

Senior Commission Meeting

October 17, 2022

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

Present: Deirdre Daly Pat Snow Bonnie Sprague

 Anne Kaiser Judy Benvenuto Mertie Terry

Absent: Steve Falco Ann Jordan Linda Worden

Others: Amy Saada - Senior/Human Services Director

 Nick Talbot – Senior Center Outreach Coordinator

 Lou Spina- Director of Public Works

 Paula Luna – Town Council

 Al Waters – Town Council

 Kathleen Cartwright – Cromwell Resident

Approval/Amendment of Agenda

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

Approval of Minutes

Amy Saada recommended editing the minutes to change “The meeting was called to order by Luella Landis” to “The meeting was called to order by Anne Kaiser”

Motion to approve the changes of the September 19, 2022, Regular Meeting minutes made by Bonnie Sprague; seconded by Pat Snow. All in favor. Motion carried.

Senior/Human Services Director’s Report – Amy Saada

Grants/Funding Updates: Awarded grant for \$2880.00 for Tai Ji Quan

Awaiting announcement on Community Foundation of Middlesex County Grant for new Electronic Bingo machine and display board.

Upcoming Programs/ Updates:

Remaining October Programs:

October 18th, Snack & Learn with United Healthcare on Open Enrollment- new Medicare plans.

October 26th, Lunch & Learn with the Department of Consumer Protection on Scams/Fraud toward seniors

October 28th, Pumpkin Carving/Painting

October 31st, Halloween Party

A 7 week ZOOM workshop, "Live Well with Chronic Conditions" October 17-November 28th hosted by our Area Agency on Aging, Senior Resources. Contact info in the newsletter.

Trip- October 26th- Scarecrows along Main in Historic Wethersfield and lunch on your own.

Vote for your favorite Scarecrow- an event by Cromwell Creative District- Senior & Youth Services have an intergenerational team on display at Pierson Park.

Pickleball has resumed indoors and has been working smoothly so far with the 2 separate days for different levels of play.

Upcoming November Activities include:

*Transportation will be provided to the Polls on Election Day, November 8th.

*Reiki sessions are returning in November on the 3rd Friday of every month- \$30/session

*Tai Chi Quan- this is a second round of grant funding that we received to run another 24 week program of

Moving for Better Balance. Class starts November 29th- intended for those with balance issues.

*Lunch & Learn with Dr. Silva of Trinity Health to talk about hypertension, diabetes and other chronic issues

*Holiday Food Basket applications are available. We will be offering a Thanksgiving Meal Basket and a December Holiday Meal Basket for those low-income households. Deadline for the November food basket sign up is November 4th, December Food Basket Deadline is December 2nd

*Holiday Sponsors are always needed- we look for donations of food, gift cards and those wishing to Adopt a Family for the Holidays.

Energy Assistance began October 1st and runs through April 2023- This is assistance for primary heating costs for low income.

LIWAP- is Low Income Water Assistance program that people can apply for at the same time as Energy to help with any past due water and or sewer bills.

Save the dates for December:

Cromwell Drama Club presents Scrooge A Comedy on December 15th, 2:30pm.

Director of Public Health Update – N/A

Council Liaison Update – Al Waters

- \$50,000 appropriated for little league fields
- Senior buses are being stored at old highway garage
- Town was notified by DEEP regarding safe car washes
- No update on senior buses
- 3 locations were approved for medical/recreational marijuana facilities

Old Business

a. Community Center Update

Amy has no new updates. Lou Spina brought up the idea of moving the football fields at Pierson Park to the high school and then using that space for a community center. This was only discussed and there is nothing concrete.

b. Senior Vehicles

Lou talked to Rodney Bitgood of Cromwell Automotive regarding senior bus #1 being serviced. Rodney is waiting for an open bay as well as more staff to take on the bus. The town was able to find an organization to transport the bus from the highway garage to Cromwell Automotive.

New Business

- a. Lou wanted to clear up some information from the last senior commission meeting from 9/19/2022.
 - Two offers were made for the mechanic position. Both turned it down.
 - Ann asked Lou about the mechanic's salary. Lou answered that town/gov positions are not as attractive as they used to be. Cromwell offers a competitive salary for mechanics compared to other municipalities.
- b. Anne asked Amy about bus agreement with Portland. Amy answers that the relationship will continue for 5 years.
- c. Judy suggests having invitation for all seniors to attend the commission meeting for newsletter.

Citizen's Comments - None

A motion to adjourn the meeting was made by Anne Kaiser; seconded by Judy Benvenuto. Meeting adjourned at 11:09 a.m.

Respectfully submitted,

Nicolas Talbot