

MINUTES
Commission on Aging Committee Meeting

Wednesday, April 25, 2018
Community Center Room 107

COPY RECEIVED
DATE: 5/22/18
TIME: 4:15pm
TOWN CLERK'S OFFICE

Members Present: Phyllis Jachimowski, Kathryn Rich and Suzanne Reilly.

Members Absent: Robert Newton, and Evelyn Molner

Others Present: Mary McNelis, Community Services Director, Lucy McConologue, Elderly Services Manager

1. **Call meeting to order:** The meeting was called to order by Suzanne @ 10:06 a.m.
2. **Pledge of Allegiance:** All present stood and recited the Pledge of Allegiance
3. **Public Comment:** None
4. **Approval of March 28, 2018 meeting minutes:** A motion was made by Kathryn and seconded by Suzanne to approve the March 28, 2018 meeting minutes, motion carried.

5. **Elderly Services Manager Report:** Lucy mentioned Lucy presented a prepared **April 2018 Aging Commission Report (attached)**. The Taxes program was successful completing 106 applications. The new Community Services Spring Summer Program flyers were mailed to 6,000 Seymour households and it was felt that there has been an increase in enrollees as a result.

Mary reported that they are working to put in a walking path around the entire field that should be available by the summer months and will be open until dusk, daily. Haines is donating the materials needed. There will be ample parking and a Couch to 5K program will be offered. She is also pleased to announce that Grow your Own, Neighborhood Garden Program in collaboration with the Valley United Way. neighborhood community gardens to help food insecure residents obtain fresh fruit and vegetables to supplement what they are currently getting from the food pantries. The Program called "Grow Your Own" started three years ago and at that time consisted of plants, soil and tools provided to Valley residents in need for backyard and container gardening. This free program offers not only the resources to create a garden but also training on nutrition, cooking, and canning. The hope is that Valley residents will be able to preserve the fresh food year-round.

There are exercises classes offered daily. Chair Volley Ball Program utilizing a beach ball has been added as an afternoon activity and a "Let's Jam" new group of musicians has been formed and meets on Thursday s at 2:30 pm.

Seniors get priority for the trips; however the Radio City Music Hall and baseball games are open to the public. And the Woodbury Commons shopping trips are usual attended by mothers and their daughters in December.

Upcoming events that they are looking forward to:

- 35 Individuals have enrolled for the Atlantic City trip planned for May, all are seniors.
- May 3 @ 6:30 pm - Alzheimer's Support Group

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- May 10 - A Mother's Day Special partnership with the Oxford Academy of Hair Design will be able to purchase Gift Certificates for a Blow Dry, Manicure, Paraffin, Facial, Flower and Coffee and Tea for a nominal charge.
- 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

The Bocce Court will open soon and free times and community based teams will be encouraged. A Bocce Club has been formed and has set 10 am on Tuesdays and 1 pm on Thursdays.

Transportation is being provided to the Food Bank.

Mary also reported on the Total Membership Numbers presently at 460 members; 11 were added since the last meeting.

It was suggested that Tours be offered for new comers and to recruit more volunteers to assist at the Senior Center.

6. **Municipal Agent Report - Bonnie Wilkes, Municipal Agent for the Elderly**
Municipal Agent was unable to attend the meeting but will forward her report.
7. **Financial Report:** Mary shared the financial report for the Elderly Services department currently on target compared to of the budget.
8. **Public Comment:** None
9. **Old Business:** None
10. **New Business:** Suzanne shared information from the Thursday, March 29th CT FOIA Commission informational meeting on the CT Freedom of Information Act that she had attended.
11. **Member Comment:** It was suggested that instructional sessions be offered for some of the group activities such as Mahjong, Pinochle, Poker, Bocce, etc. to encourage more participation.
12. **Prepare May 23, 2018 meeting agenda** – new item to discuss Senior Residents vs. Non Residents 80 yrs. + rates - \$7.00? Committee members will contact other senior centers in advance to be prepared to discuss and make a recommendation at the meeting. Kathryn will not be able to attend the May meeting. There was also discussion of the proposed meeting schedule for the Summer months – presently the posted schedule did not have a June and July meeting scheduled further discussion should be had at the meeting.
13. **Adjournment** A motion was made by Kathryn and seconded by Phyllis to adjourn, Motion carried. (11:09 am)

Respectfully Submitted, Suzanne Reilly, Secretary - Commission on Aging

APRIL 2018
AGING COMMISSION REPORT

I hope everyone had the opportunity to browse through the Seymour Community Services Spring/Summer Program that was sent out to all the residents in Seymour. As you can see we have been very busy setting up programs and trips well into the end of 2018.

WEEKLY ACTIVITIES

Monday- Free Chair Yoga, Zumba Dance (we are trying to start a Chair Volley Ball Program)

Tuesday-Tai Chi Easy II, & Tai Chi I, Bingo, Mah Jong, (Bocce if the weather will cooperate, Shopping & Doctor Appts. (occasional transportation to Food Bank)

Wednesday-Free Zumba Gold, PiYo & Aqua Zumba

Thursday Free Qigong, Pinochle, Municipal Agent (We had a meeting to start Weekly Jam Session) 4 people have already met and are planning to meet weekly at 2:30 on Thursdays-they were very excited about getting together and hoping to be able to bring more musicians into the group.

Friday-Free Strenght, Toning & Balance Class, Shopping, Doctor Appts.

Our AARP Tax Assistance Program was very successful as always. We had weekly free tax assistance every Thursday through April 13th with all appointments filled as well as waiting list. We referred people to TEAM if we were unable to give them an appointment.

MONTHLY ACTIVITIES

Foot Care-It was felt that we should provide this service every other month since most people do not need the service monthly. We skipped April and will provide this Service in May.

Hearing Screening-We still have program available -but does not have much interest

Thursday-Chair Massage (although they are 15 minute sessions, many people are booking double sessions and enjoying having the additional time)

OTHER MONTHLY ACTIVITIES

Lunch Bunch-This month we went shopping at the Christmas Tree Shop, then lunched at the Olive Garden.

In-House Lunch-featured Porketta, Eggplant Parm, Pasta & Dessert. Our guest entertainer totally awed the audience with his ability to read what each person was thinking while participating in the program.

Lion's Club Annual Pizza Party & Bingo-Lots of great pizza and prizes to be enjoyed by all.

Submitted by:

Lucy McConologue