

**EAST LYME COMMISSION ON AGING
REGULAR MEETING MINUTES
MONDAY, MARCH 8th, 2010**

Present: Philip Mountain, Chairman, Mary Broga, Jane Powers,
Carrie Janus, B.B. Smith

Also Present: Cathy Wilson, Senior Services Coordinator

Absent: Ilene Harris, Marge Caste

1. PRELIMINARY BUSINESS

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

a. Pledge of Allegiance

The Pledge was observed.

b. Delegations

There were no delegations.

c. Approval of Meeting Minutes – February 9, 2010

Mr. Mountain called for any additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of February 9, 2010.

****MOTION (1)**

Ms. Janus moved to approve the February 9, 2010 Regular Meeting Minutes of the Commission on Aging as presented.

Ms. Broga seconded the motion.

VOTE: 5 – 0 – 0. Motion passed.

d. Correspondence

Correspondence was made available for review.

2. STATUS REPORT

a. Transportation

Ms. Wilson reported that the bus, van and the drivers are all doing well. There was a recall item on the Ford van and it was taken in and done and everything has been okay.

b. Senior Trips

(1) Enrichment Trips – Ms. Wilson reported the following:

April 14, 2010 – trip to the Olive Garden and shopping

April 28, 2010 – an unstructured trip shopping

(2) COA Sponsored Trips - Ms. Wilson reported that there would be a trip offered on April 18, 2010 to the Log Cabin in Holyoke, MA for a Sunday Brunch and show for \$56 and a trip on Thursday, May 27, 2010 to hear the music of Barry Manilow at the Grand Oak Villa in Oakville, CT for \$59.

- (3) Day/Overnight Trips** – Ms. Wilson reported on the following day trips:
 April 10, 2010 – On Your Own in New York, \$40
 April 20, 2010 – Foxwoods/Show at the Garde – Loretta LaRoche, \$67
 May 6, 2010 – Mystery Trip – Let’s see how adventurous you are, \$79
 May 20, 2010 – Quincy Market/Duck Boat, \$68
 June 8, 2010 – Tour of the Intrepid, \$57
 June 29, 2010 – Block Island guided tour and lunch at hotel, \$89

Ms. Wilson also reported on the following overnight trips:

- May 24-25, 2010 – to see Joseph
 May 27 – June 2 – Canadian Rockies by Rail
 June 14-16, 2010 – Cape May and Atlantic City
 August 1 – 2, 2010 – Summer Rail & Sail in the Adirondack & Green Mountains
 September 20 – 27, 2010 – The Music Cities featuring New Orleans, Memphis & Nashville
 September 24-26, 2010 – Lake George – Annual Balloon Fest
 November 8-17, 2010 – Reflections of Italy
 April 11-23 – Repositioning Cruise

c. Programs

- (1) Senior Nutrition Program** – Ms. Wilson reported that the salads on Wednesdays and Fridays starts in April and they will rotate the four different types of salads. Also, 60% of the meal service sites offer fresh prep home style meals on Tuesdays and Thursdays and that while it has not been implemented here yet, they expect that it eventually will get here. They are implementing it to one site at a time. When it does get here it will be offered to both on-site and MOW’s.

Mr. Mountain noted the kitchen inspection report that they had received and said that he was a bit surprised by the items that were cited as they usually get great marks.

Ms. Wilson went over the report and said that most of the items were taken care of while the inspector was present as they were items that were easy to correct.

- (2) Senior Center Programs - Ongoing** – Ms. Wilson reported that the on-going programs are doing well. She noted that they have two new instructors, Shirley Walsh and Liz Kennedy as Robin Morris moved out of State and that while they are yoga instructors, they can cover other classes and this works out well.
- (3) Senior Center Programs - New** – Ms. Wilson said that she has offered basic, intermediate and supervised play bridge and that not enough people signed up for the basic bridge however they did get enough for the others. The person who was originally going to run the program was unable to and they have another person who has stepped in to run it. She said that Chair Massage was held on the fourth Thursday of the month and that she has received positive feedback from it.
 On April 19, 2010 they will have the ‘Shred or not to shred’ information session on which documents to keep and which can be shredded. Then on May 8, 2010 from 9-12 AM they will hold their annual shred day in the Community Center Parking Lot.
 Lastly, on April 21, 2010 they will have a presentation on the trip to Italy that is being offered in November.
 On April 23, 2010 they will hold an evening program with Parks & Recreation and ELYSA at the ELMS as it is ‘turn your TV off week’.
 A Spring Luncheon will be held
 April 29, 2010 will be the volunteer Recognition Program Dinner

May starts the walking program. They will work around the Boardwalk schedule due to the Amtrak work that is being done on the bridge.
May 12, 2010 is the Senior Expo that will be held at the Crystal Mall
May 14, 2010 is the Celebrate 90 tea party

d. Budget

Ms. Wilson reported that the budget is doing well so far.

e. Revenues

Ms. Wilson reported that the revenues are doing okay and that the final amount will depend upon how well they do on the trips. The Senior Center portion of the Parahus account is \$18,604.44.

3. OLD BUSINESS

a. Pending Purchase of New Vehicle(s)

Ms. Wilson reported that they have the Town approval of the new vehicle purchase and that now the \$40,000 grant has to be approved and that will go before the Board of Finance this week.

b. Budget Review for 2010/2011

Ms. Wilson reported that her presentation in front of the Board of Finance is scheduled for Thursday, March 18, 2010 and that the meeting commences at 6:30 PM in Town Hall. They are invited to attend.

c. Disbursement of Parahus Funds

Ms. Wilson said that the \$770 that was authorized from last month has been disbursed. One of the new chair height toilets has been installed in the unisex/handicap bathroom and the two others will be installed in the near future. She said that she has tried the new toilet and that it is wonderful to not have to nearly sit on the floor as with the old one.

d. Other Pertinent Business

There was no other pertinent business.

4. NEW BUSINESS

a. Medical Transportation Grant

Ms. Wilson explained this grant and how it had started with four Towns and that they are now up to seven and that the grant has grown to \$213,000 as it grows with the addition of Towns. It is for mileage reimbursement and they can have 26 one-way trips or 13 round trips during a calendar year.

Mr. Mountain asked who monitors the spending.

Ms. Wilson said that the money goes to Groton Town so they write the checks. There is a tracking system and having it operate in this way is great for those Towns who do not get the money as it is all tracked for them and they just fax an application to the Eastern Connecticut Transportation Consortium (ECTC). The grant is to be used when regular transportation is not available. It is now being used for medical transportation and other possible use components are being discussed. There is also a State stipulation that the Town(s) cannot reduce their transportation funding because of the grant and that if they do, the amount of the grant will be reduced by the same amount of the Town reduction to the budget.

b. Possible Bingo Equipment Purchase

Ms. Wilson reported that they received \$650 from the passing of Mrs. Salerno. They went looking into the purchase of some bingo equipment with a lighted board and the ability to roll the set-up away when done with it. The prices of this go into the thousands of dollars. She said that they are still looking as they do not want to spend that amount of money and there is the possibility that some refurbished

equipment may be available for much cheaper. Should they go into this type of set-up they may offer entertain offering bingo one night each month to the general public.

c. CHOICES Training

Ms. Wilson said that she has stayed away from this for some time however she has now found that she has to attend it in order to be able to follow all of the changes that constantly take place with Medicare. The cost of this program is \$125 and runs for four full Tuesdays. She said that she has already started the training.

d. Other Pertinent Business

Ms. Wilson said that the Groton Senior Center went through a major renovation and that they would be holding a grand opening on Saturday, March 27, 2010. They are all invited to attend.

5. PUBLIC DISCUSSION

There was no public discussion.

6. ADJOURNMENT

****MOTION (2)**

Ms. Powers moved to adjourn the Commission on Aging Regular Meeting of March 8, 2010 at 6:50 PM.

Ms. Janus seconded the motion.

VOTE: 5 – 0 - 0. Motion passed.

Respectfully submitted,

Karen Zmitruk,
Recording Secretary, Pro-tem