

Commission on Aging  
Regular Meeting  
February 8, 2010

Present: Philip Mountain  
B. B. Smith  
Jane Powers  
Marge Caste  
Mary Broga  
Carrie Janus

Also Present: Cathy Wilson, Senior Services Coordinator  
Rose Ann Hardy, ex officio

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of February 8, 2010 to order at 6:00 p.m.

a. Pledge of Allegiance. The Pledge of Allegiance was observed.

b. Delegations. There were no delegations.

c. Approval of Meeting Minutes –January 11, 2010. Mr. Mountain asked for additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of January 11, 2010.

MOTION: Jane Powers moved to accept the January 11, 2009 Commission on Aging Minutes, as presented. Seconded by Marge Caste.  
(6-0) Unanimous

d. Correspondence. Correspondence was made available.

2. STATUS REPORT

a. Transportation. Cathy Wilson reported all transportation is running well.

b. Senior Trips.

(1) Enrichment Trips. The following Enrichment trips are planned: March 10 to Ella Grasso Technical School in Groton, with shopping afterwards for a trip fee of \$2.25; and March 24 to Savvy Tea Gourmet in Madison for a trip fee of \$3.

(2) COA Sponsored Trips. The following Commission on Aging sponsored trips are planned: March 16 to see the Four Celtic Voices at Venus DeMilo in Swansea, Massachusetts for a trip fee of \$58; April 18 for Sunday Brunch and Show at the Log Cabin in Holyoke, Massachusetts, starring singer Joey Casella and comedian Rich Starr for a trip fee of \$56 and on May 27 to hear the music of Barry Manilow at the Grand Oak Villa in Oakville, Connecticut for a trip fee of \$59.

(3) Day/Overnight Trips. The following Day/Overnight trips are planned: April 11-23, 2010 for a Caribbean Repositioning Cruise on the Norwegian Spirit; May 24-2010 to see Joseph at the Millennium Sight & Sound Theater in Lancaster, Pennsylvania; May 27 to June 2, 2010 a rail tour of the Canadian Rockies; June 14-16 to Cape May/Atlantic City, August 1-2 a summer rail and sail in the Adirondack and Green Mountains; September 20-27 to New Orleans, Memphis and Nashville; September 24-26 to Lake George for its Annual Balloon Fest and November 8-17 to Rome, Assisi, Florence, Venice and Milan, Italy.

c. Programs.

(1) Senior Nutrition Program. Ms. Wilson reported new TVCCA food is expected to arrive soon. Other senior centers are offering their own lunches, as well as the TVCCA lunch.

There have been fewer Meals-on-Wheels deliveries.

(2) Senior Center Programs-Ongoing. Many individuals are taking advantage of the volunteer tax advisors.

(3) Senior Center Programs – New. On March 12 a corn beef and cabbage luncheon will be served.

Chair massage will be held once per month.

There will be a four week session of mental maneuvers.

On March 26 a dance will be held at the Senior Center. Eight-five individuals attended the January 29 dance.

Japanese exchange students will come to the Senior Center on March 16.

On April 22 Parks and Recreation, the Youth Center and Senior Center will have a Turn Your TV Off Program. The Senior Center and Youth Center will pay \$200 each and the remaining balance will be paid by the Parks and Recreation Department.

d. Budget. Funds will need to be transferred into the Meetings & Conferences Account.

e. Revenues. Revenues are doing well.

### 3. OLD BUSINESS

a. Pending Purchase of New Vehicle(s). Chuck Holyfield and Cathy Wilson went to DOT in Newington and placed the order for a new vehicle and submitted specifications for it. From the 5310 Grant \$40,000 was received towards the cost of a new vehicle. The Town will pay the remaining \$15,000. Delivery is expected by July. This vehicle is for use by seniors and the disabled. It will have lap seat belts. The seats are made to handle impact. This vehicle is considered a DOT vehicle for five years. Quarterly reports will need to be sent to DOT.

Ms. Wilson attended a Board of Selectmen Meeting regarding its Vehicle Plan. It is hoped the Town will purchase an additional vehicle.

b. Budget Review for 2010/2011. After discussions with First Selectman Paul Formica, minor changes were made to the Commission on Aging budget. The 4% increase to the \$242,092 budget is in the salaries account. The Board of Selectmen has begun its review process.

c. Other Pertinent Business. There was no discussion of other pertinent business.

### 4. NEW BUSINESS

a. Disbursements of Parahus Funds. Cathy Wilson reported she would like to purchase gifts for a total amount of \$250 for the Volunteer Recognition Dinner.

She received a donation of \$25 to be used to support the Meals-on-Wheels Program. She would like to use this donation for a new wooden step.

She would like to replace the toilets in the restrooms with higher ones so seniors will be more comfortable using them. The cost of three toilets is \$495. The Building and Grounds Supervisor is willing to install them. Mary Broga felt it was necessary for this request to go before the Board of Selectmen.

MOTION: Mrs. Broga moved to authorize Cathy Wilson to request the expenditure of \$770 to be taken

from the Nicholas Parahus Account to be used for items for the Senior Center. Seconded by B. B. Smith. (6-0) Unanimous

b. Donations Made in Memory of C. Salerno. Ms. Wilson reported \$625 was received in donations in memory of Christine Salerno. Her family would like to have something purchased for the Senior Center with the donations. Cathy Wilson is considering purchasing items for Bingo.

c. Change in Hospice of SECT Program. Cathy Wilson informed the Commission Hospice has had a Six Week Support Group, with a therapist, at the Senior Center. Hospice is changing its program to an arts program.

d. NCOA/CVS Award. Ms. Wilson reported the Senior Center anticipates receiving \$1500 from the NCOA/CVS Award. Waterford, Groton and East Lyme plan to use this money to offer a Matter of Balance Class. East Lyme will offer an afternoon and evening program. Each center will advertise the classes.

e. Status of Pfizer Grant. This grant is used for home assessments of the risk of falls. The Senior Center will purchase equipment to limit the risk of falling.

f. Incident Report Review. Commission members reviewed the incident report.

g. Other Pertinent Business. Jane Powers reported the Pool Commission is going forward with the East Lyme Aquatic and Fitness Center Foundation, Inc. It will have a 501c status. The donations can be used for scholarships and towards a warm lap pool.

Cathy Wilson shared information on the AHEPA 250-V apartments to be located at 269 Roxbury Road, Niantic, Connecticut.

Rose Ann Hardy asked Cathy Wilson if she was serving on the Facilities Planning Committee? Ms. Wilson replied she has had discussions with the Committee but is not serving on it.

## 5. PUBLIC DISCUSSION

There was no public discussion.

## 6. ADJOURNMENT

MOTION: Jane Powers moved to adjourn the February 8,

2010 Commission on Aging Regular Meeting at  
7 p.m. Seconded by Carrie Janus. (6-0)  
Unanimous.

Respectfully submitted

Frances Gheri, Recording Secretary