

## **Senior Services Commission**

**January 13, 2020**

The meeting was called to order by Chairwoman Pat Alsup at 10:32 a.m.

Roll Call: Patricia Alsup                      Ann Grasso                      Ann Jordan  
                    Luella Landis                      Madeline Lowry                      Paula Luna  
                    Linda Polke

Absent: Shirley Banic                      Patricia Sienna                      Mertie Terry  
                    Helen Zalewski

Others: Amy Saada, Senior/Human Services Director  
                    Pat Ahlquist, Council Liaison  
                    Salvatore Nesci, Director of Public Health  
                    Al Waters, Council Liaison

### **Approval/Amendment of Agenda**

Motion to approve the agenda made by Luella Landis; seconded by Ann Grasso. All in favor. Motion carried.

### **Approval of Minutes**

Motion to approve the minutes of the November 18, 2019, Regular Meeting made by Ann Grasso; seconded by Paula Luna. All in favor. Motion carried.

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

The new bus was delivered on November 15, 2019. There are now four buses on the roads. The AARP Livable Community Grant (\$1,800) was awarded and will be used to purchase assistive listening devices.

Program Updates include:

Thursday "Game Day" was popular and attendance grew from 5 participants in the first week to 15 participants in the second week. Benchmark of Rocky Hill will purchase food and facilitate this event.

There were 13 attendees at this month's Cultural Event with Lia. One McDonough Place of Middletown will sponsor this going forward.

On January 16, 2020, there will be a Medicare Education event.

A CHOICES counselor has been trained and assigned to the Senior Center. The first event will be March 31, 2020, and regular office hours will be established soon.

On January 17, 2020 at 11:00, Validation Therapy, a program for caregivers or family members of those with dementia, will be sponsored by Franciscan Ever There Care.

"Lunch and Learn" is the fourth Tuesday of every month. A nurse from Atrinity Home Care will present "Get Your Happy Back" and lunch will be provided by Autumn Lake.

There were 7 out trips and 1 "get away" tour trip this month.

The Senior Center Outreach Program Coordinator position is still open and Amy would like to make this a full time position.

AARP will be preparing taxes starting the first week of February. You do not need to be an AARP member to use this service.

Ann Grasso expressed concerns and Amy advised the Commission that seniors make up 40% of the Cromwell population.

The Senior Donation Account Balance is \$21,922.

#### **Director of Public Health Update – Salvatore Nesci**

January is Radon Awareness Month. Radon is a colorless, odorless gas that is the 2<sup>nd</sup> leading cause of lung cancer in the United States.

If you had a shingles shot during the flu clinic, it is time for the 3-month follow up shot. The Stop and Shop Pharmacy will follow up with seniors.

#### **Council Liaison Update - Al Waters and Pat Ahlquist**

Al talked about building a new school to replace the Edna C. Stevens School. The large building is in the process of being rented. The Red Lion Hotel was closed because state taxes were not being paid. The

needs of the Senior Center were briefly mentioned at the last Town Council meeting. Al suggested a petition.

The Commission welcomed Pat Ahlquist, who was recently elected to the Town Council. He informed the Commission that the Town Council can only address items that are on the agenda. He also advised that only 200 signatures of valid voters are needed to bring something to referendum. He suggested creating a sub-committee (from the Senior Services Commission) that can establish a goal with a timeframe and benchmarks. Pat also mentioned that there is time set aside at every Town Council meeting for town department heads to speak about concerns. The commission discussed how to readdress funding for a renovated senior/community center.

#### **Old Business - already discussed in Director's Report**

#### **New Business**

- a. Budget – Amy is going to ask for a full time program outreach coordinator

Al Waters said that it looks like one or two of the buses may have some rust (or are perhaps dirty).

#### **Citizens Comments – None**

A motion to adjourn the meeting was made by Madeline Lowry; seconded by Luella Landis.

Meeting adjourned at 11:27 a.m.

Respectfully submitted,

Nancy Stockman

Recording Clerk