

Senior Services Commission

September 11, 2017

The meeting was called to order by Chairwoman Patricia Alsup at 10:35 a.m.

Roll Call: Patricia Alsup Linda Polke Patricia Sienna
Helen Zalewski

Absent: Theresa Fucini Madeline Lowry Mertie Terry

Others: Amy Saada, Senior/Human Services Director
Wesley Bell, Public Health Director
Lynda Juda, Cromwell Resident
Mike Parent, Cromwell Resident

Approval/Amendment of Agenda

Motion to approve the agenda made by Linda Polke; seconded by Helen Zalewski. All in favor. Motion carried.

Approval of Minutes

Motion to approve the minutes of the June 12, 2017 Regular Meeting made by Patricia Sienna; seconded by Linda Polke. All in favor. Motion carried.

Senior/Human Services Director's Report – Amy Saada

Grants/Funding – Amy applied for a grant for 6 ipad/tablets to teach seniors simple steps to use technology.

The DOT grant was awarded with possession of the new bus in July 2018.

New programs – September is National Senior Center Month. There will be a “Lunch and Learn” with Gadgets, Gizmos and Technology on September 21, 2017. There will be a Reiki demonstration on

September 28, 2017. Reiki sessions will begin on October (1st Friday of the month) by appointment. Patricia Sienna talked about the benefits of Reiki.

There is a new cardio dance class starting on September 11, 2017.

There will be a balance program with Covenant Village.

The Golf Banquet is October 12, 2017.

There will be a Paper Quilt and art Crawl on October 13, 2017.

The Senior Dinner/Halloween Party is October 19, 2017.

There is a 4 series session on brain fitness (Mondays in October).

The Senior Expo with Senator Doyle is October 17, 2017.

There will be a Car Fit Program with AARP on October 21, 2017.

There are also several evening and weekend events.

The challenges are that some of the exercise classes are full, parking issues and that outreach needs are not being met. Amy still needs more volunteers to lead group programs. She will post in the church bulletins the need for volunteers. Mike Parent suggested a one-time post card mailing to reach all seniors.

The balance in the Senior Donation Account is \$24,688.

A new refrigerator/freezer has been purchase for the food pantry and it will arrive soon. The cost was \$1345.77 from the senior account and \$149.53 paid by building maintenance. Perishables have been donated by Stop and Shop. A lot of seniors use the pantry.

Painting of the Senior Center is scheduled for the first week of October. The Senior Center will be closed on October 5 and October 6, 2017. It will not impact activities in the gym or Arch Room.

In August, there were 266 unduplicated seniors who used the senior center. There were 2480 duplicated seniors who participated in events. The average daily attendance was 107 seniors.

In August, the Senior Center provided 884 rides and there were 23 out trips.

Donations for the food bank in August were 1044 pounds of food and \$727.42 in financial contributions. The "Feeding out Neighbors" Walk will be help on October 15, 2017. This past year, 407 individuals received food from the food bank. 69 of those households were age 60 and older.

Director of Public Health Update – Wesley Bell

They are continuing the mosquito program and spray the recreation area the day before any concert.

The fall flu clinic is scheduled for October 25, 2017 in the town hall gym. No copayment is required; bring ID and medical card. It will be Flublok from Protein Sciences. The peak of Flu season is January and February.

Interested residents may attend any MDA flu clinic. The list will be in the "The Chronicle" in the next few weeks.

Council Liaison Update – None

Old Business

Lynda Juda discussed the need for a new building and/or more space. Mike Parent provided statistics and data from other senior centers. Cromwell has significantly less space than other towns. Mike looked at the state population and identified that it is aging.

Mike suggested the Senior Center gain control of the Arch Room, the gym and the kitchen/dining room (and share the space with other groups). If those spaces were added, it would be 9600 square feet.

Amy told that group that they need to get a group of seniors together to talk about the need for space for the seniors. Pat Alsup told the group to form a committee. Amy thought a feasibility study would cost \$4,000-\$5,000. (Could not vote on allowing the money be used for a feasibility study because there was not a quorum).

New Business

- a. Pat Alsup told the group that there are passes in the Board of Education Office and the Senior Center Office providing seniors with free admission to school athletic events and performances.
- b. Linda Polke mentioned that Mary Konopka passed away last month and Linda would like to send a donation from the Senior Commission to St. John's Church in her memory. Pat Alsup said that the money should be a collection from the committee and not use the donation fund. Amy will look into the way the fund is written.
- c. Looking for new Senior Commission members – Would like seven members and two alternates.

Citizens Comments – None

Motion made by Helen Zaleswki to adjorn the meeting at 11:24 a.m.; seconded by Patricia Sienna. All in favor. Motion carried.

Respectfully submitted,

Nancy Stockman

Recording Clerk