

Commission on Aging
August 14, 2023 - Regular Meeting
Town Hall - Room 1
127 Norwich Avenue

MEMBERS PRESENT: Chair Marge Mlodzinski, Treasurer Linda Pasternak, Corresponding Secretary Gerrie Transue, Roberta Avery, Terry Brown, Alternates William Otfinoski, Bonnie Trecarten.

MEMBERS ABSENT: Vice Chair Nola Weston, Rosanne Tousignant.

OTHERS PRESENT: Senior Services Director Patty Watts, Board of Finance Liaison Art Shilosky, Board of Selectman Rosemary Coyle.

1. CALL TO ORDER

Chair Marge Mlodzinski called this meeting to order at 9:00 am.

2. PLEDGE OF ALLEGIANCE

Chair Mlodzinski led the members in the Pledge of Allegiance.

After the pledge, a moment of silence was held in memory of Cathy Russi, former Senior Center Director who passed away. Chair Mlodzinski noted that the Board of Selectmen voted to support naming a room at the new Senior Center in memory of C. Russi. A referendum will be held at a later date.

3. ADDITIONS TO THE AGENDA

No additions were requested.

4. CITIZENS' COMMENTS

No comments were received.

5. REVIEW AND APPROVAL OF JULY 10, 2023 MINUTES

The July 10, 2023, minutes were presented for review and approval.

Motion by: R. Avery
to approve the minutes, as read.

Second by: T. Brown.

Vote: Unanimous to approve.

6. CHAIR REPORT.

Chair Mlodzinski suggested a donation in C. Russi's name to the Senior Center and a card to her family.

Motion by: R. Avery
to send a \$50 donation to the Colchester Senior Center in memory of C. Russi.

Second by: T. Brown.

Vote: Unanimous to approve.

The Senior Center Holiday Fair is November 18, 2023. The CoA will donate a gift basket to the raffle.

At the July meeting, Nola Weston raised the idea of ways that CoA members might support senior center staff. They suggested an ice cream sundae bar at a monthly staff meeting, a potluck lunch or a creative craft workshop. CoA members decided they would support all

RECEIVED
COLCHESTER, CT
2023 AUG 17 AM 8:35
Rosemary Coyle
COYLE FURMAN
TOWN OF CT

three options and would offer them quarterly beginning in the Fall. P. Watts said the staff is excited to have this support.

A joint meeting of the Board of Selectmen and the Board of Finance is scheduled for August 15 to discuss a future referendum to address the shortfall needed to complete the project.

7. FINANCIAL REPORT

7.1 CoA

L. Pasternak reported on the 2023-2024 budget. There is an increase in the Donations account for a total of \$448.26, Printing and Publications is \$300 and \$200 in the Health Fair account.

7.2 Senior Center

See attached.

8. DIRECTOR OF SENIOR SERVICES REPORT

See attached.

9. LIAISON REPORTS

9.1 Board of Education - no report

9.2 Board of Finance - A. Shilosky stated the Town and Board of Education budgets passed.

9.3 Board of Selectmen - R. Coyle said the BOS discussed the Eversource gas project hookup. The new Senior Center and Town Hall will have Electric Vehicle hookups. The BOS will have a ballot question for a vote to dedicate a room to C. Russi for her years of service on the November 5, 2024, ballot per Town Policy.

R. Coyle spoke about the approval of two career firefighter positions and noted a joint meeting of the Board of Selectmen and the Board of Finance is scheduled for August 15 to discuss a future referendum to address the shortfall needed to complete the Senior Center Building project.

10. OLD BUSINESS

10.1 Senior Center Building Committee

Selectman Coyle explained the finances involved with the Senior Center Building Project.

10.2 Norton Park

L. Pasternak noted that the committee is considering a revised plan to develop a small part of the park as a way to move the project along.

10.3 AARP

R. Avery stated an information session is planned for September 13, 2023, at 6:30 pm. at the Senior Center.

10.4 ARPA

ARPA is meeting to discuss a plan to give monies to citizens in need.

Commission on Aging
August 14, 2023 - Regular Meeting

10.5 Programs for 2023

10.5a AARP - September 5, 2023 - 1:30 pm

10.5b Wills & Trusts - September 13, 2023 - 10:00 am

10.5c Senior Scamming - October 23, 2023 - 10:00 am

The above are scheduled programs to be held at the Senior Center
and registration may be made by calling the Center.

10.6 Membership - New Contact List

An updated contact list has been sent to members.

11. 325th TOWN BIRTHDAY - Our Role

The Senior Center will be open on October 7, and October 14, 2023, from 9:30 am until
11:30 am for activities for children and adults, videos, and CoA information.

12. NEW BUSINESS

12.1 Volunteers and Seniors - UR Community Cares

W. Otfinoski presented information about a new program that supports older residents
and disabled adults including veterans by helping volunteers arrange for assistance as
needed, for transportation, yard work, companionship and household tasks. Background
checks and age limits, website security, insurance are some of the expenses necessary.
This is a new program that has started in East Hampton.

13. CITIZENS' COMMENTS

No comments were received.

14. ADJOURNMENT

Motion by: L. Pasternak
to adjourn.

Chair Mlodzinski adjourned this meeting at 10:00 am.

Respectfully submitted,

Mary Jane Slade
Clerk

**Director of Senior Services Report
CoA Meeting August 14, 2023**

CSC was opened as a cooling center during the heat wave in July, along with Cragin Memorial Library, the Town's official cooling center. This provided the community with 2 options to cool off during the hottest hours of the day.

A big thank you!!! to our Senior Serenaders who provided the entertainment for our "America the Beautiful" luncheon program. Their program was wonderful and very well-received.

A new session of the Live Well Workshop (Chronic Disease Self-Management) began on August 4th and will be running for 6 weeks.

Senior Resources approved renewal funding for the Making Memories Program, effective October 1, 2023-September 30, 2024 in the amount of \$19,012.50. Contract will be executed at an upcoming BoS meeting.

I applied for and was approved for a grant through NCOA's Vaccine Uptake Initiative funding opportunity. The Colchester Senior Center will receive \$10,000, and in collaboration with the Chatham Health District promises to hold future vaccination clinics for flu/Covid vaccines with 100 doses administered by April 2024. Flu Vaccine Clinics are scheduled at CSC on October 16 and November 6.

ARPA application for CT Senior Centers has been submitted for the amount of \$32,691. These funds will be used to defray some of the cost of the HVAC equipment in the new building.

Colchester Cares selected the Making Memories Program as one of 3 recipients for their quarterly giving in the amount of \$1,233.00. Giving has been down this year in support of the program, and these funds will go such a long way to address the giving shortfall. We thank Colchester Cares for their continued generosity to local causes.

Farmers' Market Program Cards were distributed on August 7th. We had 34 people register for the program. Instead of vouchers, the State is now issuing debit cards with a balance of \$24. Debit cards will be reloaded annually. Rollout was late this year, because of delays at the State level, but should be easier in years to come.

Chatham Health District will staff monthly blood pressure clinics which were previously provided by Chestelm Adult Day Program.

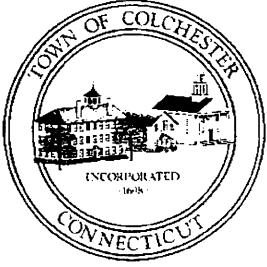
Planning meetings for this year's Holiday Fair & Open House began this month with great early interest and collaboration from volunteers. We are looking forward to bringing this great fundraiser back this season. Saturday, November 18th from 9 a.m. to 2 p.m.

We have really exciting programs in store for National Senior Center Month in September.

We are recruiting a team for the Walk to End ALZ, which will take place on Saturday, September 23rd at Ocean Beach Park in New London. Last year, our team raised over \$1600 for this important cause.

Attendance & Meals Served:

- Meals delivered in June: Community Café:306 MOW:550
- Monthly transports in June: 795
- Monthly attendance in June: 2,758
- Total Membership: 1,708



Town of Colchester, Connecticut

95 Norwich Avenue, Colchester, Connecticut 06415

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

Transportation Itemization for July 2023

| Item | Date | Amount |
|----------------------|--------------|------------------|
| Daily Transportation | 7/1/2023 | \$0.00 Total |
| Trips | 7/1/2023 | \$0.00 Total |
| Combined Total | | \$0.00 |
| Year to Date Total | | \$0.00 |