

Long-Term Recovery Committee  
December 16, 2020 – Regular Meeting  
Zoom Meeting

**MEMBERS PRESENT:** Chair Matt Bordeaux, Greg Barden, Marjorie Mlodzinski, Jack Faski, Dave Koji, Charlie Brown at 4:10 pm.

**MEMBERS ABSENT:** Chuck Maynard, Michelle Noehren.

**OTHERS PRESENT:** Board of Selectmen Liaison Rosemary Coyle, Cathy Russi, Linda Pasternak.

**1. CALL TO ORDER**

Chair Matt Bordeaux called this Regular Meeting to order at 4: 00 pm.

**2. ADDITIONS OR DELETIONS TO THE AGENDA**

M. Mlodzinski requested discussion of future meeting dates.

**Motion by:** M. Mlodzinski

to add Discussion of 2021 Meeting Dates after Item 6. Citizen's Comments.

**Second by:** G. Barden.

**Vote:** Unanimous to approve by those present.

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**3. CITIZEN'S COMMENTS**

No comments received.

**4. APPROVAL OF MINUTES**

The minutes of the December 9, 2020, Regular Meeting were submitted for approval.

It was noted that Chuck Maynard was reported as absent but was in attendance.

**Motion by:** J. Faski

to approve the minutes with the correction for C. Maynard's attendance.

**Second by:** M. Mlodzinski.

**Vote:** Unanimous to approve.

**5. REVIEW OF CONVERSATIONS WITH DEPARTMENT DIRECTORS AND DISCUSSION OF NEXT STEPS**

C. Brown joined the meeting at the beginning of this discussion.

Members discussed the recent conversations with Recreation Director Tiffany Quinn, Director of Senior Services Patty Watts and Social Services Director Val Geato.

M. Mlodzinski said the meetings were very informative and each Department Head had one or more things this committee could help with.

One of the points of discussion is how to network with these departments and get the information out to the public about their services and needs, possibly through newspaper articles and a social media presence.

D. Koji would like to define the objectives and how to utilize the network that is available through members of this committee.

The committee members have identified mental health as a top priority and have discussed technology as another priority. Mental health could be broken into elderly, families and youth categories. Online resources should align with available services. As technology is a large part of this effort, it could be a subcategory. D. Koji said he would work on a spreadsheet to categorize some of the suggestions and make it available to members for comments.

Chair Bordeaux will follow up with each of the departments heads as to their needs and their resources.

D. Koji left the meeting.

A telephone tree for wellness checks for senior citizens would require volunteers and some training. This committee could also help ‘market’ the Senior Center as it is available to those 55 years and older. Also, to help with technology for those having access but not knowing how to fully use the internet, such as Zoom for classes, projects, meetings, information, medical appointments.

M. Mlodzinski noted the *Stay Connected* State program is for adults 18 years of age or older with a disability or adults sixty years of age to help them stay in touch with community, family and medical needs. This is a needs based program.

Information received by this committee for Colchester seems to be the need for how to use technology rather than the need for equipment.

Selectman Coyle noted that there are several apartment complexes in town where contact could be made to help people know what is available for services.

## **6. CITIZEN’S COMMENTS**

C. Russi said she has been listening to the various committees and she sees the hard work of committee members but not a lot of people attend the meetings. C. Russi noted that there used to be a Triad Committee with the State Police and Senior Center but does not know if it that committee still meets. C. Russi suggested a news article about a community partnership to link the various groups. She also noted that the ‘Vial of Life’ was a successful program.

L. Pasternak said the Senior Center gives out the ‘Vial of Life’. L. Pasternak referenced the recent Norton Park Public Forum webinar and how successful it was, suggesting that this committee might try something similar.

### **6.1 DISCUSSION OF MEETING DATES**

It was decided to meet the second and fourth Wednesday of the each month alternating the time from 4:00 pm on the second and 5:00 pm on the fourth Wednesday beginning on January 13, 2021.

**Motion by:** G. Barden

to approve the meeting dates as discussed.

**Second by:** J. Faski.

**Vote:** Unanimous to approve by those present.

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**7. ADJOURN**

**Motion by:** G. Barden  
to adjourn.

**Second by:** J. Faski.

**Vote:** Unanimous to approve.

Chair Bordeaux adjourned this meeting at 4:59 pm.

Respectfully submitted,

Mary Jane Slade  
Clerk

