

Commission on Aging
September 13, 2021 – Regular Meeting
Zoom Meeting

MEMBERS PRESENT: Chair Marjorie Mlodzinski, Vice Chair Nan Wasniewski at 8:40 am, Roberta Avery, Treasurer Linda Pasternak, Secretary Gerrie Transue, Rosanne Tousignant, Alternates Nola Weston, Quinn Kozak.

MEMBERS ABSENT: Sandra Gaetano.

OTHERS PRESENT: First Selectman Mary Bylone, Senior Center Director Patty Watts, Cathy Russi.

1. CALL TO ORDER

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

2. PLEDGE OF ALLEGIANCE

Chair Mlodzinski led the membership in the Pledge of Allegiance.

Motion by: R. Avery

to seat Q. Kozak as a voting member for this meeting in the absence of S. Gaetano.

Second by: L. Pasternak.

Vote: Unanimous to approve by those present.

3. ADDITIONS TO THE AGENDA

R. Avery requested adding discussion for by-law changes to the agenda.

Motion by: R. Avery

to add Discussion of By-Law Changes as Item 10.2.

Second by: Quinn Kozak.

Vote: Unanimous by those present.

4. CITIZENS' COMMENTS

None received.

5. REVIEW AND APPROVAL OF MINUTES: August 9, 2021

Motion by: R. Avery

to approve the minutes of the August 9, 2021, meeting as read.

Second by: N. Weston.

Vote: Unanimous to approve by those present.

N. Wasniewski joined the meeting at this point in the agenda.

6. FINANCIAL REPORT

6.1 CoA

L. Pasternak stated the account remains the same at \$416.26.

6.2 Senior Center

See attached Transportation Report.

7. CHAIR REPORT

Chair Mlodzinski noted that the vote at a Town Meeting to approve Colchester's Openness to Respecting Equity Commission (CORE) was approved with a 69-17 vote. Applications for members will be open through September 22, 2021. Also, the Town Meeting set the date for

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the budget referendum to be held on September 21, 2021. Voting will be from 6am to 8pm at the Town Hall. Absentee ballots are available.

The Parks & Recreation Commission playground informational meeting date is September 15, 2021.

Chair Mlodzinski said the 9/11 Memorial Service on the Green was very moving and noted that CoA member Rosanne Tousignant was there as a member of the Colchester Honor Guard.

The first meeting of the American Rescue Plan Act (ARPA) Committee is tonight, members will review applications and make recommendations to the Board of Selectmen for the funds to be distributed.

First Selectman Mary Bylone noted that a grant application has been sent to the State for the new Senior Center. The first referendum was cancelled and moved to September because of the grant application. However, the State has not met to date.

R. Avery stated that Tuesday, October 12, at 1:30 pm is a "Meet the Candidates" Zoom meeting presented by American Association of Retired Persons (AARP).

8. DIRECTOR OF SENIOR SERVICES REPORT

See attached report.

9. OLD BUSINESS

9.1 Senior Center Building Committee - Educational Outreach

Chair Mlodzinski shared the video of the proposed Senior Center. Several presentations have been given to various organizations. The video is available on the Town website.

9.2 Programs for 2021 - Alzheimer's Association

Chris Sortland of the Alzheimer's Association has planned a three part presentation 'Living with Alzheimer's Disease' for December 1, 8, and 15 at 6:00 pm by Zoom. Registration may be made through the Senior Center.

9.3 Community-Wide Health Fair

The committee plans to meet on September 22 at 10:00 am at the Senior Center to discuss the date, time, location, activities for the Fair. Chair Mlodzinski said this will be a holistic fair with participation from the Colchester Business Association, Lions' Club, Cragin Memorial Library, Parks & Recreation and Youth Services,

9.4 Norton Park Committee

L. Pasternak said the demolition of the house is imminent as contract papers have been signed and N. Wasniewski said the Committee received a large donation from the Colchester Grange #78.

10. NEW BUSINESS

10.1 Biennial Report - 2020/2021

Chair Mlodzinski is working on the 2020-2021 report to be presented to the Board of Selectmen in January 2022.

10.2 By-Law Changes

R. Avery suggested two by-law changes regarding nominations and the election. Chair Mlodzinski suggested this item be researched and it will be on a future agenda for discussion.

11. COMMISSION MEMBERSHIP

At this time the Commission has a full membership.

12. CITIZENS' COMMENTS

C. Russi suggested that more emphasis be on community use of the proposed Senior Center.

13. ADJOURNMENT

Motion by: R. Avery
to adjourn this meeting.

Second by: L. Pasternak.

Vote: Unanimous to approve.

Chair Mlodzinski adjourned this Regular Meeting at 9:25 am.

Respectfully submitted,

Mary Jane Slade
Clerk

**Director of Senior Services Report
CoA Meeting September 13, 2021**

The Town budget will go to referendum for the 3rd time on Tuesday, September 21 at Town Hall. We will be running buses to the polls on that day.

September is National Senior Center Month. Typically the NCOA would roll out a theme for the month, but this year they did not. We selected the Colchester slogan of "Where Tradition Meets Tomorrow." We have a great program called Made in Colchester scheduled in the early evening, which will feature a display from the Colchester Historical Society about the Hayward Rubber Co. and we will have food items from local restaurants, prize giveaways, etc.

With the beginning of fall starting this month, we will be focusing on Falls Prevention with our Annual Falls Prevention Breakfast sponsored by Chestelm Health & Rehab. A free breakfast will be provided followed by a presentation on home safety with a focus on preventing falls in the home on September 29th.

It has been decided that we will not be holding the Annual Holiday Fair and Open House this year due to a number of factors—rising COVID cases locally, our reliance on older volunteers and the increase risk of exposure they would face and the fact that our Program Coordinator will be close to going out on maternity leave, at that time.

Our in-person dining is rebounding. It started slowly once TVCCA reintroduced the program on-site, but now with a few new members utilizing the program, it's getting back to pre-pandemic levels for the Congregate Meals. We have a few people on the Grab & Go style meals and MOW deliveries going out weekly.

This month we resumed in-person exercise classes. Masking is required and many have opted to continue their participation from home via Zoom.

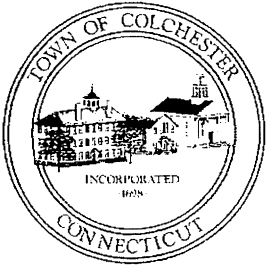
The much requested Lunch Bunch series will resume this month. Ruth has put out a Lunch Bunch Survey, asking for input for future restaurant destinations.

There are several new programs which have launched—a watercolor workshop series and a line dance class, Choral Group is practicing again weekly and a Zoom-based AARP Safe Driver Class is scheduled.

The Renters' Rebate program will be ending on October 1st, and Energy Assistance Programs begin this month.

Attendance & Meals Served:

- Meals delivered in July: Community Café: 337 MOW: 456
- Monthly transports in July: 748
- Monthly attendance in July: 1630
- Total Membership: 1434



Town of Colchester, Connecticut

95 Norwich Avenue, Colchester, Connecticut 06415

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

Transportation Itemization for August 2021

Item	Date	Amount	
Daily Transportation	8/25/2021	\$367.00	Total
Trips	8/25/2021	\$65.00	Total
Combined Total		\$432.00	
Year to Date Total		\$1261.50	