 55-70 increase to 2433 from 1001
 - age 80+ increased to 746 from 426 last year.
 - Total Registrations by Category – nearly doubled in every category related to seniors
 - Sports, Fitness & Activities (Adult) – 1195 from 466
 - Day & Overnight Trips 742 from 472
 - Senior Lunches 740 from 327 (offered once per month – keeps the price affordable; limited to 75 per day due to fire marshal regulations.)
 - Health, /wellness & Educational Seminars 279 from 42
 - Total Membership – Senior Center 399 vs 260 last year.
 - New this year- Fitness Center 176
 - Pool memberships declined in part for the availability of the pool.
 - Transportation – (Total Residents Transported)
 - Shopping 574 vs 554
 - Rec Trips 508 vs 88
 - Senior Center Trips 359 vs 193
 - Bingo 23 vs 24
 - Doctor's appointment 11 vs 4
 - Church 64 vs 156 last year (not currently being offered)
 - Food bank 16 (not offered last year)
 - Founder's day 21 vs. 46.
 - Challenges – Facility upkeep, communication to residents and staffing.
 - New in 2018: Senior Fit, Senior Strong, Bocce Court Refurbished, Community Garden, Introduction of a CIT program at Summer Camp, and Continued Focus on Expansion of Adult & Senior Programming.

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Elderly Services Manager Report: Lucy presented a prepared **Senior Center Reports** dated January and February, 2018 along with flyers for the May Atlantic City, NJ trip, Finger Lakes Wine & Garden Tour in August, Christmas in Branson, in November, Senior Fit, Senior Strong Fitness Classes held Monday – Friday for Free due to Valley Community Foundation \$2,400 Grant to offer free exercise classes, now through August. The Clubs are doing great 8 - 10 individuals walk in the /Gym every morning, Fitness Center usage has increased. More are using the Center as part of their daily routine. The March Newsletter was also shared. Mary also reported on the Total Membership Numbers through 2/26/18 = 453 members 19 were added since the last meeting.

6. **Municipal Agent Report - Bonnie Wilkes, Municipal Agent for the Elderly** please note the January report is attached.
7. **Financial Report:** Mary shared the budget sheet comparison from 2014 – present along with the Department Requests for 2018-2019. The budget included proposed standard salary increases. And proposed increase in the administrative position from 19.5 hours to 24 hours. All other line items remained the same as the current year. Still trying to find funds to purchase another bus. (26-28 passengers).
8. **Public Comment:** None
9. **Old Business:** None
10. **New Business** – There was discussion of the possibility of the Commission on Aging be merged with Parks and Recreation Commissions. Bonnie had agreed to research what other municipalities are doing. Committee members felt there is value in continuing as a Commission on Aging to represent our town's seniors.
11. **Member Comment:**
12. **Prepare March 28, 2018 meeting agenda**
13. **Adjournment** motion was made by Kathryn and seconded by Phyllis at 11:44.

Respectfully Submitted,


Suzanne Reilly
Secretary - Commission on Aging

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Municipal Agent Report

January 2018

Number of Paid Hours	32
Number of Clients	11
Number of Collateral Contacts (Professional)	7
Number of Home Visits	0
Meetings out of office	0

In the month of May 2017, I interacted with 11 clients and their families.

I interacted with 7 collateral contacts in the process of assisting these clients.

Clients are referred to me in several ways. They are referred by other departments in the town, by the South Central Area on Aging, by staff from the Housing Authority, through articles in local newspapers, by Griffin Hospital, by local community providers (doctors, dentists, pharmacists), from the CT Department of Social Services and the CT Department on Aging, TEAM, Inc., local Seymour businesses (i.e. laundromat) and by word of mouth from Seymour residents.

Issues this month included referral and assistance with the following: SNAP, Medicare Savings Program, Lifeline, Transportation Issues, Physician and Counseling Referrals, the CT Home Care Program for the Elderly, Housing Options, and information and referral concerning free and reduced phone service, Energy Assistance.

All of the above activities were conducted with the mission/focus of assisting Seymour seniors in accessing the myriad of services and resources available to assist them to maintain and continue a healthy, happy, independent life in their own homes, while honoring and advocating for the choices they make.

Please contact me if you need any further information.

Bonnie Wilkes

JANUARY 2018
AGING COMMISSION REPORT

WEEKLY ACTIVITIES PROVIDED AT THE CENTER

Monday-Chair Yoga, Zumba Dance, Lap Swim

Tuesday-Tai Chi I & Tai Chi II, Bingo, Mah Jong, Shopping

Wednesday-(Starting February, switched from Thursday) Free Zumba Gold

Thursday-Qigong, Pinoche, Tai Chi Easy. Municipal Agent

Friday-Shopping

The Gym is open for morning walking Mon-Fri (8:00 a.m.-10:00 am)

The Fitness room is open from 8:00 a.m.-4:30 p.m. Mon.-Thurs., 8:00 a.m. – 12:00 noon Fri.

Many of our Seniors and Residents take advantage of walking in the Gym & working out in the Fitness Room

MONTHLY ACTIVITIES January

Monday-Foot Care,

Thursday-Hearing Screening, Chair Massage, Lunch Bunch (Brookside)

Thurs-Free Pizza Party & Bingo

OTHER ACTIVITIES

Both Day & Overnight trips (we are scheduling day and overnight trips beginning in February since it is difficult to commit during the winter months) Trips already in the works are the Annual Ct., Flower Show in Hartford in February, A trip to Royalty Wines in March, Westchester Dinner Theatre (Chorus Line) March, Fascias Chocolates & Lunch-April, Atlantic City* (3 days) -May, Stormville Antique & Flea Market-May (Sat-Labor Day weekend) Essex Lunch Train & Steamboat-July, Finger Lakes Wine & Garden * (3 days)-August, Branson Christmas,*-(6 Days)November. We will also be booking shows & summer theater when information becomes available. We try to schedule trips either on Monday, Wednesday, Friday or weekends depending on availability.

*Flyers attached for overnight trips

WEEKLY & MONTHLY PROGRAMS & SERVICES BEING ADDED IN FEBRUARY & March

Free Tax Assistance Thurs., weekly 2/1-4/12)

New Free Fitness Program-Strenght, Toning & Balance (Friday, weekly)

Free Haircuts & Manicures-Monthly-Wednesdays

As of February 1st we will be offering at least one Free or Reduced Rate Fitness Class each day of the week. See attachment.

Community Center was closed Monday, January 15th, Martin Luther King

Submitted by:

Lucy McConologue

FEBRUARY 2018
AGING COMMISSION REPORT

WEEKLY ACTIVITIES PROVIDED AT TH CENTER

Monday-Chair Yoga, Zumba Dance

Tuesday-Tai Chi Easy II & Tai Chi Easy I, Bingo, Mah Jong, Shopping, Doctor Appts.

Wednesday-Free Zumba Class

Thursday-Qigong, Pinochle, Municipal Agent

Friday-Strengthening, Toning, Balance Class, Shopping, Doctor Appts.

Walking in the Gym-Monday-Friday-8:00a.m.-10:00 a.m.

Fitness Room open for Working Out on your own-Mon-Thur(8:00 a.m.-4:30) Fri-(8:00a.m.-12:00 noon)

Tax Assistance is provided every Thursday Morning by appointment during the month of February-all slots are filled through February.

MONTHLY ACTIVITIES

Monday-Foot Care

Thursday-Hearing Screening, Chair Massage

ADDITIONAL ACTIVITIES

Pancake Brunch & Program by the Animal Embassy

Let's Talk-Let's Plan-2 Sessions sponsored by Griffin Hospital-Lyn Aiksnoris, presenter

Conn. Flower & Garden Show

Foxwood Casino

Lunch Bunch cancelled due to inclement weather

Update on the Bocci Court. The canopy is in place and we will be offering either free time Bocci or scheduled Bocci time for setting up teams. Bocci equipment is available for use. Hopefully we can have a kick-off date for use in April depending on weather.

I am presently working on activities (day trips & overnight trips) through the end of 2018 and into 2019.

Submitted by:

Lucy McConologue

