

Commission on Aging Regular Meeting Minutes  
April 11, 2016

Present: Joe Palazzo  
B. B. Smith  
Ilene Harris  
Marge Caste  
John Whritner  
Joan Bengtson

FILED IN EAST LYME  
CONNECTICUT  
APR 13 2016 AT 11:15 AM  
Kathleen Falman  
EAST LYME TOWN CLERK

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

1. PRELIMINARY BUSINESS

Chairman Palazzo called the Commission on Aging Regular Meeting of April 11, 2016 to order at 5:00 p.m.

- a. Pledge of Allegiance. The Pledge of Allegiance was observed.
- b. Delegations. Cary Johnson was present.
- c. Approval of Meeting Minutes - January 11, 2016. Mr. Palazzo asked for additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of January 11, 2016.

MOTION: B. B. Smith moved to approve the January 11, 2016 Commission on Aging Regular Meeting Minutes, as presented. Seconded by Marge Caste. (6-0) Unanimous.

Approval of Meeting Minutes - February 22, 2016. Mr. Palazzo asked for additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of February 22, 2016.

MOTION: B. B. Smith moved to approve the February 22, 2016 Commission on Aging Regular Meeting Minutes, as presented. Seconded by Marge Caste. Joan Bengtson abstained from voting. (5-0-1) Motion carried.

- d. Correspondence. There was no correspondence.

2. STATUS REPORT

a. Transportation. Ms. Wilson reported her part-time driver is away and her on-call drivers are covering for him.

Ms. Wilson informed the Commission she has had discussion with the Board of Selectmen and Board of Finance that the transportation requests are escalating. She has needed to call in on-call drivers to help manage it.

She went back five years of transportation requests. Transportation requests from fiscal year 2011-2012 to fiscal year 2014-2015 have increased by 26%. Transportation requests from fiscal year 2014-2015 to current fiscal year 2015-2016 have gone up 18%. We are seeing older folks who are no longer able to drive. We have had many requests for transportation for physical therapy. Ms. Wilson stated medical appointments take priority. Depending on the need for other rides we may move them to another day or time.

Vehicles are fine and drivers are fine. Transportation is just very busy.

b. Senior Trips.

(1) Enrichment Trips. The following enrichment trips are planned: May 11 Re-scheduled for a guided tour to The Kate Museum in Old Saybrook afterwards lunch at Mirsina's Restaurant in Old Saybrook. The trip fee is \$3pp and the tour is \$5; May 18 Re-scheduled lunch at East Lyme High School Culinary. The trip fee is \$1 and the lunch is \$5pp; May 25 lunch to the Dog Watch Café in Stonington, CT, afterwards we will stroll around Stonington Borough. The trip fee is \$3.

(2) Day/Overnight Trips. The following Day trips have been planned: May 11 for a production of "Happy Days" at the Westchester Broadway Theatre in Elmsford, NY, lunch is included for a trip fee of \$97pp; May 21 for a guided tour of Brighton Beach "Little Russia" and free time at Coney Island, lunch is included for a trip fee of \$98pp; June 7 for a trip to the Boston Museum of Science in Boston, MA. Ticket price includes admission to the IMAX Theatre Show. Lunch is not included for a trip fee of \$63pp; June 24 to the Newport Flower Show at the Rosecliff Mansion in Newport, RI. Lunch is on your own in the Wharf area. Trip fee is \$44pp; July 12 for a River Rose Cruise for a two hour narrated tour in the Newburgh, NY area. Lunch is included at the River Grille for a trip fee of \$100 pp.; August 7 to New York City for a two hour cruise on one of the Hornblower's vessels and enjoy a Sunday Buffett Brunch with jazz entertainment and then a DJ for dancing. The trip fee is \$94pp; August 21 for a trip to the Stageloft Theatre in Sturbridge, MA to see "Wrong Window" with lunch at Salem Cross Inn before the show. The trip fee is \$73 pp.

The following Overnight trips have been planned: June 16-19, 2016 for a fully escorted Alaska Land & Cruise for six nights on land tour and 7 night cruise aboard the Holland American "Zaandam". Starting at \$4434pp; August 27-September 13, 2016 for a Trans/Atlantic Cruise with flight and motor coach included aboard the Royal Caribbean's "Serenade of the Seas." 18 days. Starting at \$3136pp; October 9-11, 2016

to "Samson" at the Sight & Sound Millennium Theater in Lancaster, PA for a two night stay at the Double Tree by Hilton Hotel. Free time at Longwoods Garden and Philadelphia included. \$467pp double; \$429 pp triple and \$557pp single; 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 Ft. Lauderdale. 12 nights. Starting at \$2,027; December 2-4, 2016 for a trip to Niagara Falls Festival of Lights Tour in Niagara Falls, Canada. 3 days and 2 nights. \$495 pp double, \$465 triple and \$625 single.

c. Programs.

(1) Senior Nutrition Program. Ms. Wilson reported she and Joe Palazzo attended Carnivale at Ocean Beach a fundraiser for the TVCCA Meals-on-Wheels program. Meals-on-Wheels received lots of support. East Lyme delivers 25-30 meals.

She informed the Commission that because of budget cuts, TVCCA has decided that in the Southeast Region, the program will no longer deliver weekend or holiday meals as of May 1. New client referrals are not being processed quickly as the agency deals with its current clients to explain the upcoming changes.

We still do not have a Site Server. This individual is hired through TVCCA. They have requested that we put an ad in our newsletter and on the Town website. It was suggested that it be placed on Facebook.

(2) Senior Center Programs-Ongoing. Ms. Wilson informed the Commission the music lessons and exercise classes are well received.

(3) Senior Center Programs – New. Ms. Wilson reported strength training class and Drama Group are doing very well.

Shred Day will be held on May 7 from 9 a.m. to 12 noon.

The 90+ Tea is scheduled for May 20 at 1 p.m.

We have begun our walking group.

Ms. Caramanica has been working with the schools. We had our Big Band dance and students helped us decorate, serve and clean up. They will hold a one on one Tech Group and East Lyme Trivia Day.

The Hearing Clinic is booked until July.

The Health and Wellness Series is doing well.

Hiking will begin in May.

Adult Coloring is doing well.

Ms. Caramanica is holding a lunch and learn group.

A program will be held on how to read your auto and home insurance policies.

In May Social Security will be discussed.

d. Budget - General Fund, Revolving Account. Ms. Wilson reported the budget is doing o.k.

e. Revenues - General Fund, Revolving Account. Ms. Wilson reported our revenues are increasing.

### 3. OLD BUSINESS

a. Budget Request for Fiscal Year 2016-2017. Ms. Wilson reported the total town budget needs to be reduced by \$225,000. Ms. Hardy reported the Board of Selectmen will hold a Special Meeting tomorrow night to discuss this reduction.

b. Parahus Account -- Putting a Portion into interest bearing CDs. Ms. Wilson received a packet from Attorney McKeever. We have received \$80,000 as beneficiary from an estate so far. We will receive another \$4,000.

Ms. Wilson discussed interest rates if we put a portion of the Parahus Account into interest bearing CDs for one year. Each were under 1%. Ms. Hardy suggested putting it in for a longer period of time. Ms. Wilson will have available for the Commission the interest rates for 12 months, 18 months and two years.

Mr. Palazzo asked if we will have our one-third share for the new stove? It was felt we will.

c. Charles B. Allyn Foundation Grant. Ms. Wilson reported Groton, Waterford and East Lyme have applied for the Charles B. Allyn Foundation Grant and received \$3,000.

d. Vacancy on the Board. Ms. Hardy reported last Wednesday the Board of Selectmen appointed John Donnelly to this Commission. She has tried to reach him to request that he be sworn in without success.

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

### 4. NEW BUSINESS

a. Grant for Elderly & Disabled Demand Responsive Transportation. Ms. Wilson reported Dial-a-Ride provides transportation for medical appointments, it allows for caregiver mileage reimbursement. There is a \$24 annual enrollment fee for 18 round trips.

Ms. Harris asked is this transportation only available for those over 65 or is it also available to the disabled? Ms. Wilson replied also for the disabled. Salem has also asked to join in on this grant. This transportation is a huge benefit for senior centers. The application has been submitted.

b. Federal Transit Administration Section 5310 Program Grant. Ms. Wilson is working on this grant for vehicle replacement. She wishes to take the Ford van out of the Senior Center because it is not handicapped accessible. This grant is due by April. DOT would pay 80% for the vehicle and the Town would pay 20%. The earliest it can be received is July 2017.

c. Check from TVCCA/EA. Because Ms. Wilson has been processing energy applications TVCCA sent a check for \$700 which will go into the Parahus Account.

d. Expenditures from the Parahus Account. Ms. Wilson reported we have been discussing Senior Learning Network. You can have a classroom in the Senior Center on TV. A lap top, camera and projector are needed, as well as a 65' TV. Ms. Bengtson asked how much will it cost per month? It is \$40 per month and \$440 for membership. If you tie in with another group it will be \$30 per month.

MOTION: Mr. Whritner moved to authorize Cathy Wilson to spend up to \$1400 for membership in the Senior Learning Network. Seconded by Ms. Bengtson. (6-0) Unanimous.

Ms. Harris asked what educational programs do they offer? Ms. Hardy felt they offer many courses.

e. Touch a Truck Event. Ms. Wilson was asked if the Senior Center should provide a vehicle to the annual Touch a Truck Event held at McCook's. Mr. Whritner felt this was a wonderful program but felt with pending budget cuts, this would not be a program the Senior Center could support this year.

f. Public Education Grant Through Title III/Senior Resources. Ms. Wilson reported Senior Resources is able to offer Title III grants. Judy Jenks wrote a grant for regional programs. We would like to have fun and education programs.

g. Volunteer Driver Recruitment 5310 Grant. Ms. Wilson reported a volunteer driver program has been discussed. We would have to have background checks. These volunteers would be reimbursed for their mileage. The Senior Center would

provide in-kind service such as publicity, information and referral which would be worth \$2,000.

h. FOI Information. Mr. Palazzo and Ms. Wilson attended a session on Freedom of Information. A policy was created for the Commission regarding how to handle FOI requests and was discussed by the Board.

i. Regional Website. The regional website is doing well. We put an article in the bulletin and will request that the Day and Lyme Times put an article in.

j. Incident Report. Commission members reviewed the incident report.

k. Other Pertinent Business. Ms. Bengtson attended an indoor flea market and met an individual who represents the New London Senior Center. She had a booth and the profit goes to the Senior Center. In Stonington profits go to the youth and seniors. Ms. Bengtson agreed to find space in Town for this type of fundraiser.

Ms. Hardy asked that all present be aware that if someone comes to the door or calls on the telephone to engage in conversation about discussions regarding this Commission, suggest that this individual correspond to the Chairperson.

## 5. PUBLIC DISCUSSION

Mr. Johnson informed the Commission he found the meeting interesting.

## 6. ADJOURNMENT

MOTION: Ms. Bengtson moved to adjourn the April 11, 2016  
Commission on Aging Meeting at 6:10 p.m.  
Seconded by Ms. Harris. (6-0) Unanimous.

Respectfully submitted

Frances Gheri, Recording Secretary