

Commission on Aging  
March 10, 2020 – Regular Meeting  
Colchester Senior Center  
125 Norwich Avenue

**MEMBERS PRESENT:** Chair Marjorie Mlodzinski, Vice Chair Nan Wasniewski, Jean Stawicki, Gerrie Transue, Linda Pasternak, Sandra Gaetano.

**MEMBERS ABSENT:** Roberta Avery.

**OTHERS PRESENT:** Senior Center Director Patty Watts.

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COLCHESTER, CT  
2020 MAR 10 PM 1:18  
Gayle Furman  
TOWN CLERK

**1. CALL TO ORDER**

Chair M. Mlodzinski called this Regular Meeting to order at 8:30 am.

**2. ADDITIONS TO THE AGENDA**

No additions but a note that Item 7.3 and 7.4 are the same item.

**3. REVIEW OF FEBRUARY 10, 2020 MINUTES**

The amount reported in Financial Report 4.1 should be \$416.26 in CoA Budget and the Senior Reports were missing from the website for last month.

**Motion by:** N. Wasniewski  
to accept the minutes as amended.

**Second by:** L. Pasternak.

**Vote:** Unanimous to approve.

**4. FINANCIAL REPORT**

**4.1 Commission on Aging**

The amount in the CoA budget remains at \$416.26 and the Town Printing and Publication line item is \$108.00.

**4.2 Senior Center**

Director Watts presented the following:

Transportation Itemization for February 2020

Daily Transportation	2/28/2020	\$151.00
Trips	2/28/2020	\$175.00
Combined Total		\$326.00
Year to Date Total		\$2554.11

**5. CHAIR'S REPORT**

Chair Mlodzinski stated she is requesting an increase in the printing budget from \$300 to \$500 for the budget year 2020/2021 due to the need to print the revised Senior Resource Guide and the new pamphlet.

Chair Mlodzinski is working with N. Wasniewski to prepare the Annual Report. The next Roundtable will be held in East Hampton on April 16, 2020, with a Transportation Rules and Regulations presentation. The July Roundtable will be held in Colchester. Cragin Memorial Library is holding a book sale on March 13, 14 and 15. There will be no 57 Fest this year but an event in its place is being planned. Chair Mlodzinski stated she would like to add the Pledge of Allegiance to the agenda beginning next month.

J. Stawicki commented that she would like to see a statistics report on the website that could be updated on a regular basis.

## **6. DIRECTOR OF SENIOR SERVICES REPORT**

The Senior Services Report is attached. Director Watts noted that the Governor has set up COVID-19 (corona virus) information on the State information telephone number 211.

## **7. OLD BUSINESS**

### **7.1. Senior Center Building Committee**

Chair Mlodzinski stated the architectural firm of Silver/Petrucelli and Associates has been awarded the contract for Phase I (design) of this project. It is anticipated to break ground in March of 2021.

### **7.2 Norton Park Committee**

N. Wasniewski reported that this Committee is working to obtain grants, planning fundraising and is in the process of designing the park. The bridge work must be completed before the final cleanup of the site will be finished. A public informational meeting is also being planned.

### **7.3/7.4 Bacon Academy Environmental Club**

Presentation - April 6, 2020, 3:00 pm -4:00 pm - "Food, Stuff, Energy and Water"

This presentation will be given by students of the Environmental Club explaining how to help reduce the carbon footprint. Chair Mlodzinski is preparing an article for The Rivereast. The Senior Center will provide beverages for this meeting with committee members bringing snacks. Reservations may be made by calling the Senior Center.

### **7.5 Alzheimer's Association - Kris Sortwell - May 20, 2020, 6:00 pm-7:30 pm**

Topic: Discussion of Options

K. Sortwell has provided several topics for the presentation. After discussion, it was decided to do a combination of 'Understanding Alzheimer's and Dementia' and 'Keeping your Brain Healthy - Staving off Dementia' then include a question and answer session at the end of the presentation.

### **7.6 Senior Resource Guide**

L. Pasternak, J. Stawicki and R. Avery are working on the revisions for the Senior Resource Guide to be completed by the end of this fiscal year.

## **8. COMMISSION MEMBERSHIP**

At this time, the Commission has two vacant alternate positions.

## **9. CITIZENS' COMMENTS**

S. Gaetano asked if there was an update on the request made last month by P. Armandi for a 'Medical Equipment Closet' for the public to use for short term medical equipment needs. First Selectman M. Bylone is looking into a space at Town Hall. Director Watts noted that the Senior Center has several area contacts available for medical equipment.

## **10. ADJOURNMENT**

**Motion by:** J. Stawicki

to adjourn this meeting.

**Second by:** L. Pasternak.

**Vote:** Unanimous to adjourn.

Chair Mlodzinski adjourned this meeting at 9:27am.

Respectfully submitted,

Mary Jane Slade  
Clerk

## COA Meeting-March 9, 2020

We are very excited to have had the Senior Center Building Committee select an Architectural/Engineering Firm and have the motions for funding allocations for Phase I design services pass through both the BoS and BoF. I am hearing less cynicism from the public about the senior center project going forward and seniors are getting excited. Any thoughts about how the CoA and CSC can work together to raise community awareness of the project?

I've been working on the Title III grant which funds the Making Memories Program. The draft submission is due by Friday, March 13<sup>th</sup>.

Our onsite annual audit of the Making Memories Program, which is a condition of the grant funding which we receive took place on February 11<sup>th</sup>. It went very well with all three auditors complementing our program extensively. Compliments to our Making Memories Program Coordinator, Missy Bauman for the excellent work that she does.

I received training to provide the Aging Mastery Program through a grant by the CT Healthy Living Collective. This is a program that was developed through the NCOA and it is a 10 week series on topics related to healthy aging such as Exercise, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Falls Prevention and Community Engagement. I've got a lot of work to do to line up speakers and launch this program in April. Our licensing fee (\$3500) is covered by the collective as well as materials fees of \$60 per participant and we will be paid \$30 per person who completes the course, so it's a win-win!

We have an upcoming collaboration with BA for the 10 year Anniversary of their Community Voices 6 Word Memoir initiative. This time they are working with Senior Citizens and High School Seniors and calling this volume their "Seniors to Seniors" edition. Workshop and Book Launch Party to follow. Join us today at 10:30 a.m., if you're available.

Mailings should be going out soon for the 2020 Census. Kate Byroade will be here to offer information and support. It's critically important, especially for seniors, to be counted, because federal funding is tied closely to the census and as demographic shifts continue, funding needs to follow.

We have a lot of great educational programs this month: AARP Smart Driver, AARP Smart Drivertek Workshop, Medicare Saving Program, Stroke Awareness Presentation and a Community Conversation with FS Mary Bylone.

Our response to COVID-19: Met with Sean Shoemaker, Director of Emergency Management. He and Mary are formulating an emergency contingency plan. Info graphic sheets are out for the public. Facebook post with Chatham Health's response.

Luck 'o the Irish Luncheon our annual Corned Beef & Cabbage lunch is nearly sold out. John Banker will be performing free of charge. He selected us to benefit from an Artist's Grant which he was awarded.

We will be hosting our Annual Volunteer Appreciation Luncheon on Friday, April 24<sup>th</sup>. CSC will be closed to the public for the day and personal invitations will be going out by mail to any volunteers who have served 25 hours or more in the previous calendar year (2019).

### Attendance & Meals Served:

- Meals served in January: on site: 268 MOW: 372
- Monthly Transports in January: 967
- Monthly Attendance in January: 2336
- Total Membership: 1384

YEAR	REG. MEMBERS	GROWTH RATE	COMPOUNDED GROWTH RATE
2013	556		
2014	680	22.30%	22.30%
2015	894	31.47%	60.79%
2016	979	9.51%	76.08%
2017	1089	11.24%	95.86%
2018	1213	11.39%	118.17%
2019	1352	11.46%	143.17%