

Commission on Aging
March 14, 2022 – Regular Meeting
via Zoom

MEMBERS PRESENT: Chair Marjorie Mlodzinski, Vice Chair Roberta Avery, Treasurer Linda Pasternak, Rosanne Tousignant, Nola Weston, Quinn Kozak at 8:39 am and Alternate Terry Brown at 8:59 am.

MEMBERS ABSENT: Secretary Gerrie Transue.

OTHERS PRESENT: Board of Selectmen Liaison Rosemary Coyle, Board of Education Liaison Mary Tomasi, Board of Finance Liaison Andrea Migliaccio, William Otfinoski, Cathy Russi.

1. CALL TO ORDER

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

2. PLEDGE OF ALLIGIANCE

Chair Mlodzinski led the members in the Pledge of Allegiance.

3. ADDITION TO THE AGENDA

No additions were requested.

4. CITIZENS' COMMENTS

C. Russi commented on the proposed logo for the Senior Center and thanked the Commission for all the hard work they do.

5. REVIEW AND APPROVAL OF MINUTES: February 15, 2022

Minutes were reviewed and it was noted that W. Otfinoski was spelled incorrectly in "Others Present" and in Item 4 of the minutes.

Motion by: N. Weston

to approve the minutes of February 15, with the correction of the spelling error to read Otfinoski.

Second by: L. Pasternak.

Vote: Abstaining: R. Avery (absent from meeting).
In favor: All others present. Approved.

6. FINANCE REPORT

6.1 CoA

Treasurer Linda Pasternak reported the accounts remain the same at \$416.26; the Printing and Publications Account is \$300 and the Health Fair account has \$200.

6.2 Senior Center

Report attached.

Q. Kozak joined the meeting at the beginning of the Chair Report.

T. Brown joined the meeting during the latter part of the Chair Report.

7. CHAIR REPORT

Chair Mlodzinski noted that the Youth First Coalition Survey is available on the town website with the results being used to develop programs for youth.

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SALE FURMAN
TOWN CLERK

Budget workshops are ongoing with a public hearing on the proposed budgets to take place on April 20, 2022. The annual town meeting is scheduled for May 5, and the referendum is scheduled for May 17, 2022.

Chair Mlodzinski would like to look at visions and goals for programming in the coming months. The April CoA meeting may be held in person at the Senior Center.

M. Tomasi noted that the Superintendent's proposed school budget is a 1.17% increase.

A. Migliaccio noted both the BOE and the BOF budgets will be presented to the public on April 5, 2022. The grand list is up by 22%.

R. Coyle said the BOS voted to include Juneteenth as a town holiday. The Board had a demonstration of the hybrid zoom equipment that has been requested through ARPA funding. It could take up to three months to receive the system due to parts availability.

R. Coyle also said there is a new distillery planning to open and UCONN wildlife students will be working on the Sablitz open space property on Route 16.

8. DIRECTOR OF SENIOR SERVICES REPORT

Report attached.

9. OLD BUSINESS

9.1 Community-Wide Wellness Fair (see attached)

Chair Mlodzinski reviewed the progress and some of the booths that are planned.

This commission is working with Youth and Social Services. Volunteers will be needed for the May 15, 2022 date. The list of proposed items is attached.

9.2 Senior Center Building Committee

The Building Committee is making progress with the interior design and have hired an independent estimator for the cost estimation. The availability of items may be a concern as the project moves forward.

9.3 Norton Park Committee

L. Pasternak noted that the Committee Chair is planning to meet with town officials to discuss the Brownfield Grant and the lack of availability of grants. Since the resignation of the Public Works Director, there has been very little representation from the town to help move the project along.

9.4 American Rescue Plan Act (ARPA)

ARPA has begun meeting again and will be sending applications to the BOS for the next step.

9.5 Proposed Bylaw Change to BOS 3/17/22 Meeting

The requested Bylaw change has been sent to the BOS for review and approval at their March 14, 2022, meeting.

10. COMMISSION MEMBERSHIP

The Commission has one vacant alternate position. An application for candidate William Otfinoski will be presented to the BOS for review.

11. CITIZENS' COMMENTS

No comments received.

12. ADJOURNMENT

Motion by: R. Avery
to adjourn.

Chair Mlodzinski adjourned this meeting at 9:08 am.

Respectfully submitted,

Mary Jane Slade
Clerk

**Director of Senior Services Report
CoA Meeting March 14, 2022**

Department of Senior Services' Annual Report was submitted to the FS/CFO and the budget for FY 2023 has been input into Munis. We are asking for a new part-time medical transportation position to be created because there has been a nearly 300% increase in trip denials due to the increased volume of requests. We have reached our capacity for this program, and now have to increase staffing as need continues to grow.

Our new 14-passenger bus has been delivered. This was procured with the help of the Section 5310 Program through the CTDOT, where the Town is reimbursed 80% of the purchase price of the vehicle. The Town's cost share was \$14,882.60. Ginny Stephenson will be the primary driver of this bus. Our 10-passenger bus will be retired from active service and will be available for sale, if anyone is aware of any organizations looking for a small wheel chair lift equipped bus.

Logo design options will go before the Board of Selectmen for final selection. In addition to the CoA, CSC members were polled, as well as SCBC members, per the First Selectman. 232 people gave feedback, and design #3 polled best with members of each group. Most people are excited about this change and for the most part, we received wonderful feedback.

The Annual Site Visit for the Making Memories Program was held on March 10th.

Mel's Downtown Creamery is scheduled for March 21st. 20% of all daily sales will be donated to CSC.

Program Coordinator, Ruth Reinwald, will be returning to work part-time, effective March 23rd. She will work 1 day per week for 4 weeks, and then 2 days per week for another 4 weeks, returning full-time on May 18th.

We have applied to the Colchester Lions' for the some funding for the Making Memories Program, through their Annual Night of Giving. Class giving (donations) has been historically low throughout the pandemic.

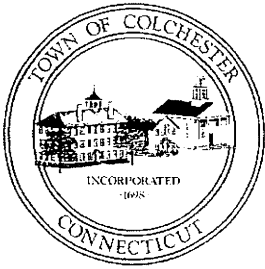
I am currently working on the Title III grant for renewal funding for the Making Memories Program.

We are excited to be able to hold our annual Volunteer Appreciation Event for all volunteers who have served 25 or more hours in the past calendar year. We closed, shortly before hosting our 2020 event, and were not able to hold it last year either. We will be recognizing service hours from 2019, 2020 and 2021 this year. We have an exciting theme and a fun entertainer booked, but we do keep it a secret until invitations go out.

Trips are selling well, as the weather warms and folks think about traveling again. Our first trip of the year is to Wright's Chicken Farm in RI, departing for the day on March 23rd. We have a wide variety of trips from local day-trips, to overnight packages, and even longer domestic and international travel destinations.

Attendance & Meals Served:

- Meals delivered in January: Community Café: 310 MOW: 369
- Monthly transports in January: 520
- Monthly attendance in January: 1,334
- Total Membership: 1,515



Town of Colchester, Connecticut

95 Norwich Avenue, Colchester, Connecticut 06415

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

Transportation Itemization for February 2022

Item	Date	Amount
Daily Transportation	2/28/2022	\$0.00 Total
Trips	2/28/2022	\$0.00 Total
Combined Total		\$0.00
Year to Date Total		\$1179.30

Mental Health focused Community Wellness Fair, being held on May 15, 2022 at William J. Johnston Middle School from 10:00 a.m. to 2:00 p.m. The East Gymnasium would be utilized as the main space for the CoA/CSC booths. It is easily accessible. Our themes and planned activities are listed below:

- **Be Yourself**

Moveable Senior Center (LGBTQ+)
WJJMS GSA (Gay/Straight Alliance)
Hair Dye station

- **At Ease**

Honor Guard
Mental Health for Veterans

- **We Were Made to Thrive: "Wellness Corner"**

Blood Pressure Screening-Victoria (LPN) at Chestelm Health & Rehab
Vision Screenings
Hearing Screenings-Hear USA, Dr. Matthew Cross
Chair Massages-Susan McCaffrey, LMT, Julie Shilosky, LMT
CoA/CSC Resource Center

- **Uplift: The Things That Make You Smile!**

Clowning and Balloon Art-Raine Spiegel
Pet Therapy: Mary Bylone and Stitch
Reiki: Nola Weston
Make & Take Cupcake Station: Mary Lou Martin

Topics that lend themselves to Breakout Sessions:

- **Intergenerational Laughter Therapy**-Pam Atwood
- **Know the 10 Early Signs (of Dementia)**-Kris Sortwell, Alzheimer's Association
- **Senior Scam Prevention**
- **Intergenerational Tai Chi on the Lawn**-Steve Arbuckle