

East Haddam Commission on Aging
COA Meeting Minutes
May 23, 2019

Present: Brad Parker, Jovita Cozean, Barbara Davis, Alice Sabo, Maureen Gillis, Emmett Lyman, John Pagnani, Sue Bostelman, Mary Ellen Klinck.

Absent: Joe Sina, Jo Golec

Meeting called to order at 10:33 AM by J. Pagnani.

J. Pagnani is sitting in for J. Sina, M. Gillis is sitting on for J. Golec. Seconded and carried.

ME Klinck made a motion to approve the minutes of the January 17, 2019 meeting. Seconded by J. Cozean and carried.

A. Sabo reported on the Treasurer's Report. The account has \$5,747.33. It will drop about \$300 when a new chair is purchased for the computer room. This is a Town account that the COA controls.

Correspondence:

None

Old Business:

- Regional COA Meeting in April Recap: J. Golec, J. Cozean, J. Sina, M. Gillis and E. Lyman attended. They reported that an AARP representative spoke about livable communities and low cost/no cost ways to keep your house fit/safe. She also spoke about AARP Programs.
- Another topic was the Town Liability Index – how safe is your town?
Regional Discussion: interesting to hear reports of what each town is doing with/for seniors;
- Town-wide Survey: A survey was done over 10 years ago. M, Gillis will work with B. Parker and ME Klinck to put together a survey with needs/concerns of our senior population. Discussion of how to get this out to our seniors: Survey Monkey? Town Website? Facebook? To be determined.

New Business:

- Senior Meals: Grist Mill Market has closed; they provided meals twice a week. Not able to get meals 5 days a week from CRT. May have to wait until October to go back to 5 days/week from state programs. B. Parker spoke to the new owner of Moodus BBQ, and they will now provide meals on Tuesdays and Thursdays for \$5-6 per meal. The Senior Center charges \$3 per meal, so there is a shortfall, which is currently covered by donations to the Senior Center for the meals program.
- Live Well Classes: A 6-week program co-sponsored by Senior Resources and the Chatham Health District. There has been a nice response with about 18 people attending each time. The classes began mid-March; there is one more week to go. Will try to do a program like this again.
- Next COA Regional Meeting: July 18, Colchester, 1-4 PM. M. Gillis and J. Cozean plan to attend.

Coordinator's Report:

- Senior Fitness Program: Linda Markesich holds a program once a month, with a different topic each month. It is free, and about 25 people have been attending each session.
- Mid-June: Bus trip to Atlantic City/Philadelphia.
- End of September: Bus trip to Vermont.
- AARP Programs: Have been very successful/
 - AARP Safe Driver Program: next class in November
 - Bloodmobile: Today
- June: Live Well Fitness - outdoor games.
- June 4: Pizza & Bingo \$5
- June 4: Shopping Trip
- June 5: Casino
- June 8: Tag and Bake Sale
- June 12: Lenny & Joe's Lunch Trip
- June 13: Mystery Breakfast
- June 17: Outdoor Games
- June 18: Shopping Trip
- June 19: Red Hats
- June 20: Daytime Bingo
- June 20: Crafts led by Candy Nero
- June 27: Ivoryton Playhouse 'Mama Mia'
- July date TBD: Fall Prevention
- July 30: Bus trip to New Britain Bees Game. Free Bus, Free Food!

Other:

- The Senior Bus will be used as a shuttle for the Memorial Day Parade.
- A handrail will be installed on the path to Heritage Park.
- Senior Volunteers of the Year: Stu Palmer for meeting with seniors to do their taxes, Medicare choices and for computer assistance. Also to Barbara Boluck who runs the very successful Senior Bake Sale.

The next regular COA Meeting will be held at the Senior Center on July 25, 2019 at 10:30.

A motion to adjourn was made by ME Klinck, seconded by J. Cozean. Carried. Meeting adjourned at 11:16 AM.

Respectfully submitted by,

Barbara Davis, Secretary