

## Senior Services Commission

September 11, 2023

The meeting was called to order by Anne Kaiser at 10:30 a.m.

Present:	Judy Benvenuto	Deirdre Daly	Anne Kaiser
	Judy Norris	Pat Snow	Bonnie Sprague
Absent:	Steven Falco	Ann Jordan	Mertie Terry    Linda Worden
Others:	Amy Saada – Senior/Human Services Director		
	Kathleen Cartwright – Cromwell Resident		
	Paula Luna – Town Council ( <i>left at 11:25</i> )		
	Sal Nesci – Director of Public Health ( <i>left at 11:05</i> )		
	Al Waters – Town Council		

### Approval/Amendment of Agenda

Motion to approve the agenda made by Judy Norris; seconded by Pat Snow. All in favor. Motion carried.

### Approval of Minutes

Motion to approve the minutes of the June 12, 2023, Regular Meeting made by Judy Benvenuto; seconded by Judy Norris. All in favor. Motion carried.

### Senior/Human Services Director's Report – Amy Saada

Amy provided the following grant information:

\$45,065 - Appropriation request sent to Town Manager/Town Council on 9/8/23. This is funding from the State Unit of Aging - Senior Center ARPA funding for senior center facility improvements.

\$136,799 - Appropriation request sent to the Town Manager/Town Council on 9/7/2023 for the 16-passenger vehicle that we were awarded in 2022 at 100% funded by DOT that is now ready to be ordered

Staff/Training Updates:

Olivia Lespier has been hired as the Program/Outreach Coordinator. There are 2 PT driver positions open. A few applications have been received and interviews are this week.

A new law passed, effective 7/1/23, expanding the Act Concerning Mandated Reporters. All staff have completed this Mandatory Reporter Training to meet the State requirement.

Brit Rueb, a nursing student from Charter Oak College is the Fall Semester Intern. She will spend 40 hours working on a Community Health Intervention (her topic is "risk of falls"). She is working with the Outreach Coordinator, conducting home visits to assess Fall Risk and then will provide a fall risk assessment and recommendations to each homebound participant. She will also provide an educational presentation to the senior center on Balance/Falls on October 4<sup>th</sup>.

September is National Senior Center Month and some of the special events include:

- September 21st - Senior Center Variety Show – 12 pm in the Gym. Lunch and Lots of Laughs!
- September 29<sup>th</sup> - Concert and Lunch – 12 pm in the Gym. Concert by Jose Paulo.

Some additional programs for September include:

- September 8<sup>th</sup> - Lunch & Learn sponsored by Middlesex Health: "A life well lived, is a life well planned"
- September 15<sup>th</sup> - 5 Week Dementia & Caregiving Series presented by Hartford Healthcare Center for Healthy Aging
- September 15<sup>th</sup> - Snack & Learn event sponsored by Suburban Physical Therapy: "Knee Pre-hab to Knee Re-Hab"
- September 20<sup>th</sup> - Medicare Presentation at 6:00pm- for those soon to retire to learn all about Medicare!
- September 26<sup>th</sup> - Annual Conference for Grandparents Raising Grandkids (bus to Plainville for this conference)

#### **October Events:**

- October 3<sup>rd</sup> - Coffee with the Police Chief
- October 3<sup>rd</sup> - LGBTQ+ Stonewall Speakers Panel & Dinner
- October 4<sup>th</sup> – 10 am Intern's Presentation on Fall Risk - Snack & Learn
- October 5<sup>th</sup> - 10:30 am Costco—learn the services that you can utilize without a membership!
- October 10<sup>th</sup> - Beyond King Tut Trip- \$5.00 per ticket
- October 10<sup>th</sup> - Snack & Learn: Brain Health
- October 12<sup>th</sup> - Golf Banquet
- October 15<sup>th</sup> - Wishing our 5 passengers to Florida/Bahamas safe and fun travels!
- October 18<sup>th</sup> - Lunch & Learn: Senior Bullying
- October 19<sup>th</sup> - Snack & Learn- Elena Scofield Medicare
- October 26<sup>th</sup> - Horizon Wing Raptor Rehab— Bald Eagle Program at 1:00 pm
- October 31<sup>st</sup> - Halloween Party- Murder Mystery Event

Upcoming Trips through Friendship Tours include Made in Vermont (10/12), Florida/Bahamas Cruise (10/15-10/22), Wright's Farm, Rhode Island (11/9) and Christmas Lights and Song (12/4)

## Programs/Updates:

- 85 Renters Rebate applications have been processed- program ends 9/29.
- Energy Assistance program opened September 1<sup>st</sup> – program assists low income with winter heating costs.

## Director of Public Health Update – Sal Nesci

There are three clinics scheduled (the first one is this Wednesday). The dates have been shared and are in the newsletters. There are two consent forms that can be completed in advance; one for the flu shot and one for all other vaccines (COVID, shingles, pneumonia, RSV, etc.). The latest COVID booster is available. It is fine to get both a flu and COVID vaccine at the same time.

Sal has had several conversations with residents regarding health insurance. Copays and coverage can vary by plan and he recommends that seniors check with their insurance company or ask their provider for the cost. He also mentioned that the cost could vary based on the time of year. Judy Benvenuto explained that this could happen when someone reaches their out-of-pocket maximum.

## Council Liaison Update – Al Waters

Al is not happy with the culture study that the Town Council has been working on. They spent \$100,000 on the study and he said that too many people are “sugar coating” the results. Some employees have expressed concern about the cameras in the Town Managers office and some of the Town Council members don’t think the cameras are an issue. Barry Dunn has recommended that the cameras be removed.

Al told the Commission that the person from Barry Dunn has not been attending the follow up meetings.

Construction for the new school is scheduled to begin in January 2024.

The Red Lion Inn wants tax abatement. The tax problems need to be resolved before any permits are pulled.

## Old Business

### a. **ARPA fund from the CT Department of Aging and Disability Services**

Discussed under Human Services Director’s Report

### b. **CT Healthy Living Collective Statewide LGBTQ+ Moveable Senior Center Initiative**

Not discussed

### c. **Opioid Settlement Funds**

There has been a large settlement from drug companies. Thus far, the town has received about \$46,000 and funds will continue for the next 15-20 years. The prevention council consisting of youth services, police, schools, etc. is trying to decide what to do with the money. It would be nice to have a committee and Sal Nesci said that someone from the fire district should also be on committee (There is a state advisory committee, however no one from Cromwell is on this committee).

The Police Department has asked the Town Council for funding for Narcan since they do not have enough. Sal Nesci is not sure if the schools have Narcan. He said that it is easier to get it from CVS. Amy advised that the school social workers, nurses and administrators have received Narcan training.

Judy Norris asked who signs off on how the money is spent. Amy advised that there are guidelines from the state as to how to spend the money, and the Town Manager makes the final decision.

The cost for a 2-pack of Narcan is \$45. Sal mentioned that overdose reporting in town is very low.

Members of Human Services, Youth Services and the Schools will be attending the upcoming Harm Reduction Conference. They are trying to get someone from the Police Department to attend.

### **New Business**

- a. **September – National Senior Center Month** – discussed under Human Services Directors Report
- b. **Friendship Tours 2014 Travel Ideas**  
Provide any suggestions to Amy.

### **Citizen's Comments – N/A**

Motion to adjourn the meeting was made by Deirdre Daley; seconded by Judy Norris. Meeting adjourned at 11:34 a.m.

Respectfully submitted,

Nancy Stockman  
Recording Clerk