

Commission on Aging Regular Meeting Minutes  
October 13, 2015

Present: Philip Mountain  
Joe Palazzo  
B. B. Smith  
Ilene Harris  
John Whritner

FILED IN EAST LYME  
CONNECTICUT  
OCT 14 2015 AT 3:25 AM/PM  
EAST LYME TOWN CLERK

Absent: Joan Bengtson  
Marge Caste

Also Present: Cathy Wilson, Senior Services Coordinator  
Kristen Caramanica

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of October 13, 2015 to order at 5:00 p.m.

- a. Pledge of Allegiance. The Pledge of Allegiance was observed.
- b. Delegations. There were no delegations.
- c. Approval of Meeting Minutes - September 14, 2015. Mr. Palazzo asked for additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of September 14, 2015.

The following corrections were noted: On page 2 the fourth paragraph delete the last line. On page 4, item 3 b., the first paragraph the second sentence add: "To date \$50,000 has been received with an additional \$20,000 to \$30,000 due sometimes this fall."

MOTION: Joe Palazzo moved to approve the September 14, 2015 Commission on Aging Regular Meeting Minutes, as presented. Seconded by B. B. Smith. (5-0)  
Unanimous.

- d. Correspondence. There was no correspondence.
- e. Introduction of New Program Coordinator - Kristen Caramanica. Ms. Caramanica, the new Senior Center Program Coordinator, was introduced to the Commission. She began working on October 1.

2. STATUS REPORT

a. Transportation. Ms. Wilson reported the R-2 is at the garage for 3 or 4 days, because of an electrical problem. The work is expected to be completed tomorrow. Tuesdays and Fridays continue to be very busy. She felt it would be helpful if we had a small wheelchair accessible vehicle. Ms. Harris suggested renting a van.

She informed the Commission Senior Services' part time driver has health issues.

b. Senior Trips.

(1) Enrichment Trips. The following enrichment trips are planned: November 18 lunch at East Lyme High School by its culinary students and a trip to the Old Saybrook Shopping Mall. The trip fee is \$3; November 25 for lunch at Frank's Gourmet Grille in Mystic and a stroll through Mystic Village. The trip fee is \$3.

Mr. Palazzo suggested the Texas Steakhouse as a senior trip. Ms. Harris suggested a trip to Frank's Gourmet in Mystic.

(2) Day/Overnight Trips. The following Day/Overnight trips have been planned: November 8 to the 9/11 Museum, with lunch on your own prior to visiting the Museum in Little Italy. The trip fee is \$73pp; November 12 with the Lyme Senior Center a trip to Mohegan Sun. No meal is included. Participants will receive a casino package. The trip fee is \$20pp; and December 2 for a trip to Radio City Music Hall for their Christmas Spectacular WAIT LIST ONLY. Lunch is included for a fee of \$145pp. On December 2 a second bus has been reserved for Radio City Music Hall and their Christmas Spectacular WAIT LIST ONLY. Lunch is included for a trip fee of \$156pp.

January 28-February 7, 2016 for a fully escorted 11 day-7 shore excursions Hawaiian Cruise included in the price starting at \$4,449pp.

The following three additional cruises are planned: an Alaskan Cruise on June 6-19, 2016, aboard the Holland American "Zaandam" starting at \$4,434 per person with port and government taxes included; August 27-September 13, 2016 for a Trans-Atlantic Cruise for 18 days with flight and motor coach included aboard the Royal Caribbean "Serenade of the Seas" starting at \$3136 pp.; October 30-November 11, 2016 for an escorted Caribbean Cruise aboard the Royal Caribbean "Serenade of the Seas": Fly out of Boston and return from Fort Lauderdale for 12 nights starting at \$2,027 with port and government taxes included.

c. Programs.

(1) Senior Nutrition Program. Ms. Wilson reported the building is being converted from propane to gas. Because the stove could not be used, we sent all meals-on-wheels recipients cold meals and heated the congregate meals in a volunteer's home.

Erica Ortiz, Site Manager for TVCCA, has been hired. She also works second shift at Bridebrook. Ms. Wilson will ask her if she is willing to work until 1 p.m. for the Town. She works for TVCCA from 9 a.m. to 12:30 p.m. Mr. Palazzo felt she is doing a good job.

(2) Senior Center Programs-Ongoing. Ms. Wilson informed the Commission all ongoing programs are very busy.

(3) Senior Center Programs – New. We will have a guitar demonstration this week to determine if there is enough interest in a Guitar Class.

Ms. Caramanica would like the Senior Center to offer Bunko, Mar Johan and a Wellness Program.

d. Budget - General Fund, Revolving Account. The Commission reviewed the budget. Ms. Wilson stated it is doing well.

e. Revenues - General Fund, Revolving Account. Ms. Wilson reported all accounts are doing well.

### 3. OLD BUSINESS

a. Will Bequest - Ideas. Ms. Wilson gave the following ideas for items the will bequest can be used for: replace outside benches and possibly landscape the area; the quilt needs to be cleaned and preserved; new furniture for the office to allow Anna Hartung more work space; purchase lighter tables; replace the doors to the Senior Center; new foyer furniture; a color copier to allow the Ms. Wilson to print the newsletter in house; a new TV; a cordless microphone; and replace the blinds in the Day Room. Dr. Whritner suggested better security when replacing the doors.

b. Senior Center Regional Blog. Ms. Wilson reported we are trying to have a live launch on January 1. Next month she will show the Commission what it looks like.

c. Other Pertinent Business. Ms. Wilson reported a Flu Clinic will be held on October 16 from 1-5 p.m. She was asked if they offer the special flu vaccine for seniors? Ms. Wilson replied the VNA does not, because they would need to know when they have had their last vaccine and most individuals do not remember. It also does not offer the pneumonia vaccine. They suggest that they go to their own doctor who has a record of when they were given.

### 4. NEW BUSINESS

a. Budget Preparations for FY16/17. Ms. Wilson reported she will review the upcoming budget with this Commission in November. Transportation and additional programs will be considered.

b. Veterans' Discount. Ms. Wilson stated we discussed a veteran's discount for activities at the Senior Center. She asked the Commission to consider how much of a discount should be given to veterans? She reported 1,265 individuals in Town receive a veterans exemption. She agreed to determine how many of these individuals are seniors.

c. Other Pertinent Business. Ms. Wilson has advertised the Glenn Hansen Orchestra for October.

## 5. PUBLIC DISCUSSION

There was no public discussion.

## 6. ADJOURNMENT

MOTION: Joe Palazzo moved to adjourn the October 13, 2015 Commission on Aging Regular Meeting at 5:55 p.m. Seconded by B. B. Smith. (5-0)  
Unanimous.

Respectfully submitted

Frances Gheri, Recording Secretary