

MINUTES

Commission on Aging Committee Meeting

Wednesday, March 28, 2018

Community Center Room 107

COPY RECEIVED
DATE: 4/24/18
TIME: 2:40 pm
TOWN CLERK'S OFFICE

Members Present: Robert Newton, Kathryn Rich and Suzanne Reilly.

Members Absent: Phyllis Jachimowski and Evelyn Molner

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 Suzanne @ 10:00 a.m.
2. **Pledge of Allegiance.** All present stood and recited the Pledge of Allegiance
3. **Public Comment:** None
4. **Approval of February 28, 2018 meeting minutes.** A motion was made by Kathryn and seconded by Bob to approve February 28, 2018 meeting minutes, motion carried.
5. **Elderly Services Manager Report:** Lucy mentioned it was a busy month, but challenging with the weather related closings. Lucy presented a prepared **Senior Center Reports** dated March 2018 along with flyers for the New York to Southern Caribbean aboard the Norwegian Gem in February, 2019 and the Mediterranean Cruise aboard the Brilliance of the Seas (attached). The Taxes program is filled. The new Community Services flyers should be mailed to 6,000 Seymour households next week. There are exercises classes offered daily. In the upcoming months there will be more of a focus on educational sessions:
 - May 3 @ 6:30 pm - Alzheimer's Support Group
 - May 15 @ 6:30 pm - Living Well With Diabetes
 - May 14 @ 11:15 am - Decluttering of your home (a light lunch will be served)
 - TBA - A Pizza and Paint Program
 - Chair Volley Ball Program utilizing a beach ball.

The Bocce Court will open soon and free times and community based teams will be encouraged. Mary also reported on the Total Membership Numbers 449 members – up 49 individuals since January 1st.

6. **Municipal Agent Report - Bonnie Wilkes, Municipal Agent for the Elderly**
Municipal Agent reported that for the month of February:
 - Number of Paid Hours 28
 - Number of Clients 9
 - Meetings out of office 1
 - Referrals from local business and questions re: the Medicare Savings program, employment issues, homemakers and companion services.
7. **Financial Report:** Mary shared the financial report for the Elderly Services department currently at 58% of the budget. The budget year is July 1 – June30. Next year the

MINUTES

Commission on Aging Committee Meeting

Wednesday, March 28, 2018

Community Center Room 107

community services budgets will be merged, but a Elderly Services report will still be available. The budget included proposed standard salary increases which were minimal.

8. **Public Comment:** None

9. **Old Business:** Committee Merger Discussion of the possibility of the Commission on Aging is 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. Bonnie surveyed of some area towns and cities as to their Boards/Commissions. The results:
 - Woodbury – 2 separate Commissions, Elderly and Parks& Recreation
 - Oxford- - 2 separate Commissions, Elderly and Parks & Recreation
 - Stratford- 2 separate Commissions, Commission of Aging, Parks & Recreation
 - Milford- 2 separate Commissions, Council on Aging, Parks, Beach, & Recreation
 - Ansonia- 2 separate Commissions, Commission for Elderly Services & Recreation
 - Derby – 2 separate Commissions, Commission for the Elderly, Parks & Recreation
 - Shelton—2 separate Commissions, Senior Citizens , Parks & Recreation
 - Orange – 2 Commissions, Community Services Commission (3 sub committees Senior Advisory, Youth Advisory, Family Advisory) , Parks & RecreationThe merger of committees will ultimately be determined as part of the Seymour's Charter Revision Committee. Our concerns should be voices.

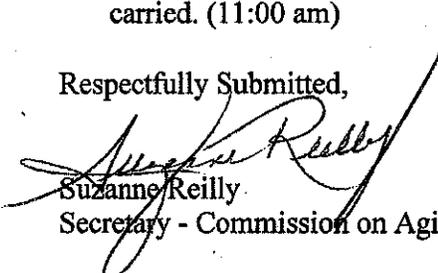
10. **New Business** – Suzanne shared an invite from Rory Burke from the town to attend a session by Tom Hennick, of the CT FOIA Commission, who will be coming to Seymour Middle School on Thursday, March 29th at 6:30 to present an informational meeting on the CT Freedom of Information Act.

11. **Member Comment:** Suzanne shared information about TEAM's Men Who Cook event on April 21; an Advance Care Planning, Caregiver Series at Griffin Hospital on Thursday, April 19 at 5:15 pm; and that there is a Retirement party planned for Dian Stroman on Tuesday, May 15, 2018. Please contact Suzanne for more info.

12. **Prepare April 25, 2018 meeting agenda** – it is possible that Bob and Suzanne will be unable to attend the meeting due to scheduling conflicts.

13. **Adjournment** A motion was made by Kathryn and seconded by Bob to adjourn, Motion carried. (11:00 am)

Respectfully Submitted,



Suzanne Reilly

Secretary - Commission on Aging

MARCH 2018
AGING COMMISSION REPORT

March was a challenging month for the Senior Center due to storms, closings, rescheduling programs and totally cancelling some programs due to weather conditions as well as people just not participating due to illness. Through it all we still were able to go forward with the following:

WEEKLY ACTIVITIES

Monday-Chair Yoga, Zumba Dance

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

Wednesday-Free Zumba Class

Thursday-Qigong, Pinocle, Municipal Agent

Friday-Strenght; Toning, Balance Class, Shopping, Doctor Appts.

Walking in Gym Monday-Friday 8:00-10:00

Fitness Room open for Working out on you own Mon-Thur (8:00-4:30) Friday (8:00-12:00 noon)

Free Tax Assistance was provided 4 Thursdays with all appointments filled. 1 week was cancelled due to weather conditions (all clients were rescheduled, thanks to Tax Staff that increased appointment schedules for the following weeks).

MONTHLY ACTIVITIES

Monday-Foot Care

Thurs. Hearing Screening (canc. Due to weather) reschedule for next month

Thursday-Chair Message

ADDITIONAL ACTIVITIES

St. Patrick's Luncheon (cancelled & rescheduled) we were able to reschedule for following week. Our original entertainment was not able to reschedule but we were able to get a replacement on short notice.

Lunch Bunch-Italian Pavillion-cancelled & rescheduled following week.

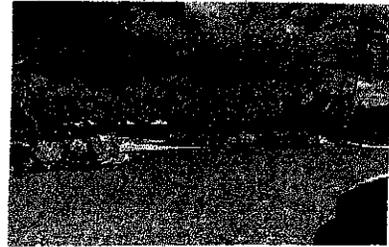
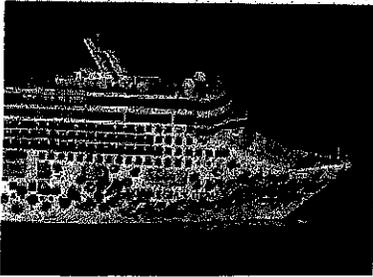
Westchester Dinner Theater-A Chorus Line

Attached are 2 Cruises being offered in 2019. We will be having the Tour Company making a presentation on both cruises -South Caribbean Cruise and Mediterranean Cruise, Thursday, May 17th at 6:30 p.m. We are using the same Tour Company we used for the Pacific Coast Cruise which was a very reliable Company to work with and also booking excellent accommodations prior to boarding the cruise ship.

We have been preparing another flyer to go out to the Seymour residents with all the new programs & trips that have been planned for the Spring & Summer.

Submitted by

Lucy McConologue



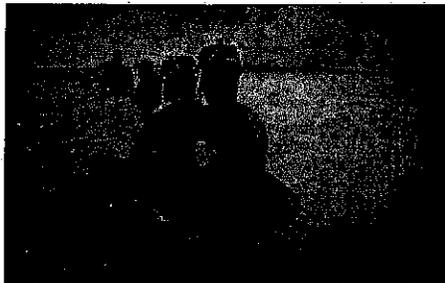
Cruise with the SEYMOUR COMMUNITY CENTER from...

New York to Southern Caribbean aboard the Norwegian Gem

February 25 - March 8, 2019, 11 nights roundtrip from New York

Cruise round-trip from New York to the Southern Caribbean aboard the Norwegian Gem which has undergone ship-wide enhancements. The Gem features Freestyle Dining with 13 restaurants including speciality restaurants. The dress code is relaxed. Join the party at the liveliest nightspots on the ship, enjoy an impressive array of entertainment in the 1,150-seat theater, try your luck in the world-class casino, take the family to the bowling alley or relax in the Roman Spa & Fitness Center. Enjoy **two free amenities** onboard: the **Ultimate Beverage Package** (free drinks) and **pre-paid gratuities**.

We'll motorcoach to New York City and set sail to San Juan. Visit the 17th Century Fort San Cristobal, enjoy the beaches or just wander through the cobblestone streets of Old San Juan. Next, we dock in St. Kitts, a very British paradise where cricket and afternoon tea are the norm. The dramatic landscape is rimmed in gold-sand beaches and well-preserved sugar cane plantations. In St. Lucia, view the island's most dramatic geologic feature: the Pitons, two striking volcanic peaks that rise a half-mile off its southwestern coast. The lush Diamond Botanical Gardens and world's only "drive-in" volcano are worth a visit. The island of Barbados reflects its British heritage with traditional afternoon tea. Stroll the inviting beaches of Carlisle Bay. Tour a rum factory or the historic Garrison area. Next we dock in Antigua, its city's skyline dominated by the white baroque towers of St. John's Cathedral. Scenic pleasures abound on this ruggedly beautiful island with cascading waterfalls and thermal springs. Lastly we visit St. Thomas, USVI, which has some of the best duty-free shopping in the Caribbean. Bask on the beach at Magen's Bay (or travel to nearby St. John). Following two sea days, we return to New York and our trip back home. **This cruise includes two free perks for all passengers: Ultimate Beverage Package and Pre-paid Gratuities.**



Category	Cabin Type	Price
IB	Inside stateroom, two lowers/queen	\$1379
OK	Oceanview, obstructed 2 lowers/queen, port/picture window	\$1599
OA	Oceanview, 2 lowers/queen, picture window	\$1679
BA	Balcony, mid-ship 2 lowers/queen, floor-to-ceiling window	\$1899



Prices Include: Round trip transfers; 11-night cruise aboard the Norwegian Gem; Port and departure taxes; All meals, activities and entertainment aboard ship; Onboard Gratuities; Ultimate Beverage Package and portorage of one bag per person. Prices do not include shore excursions or items of a personal nature. The Group Protection Plan has been purchased on behalf of all travelers.

Register at www.seymourcommunityservices.com or call Lucy McConologue at (203) 888-0403 x1

\$300 Deposit per person to reserve stateroom * Balance due by November 13, 2018
Completed Reservation Form is required with Deposit

Trip arranged by Landmark Tours & Cruises

Join the SEYMOUR COMMUNITY CENTER for a...

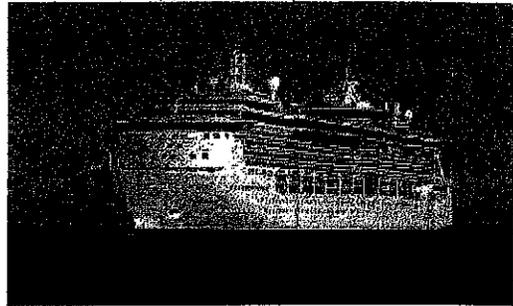
Mediterranean Cruise

7 nights aboard the **Brilliance of the Seas**

Plus 2 Nights in Barcelona * October 10 - 20, 2019

The **Brilliance of the Seas** offers the ultimate "at sea" experience combining speed, added comforts and sweeping ocean vistas. More outside cabins, glass elevators facing the sea, 9-story glass constructed Centrum, state-of-the-art technology and of course, service that is second to none are just a few of the ways this ship makes every journey special and unique. From the industry's first Rock Climbing Wall, Golf Simulator, Bombay Billiard Club (the industry's first self-leveling pool tables) to the revamped Viking Crown Lounge (the

Starquest Disco Bar actually revolves), this ship has something for everyone.



We'll fly to **Barcelona**, spending two nights in the heart of the city. We'll enjoy three included meals in Barcelona and a fascinating tour that features Gaudi's famous Sagrada Familia Cathedral and incredible Park Guell -- both architectural wonders. We'll board the **Brilliance** for a 7-night cruise docking first at the cosmopolitan city of **Nice, France**, with its colorful Old Town, elegant Belle Epoque architecture and French Riviera. The ship anchors in the deep blue bay of picturesque **Villefranche-sur-Mer**. Our next port is **Portofino, Italy**.

Portofino is a picture-postcard of the Italian coast. One of the most beautiful places on earth, it features colorful houses and shops along a picturesque waterfront, with lush green hills rising above. We dock next in La Spezia (Florence). Take an optional excursion to see the Leaning Tower of Pisa or view the masterpieces in **Florence**. Next stop, **Civitavecchia** the port city of **Rome**, the "Eternal City". Visit Michelangelo's inspiring Sistine Chapel, roam through the ruins of the Colosseum or visit the Spanish Steps. Next we sail to the **Amalfi Coast**



(**Salerno**), Italy. Salerno has a graceful waterfront promenade with shops, cafes and medieval churches. It is also a gateway to the Amalfi Coast, whose jewel-like towns seem to cling to dramatic cliffs overlooking cobalt seas. We'll have a day at sea before returning to Barcelona and our flight home.



Category	Cabin Description	Price
6V	Inside stateroom, two doubles/queen	\$3009
2N	Outside stateroom, two doubles/queen, picture window	\$3179
2D	Outside w/Balcony, two doubles/queen, sitting area, slider	\$4259

Prices Include: Round trip airport transfers; Round trip airfare; 2 nights pre-stay Barcelona with touring and 3 meals; 7-night Cruise aboard the Brilliance of the Seas; Port and departure taxes; All meals, activities and entertainment aboard ship; trip protection and portage of one bag per person. Prices do

not include shore excursions, bar drinks, gratuities aboard ship or items of a personal nature.

Register at www.seymourcommunityservices.com or call Lucy McConologue at (203) 888-0403 x1

\$300 Deposit per person to reserve stateroom * Balance due by July 26, 2019

Completed Reservation Form is required with Deposit

Trip arranged by Landmark Tours & Cruises