

Commission on Aging
September 12, 2022 – Regular Meeting
Colchester Senior Center
95 Norwich Avenue

MEMBERS PRESENT: Chair Nola Weston, Vice Chair Marjorie Mlodzinski, Corresponding Secretary Gerrie Transue, Roberta Avery, Treasurer Linda Pasternak, Rosanne Tousignant, Alternate Terry Brown.

MEMBERS ABSENT: Gerrie Transue, Quinn Kozak and Alternate William Otfinoski.

OTHERS PRESENT: Senior Services Director Patty Watts; Board of Education Liaison Mary Tomasi at 8:35 am.

1. CALL TO ORDER

Chair Nola Weston called this Regular Meeting to order at 8:30 am.

2. PLEDGE OF ALLEGIANCE

Chair Weston led the members in the Pledge of Allegiance.

3. ADDITIONS TO THE AGENDA

Motion by: R. Avery
to add Item 9.5 AARP Update.

Second by: R. Tousignant.

Vote: Unanimous to approve.

4. CITIZENS' COMMENTS

No comments were received.

5. REVIEW AND APPROVAL OF MINUTES – August 8, 2022

It was noted that *T. Brown* is chair of the Education Committee, not *R. Tousignant* as written. Also, the Financial Report to read . . . \$.80 in the Printing and Publications Account.

Motion by: M. Mlodzinski
to accept the minutes of August 8, 2022, as corrected.

Second by: R. Avery

Vote: Unanimous to approve.

6. FINANCIAL REPORT

6.1 CoA

Linda Pasternak reported \$416.26 in the CoA Account, \$4.70 in the Wellness Fair Account and \$.80 in the Printing and Publications Account.

6.2 Senior Center

See attached report.

M. Tomasi joined the meeting at the start of the Chair Report.

7. CHAIR REPORT

Chair Weston met with individual members for suggestions. Visits to other senior centers, possible speakers on various topics such as public health, reaching out to “younger” seniors and letting seniors know the benefits the town offers seniors were some of the suggestions.

RECEIVED
COLCHESTER, CT
2022 SEP 13 AM 8:43
Gayle Furman
TOWN CLERK

The Parks & Recreation Presidents' Meeting is at 6:00 pm this evening. The new playground has arrived. Celebrate Colchester is scheduled for September 17, 2022. Booths with business information, a dunk tank, games and activities are planned.

The budget has been reduced and a budget meeting is scheduled for September 19 with a referendum tentatively scheduled for September 28, 2022.

There is a shredding event planned by the Boy Scouts for Saturday, September 17, 2022. There is a charge of \$5.00 per grocery size bag or \$10 for a box of items.

8. DIRECTOR OF SENIOR SERVICES REPORT

See attached report.

9. OLD BUSINESS

9.1 Senior Center Building Committee

Marge Mlodzinski noted that the new Senior Center building is out to bid with a pre-bid meeting scheduled for September 20, 2022. Bid opening will be October 6, at 2:00 pm at Town Hall. After the bid opening, plans will be made for the ground-breaking ceremony.

9.2 Norton Park Committee

Linda Pasternak reported that Consultant Jay Gigliotti has applied for a 1.9 million dollar grant to finish the remediation of the park area. At this time, there is no instate location to put the material and it will have to be trucked out of state. Prices have escalated considerably since the planning began.

9.3 American Rescue Plan Act (ARPA)

M. Mlodzinski said the Committee will have joint meetings with the Board of Selectmen to begin hearing from all department heads who will discuss their applications for funding.

9.4 Education Subcommittee

Terry Brown, Chair of the Education Subcommittee, met with Senior Program Coordinator Jodie Savage and Director Watts to discuss the planned survey. Programming decisions will be made after the survey results are reviewed.

9.5 AARP

Roberta Avery updated the members noting an October 4, 2022, "Meet the Candidates" Forum will be held at 1:45 pm at the Senior Center.

10. NEW BUSINESS

There will be a Fire Safety presentation at the Senior Center at 11:00 am. co-sponsored by the Senior Center and this committee.

11. CITIZENS COMMENTS

M. Tomasi said school began on August 31 and the Board of Education is reviewing applications for the positions of Superintendent and Bacon Academy Principal.

12. ADJOURNMENT

Motion by: R. Avery

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to adjourn this meeting.

Second by: L. Pasternak.

Vote: Unanimous to approve.

Chair Weston adjourned this meeting at 9:10 am.

Respectfully submitted,

Mary Jane Slade
Clerk

Director of Senior Services Report CoA Meeting September 12, 2022

September is National Senior Center Month, and this year the NCOA and NISC have declared this year's theme "Strengthening Community Connections," which we think is very fitting for Colchester, as they invest in our new senior center project.

This month we will be holding a Back to School Food Drive to benefit the Colchester Food Bank. We are encouraging donations of non-perishable food items, particularly those which are "lunch box friendly" for young families of school aged children. Collections will be received through the end of the month.

On Saturday, September 17, Celebrate Colchester will be held on the Town Green. Jodi will be working with seniors to bake cookies and make cookie decorating kits in our "Construction Zone" celebrating our upcoming ground breaking.

Equine Experience to High Hopes Farm in Old Lyme this month. It will be an unmounted, hands-on interaction with horses or ponies trained in therapeutic riding.

SECT Regional Event is back on in person this year! Thursday, September 22nd will be A Rockin' Block Party hosted by Thrive 55+ (formerly Groton Senior Center) held outdoors, weather permitting. The Corvettes Doo Wop Revue Band will be performing and food trucks will be available for dinner.

At the beginning of fall, we recognize the National Falls Prevention Movement. National Healthcare (Marlborough Health & Rehab) will be sponsoring a free Lunch & Learn including a presentation sharing strategies to keep yourself safe from falls at home and in the community.

The Colchester Senior Center has put a team together for the Walk to End Alzheimer's on Saturday, September 24 at 9:30 a.m. at Ocean Beach Park in New London. Our team is "Colchester Memory Makers" named in honor of our beloved Making Memories Program, supporting seniors with memory loss since 2009.

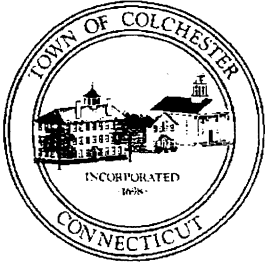
AARP Chapter #4019 began meeting in person again this month. This was their first in-person meeting since the pandemic began and it was so nice to regather. Tony Tarnowski, Chairman of the Senior Center Building Committee presented an update on the project with the exciting news that the project is going out to bid and if the bid process is successful, we anticipate a groundbreaking soon.

Town budget will go to a Town Meeting on September 19th and if sent along, referendum will be held on Wednesday, September 28th. We will provide rises to the polls that day. The September newsletter printed the anticipated date at our time of printing of September 13th, but the process was delayed. Announcements of the change have been made.

We received \$19,012.50 in a Title III grant for renewal funding for the Making Memories Program through Senior Resources for FY 2023, which will begin on October 1, 2022.

Attendance & Meals Served:

- Meals delivered in July: Community Café: 382 MOW: 533
- Monthly transports in July: 764
- Monthly attendance in July: 2,001
- Total Membership: 1,615



Town of Colchester, Connecticut

95 Norwich Avenue, Colchester, Connecticut 06415

Patricia A. Watts, Director of Senior Services/Municipal Agent

Transportation Itemization for August 2022

Item	Date	Amount
Daily Transportation	8/24/2022	\$138.00 Total
 Trips	 8/24/2022	 \$48.00 Total
 Combined Total		 \$186.00
Year to Date Total		\$506.00