


COMMISSION ON AGING
REGULAR MEETING
SEPTEMBER 9, 2019

Present: John Whritner, Acting Chairman
Marge Caste
BB Smith
Ilene Harris
Joan Bengtson

Absent: Joe Palazzo
Mike Bekech

Also Present: Cathy Wilson, Senior Center Director
Rose Ann Hardy, Ex officio
Don Campbell

FILED
Sept 12 20 19 AT 9:10 AM/PM

EAST LYME TOWN CLERK

1. PRELIMINARY BUSINESS

- a. Pledge of Allegiance. The Pledge of Allegiance was observed.
- b. Delegations. Don Campbell of Sleepy Hollow was present.
- c. Minutes of July 8, 2019. Acting Chairman Whritner asked for additions, corrections or deletions to the July 8, 2019 Commission on Aging Minutes.

MOTION (1): Ms. Joan Bengtson moved to approve the July 8, 2019, Commission on Aging Minutes, as presented. Seconded by Marge Caste. (5-0) Unanimous.

2. STATUS REPORT

- a. Transportation. No issues. Vehicles are running well. Driver situation is stable.
- b. Senior Trips.

1. Enrichment Trips. Sep 11th trip to the Slater Memorial Museum with lunch afterwards at Caddyshack Restaurant at the Norwich Municipal Golf Course for \$7pp. Sep 25th trip to Branford for a Thimble Islands cruise with lunch afterwards at the Chowder Pot for \$18pp.

2. Day/Overnight Trips.

Day Trips:

Wed, Sep 4th - Enjoy an afternoon at **Theater by the Sea** for their production of "Saturday Night Fever". Lunch on your own in the lovely seaside town of Galilee, RI. Trip fee is \$70pp. Moderate walking. WAIT LIST ONLY.

Tue, Sep 24th - Let's head to **Webster Lake** in Webster, MA and enjoy a lovely riverboat cruise. Lunch is included and will be at the Waterfront Dining Room. Menu choice is needed upon

registration. After lunch, enjoy free time to shop at Foppema's Farm - a 75-acre fruit and vegetable farm located in Northbridge. Trip is \$89pp. Registration has begun. Moderate walking. WAIT LIST ONLY.

Tue, Oct 1st - Join us for a narrated tour of a **Cranberry Bog** at A.D. Makepeace Co - the world's largest cranberry grower. Lunch is included at Lindsey' Family Restaurant and menu choice is needed upon registration. Stop at Dorothy Cox Chocolates Factory before heading home. Trip fee is \$92pp. Moderate walking. WAIT LIST ONLY.

Tue, Oct 15th - Polka at the Aqua Turf featuring the Polka Family Band. Bring your dancing shoes or just come for the fun music. Lunch included. Trip fee is \$73pp. Minimal walking. Registration begun.

Thu, Nov 7th - Travel back in time with us as we enjoy a morning, guided tour of **Old Sturbridge Village** in Sturbridge, MA. Enjoy this 200-acre outdoor history museum with time after lunch (lunch included) in the afternoon to wander and explore. Trip fee is \$102. A lot of walking. Registration begins Sep 3rd.

Sun, Nov 24th - Start your holiday celebrations with a murder mystery romp at the **Newport Playhouse & Cabaret** for their rendition of "*A Christmas Cactus*". Always a good time and a great way to take the stress out of the holiday season. Lunch is included. Trip fee is \$80pp. Minimal walking. Registration begins Sep 3rd.

Thu, Dec 5th - Another way to celebrate the holidays is to join us for a Rockwell Christmas at the **Norman Rockwell Museum** in Stockbridge, MA with lunch included at the Red Lion Inn. Afterwards, we'll take a leisurely drive through Forest Park's **Bright Nights** in Springfield, MA. Trip fee is \$110pp. Moderate walking. Registration begins Sep 3rd.

Overnight Trips:

Sept 8-15, 2019 - Cruising Maine and Atlantic Canada on NCL's Escape. 8 days, 7 nights. Transportation to pier included. Prices start at \$1559pp double occupancy.

Sept 15-22, 2019 - Guided tour of America's Cowboy Country to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599pp double occupancy.

Oct 29-Nov 9, 2019 - Guided tour of Southern Italy & Sicily. 12 days, 11 nights. Transportation & transfers included. Prices start \$3799pp double occupancy. Registration has begun.

Dec 29 to Jan 2, 2020 - Pasadena CA and the Tournament of Roses Parade. 5 days, 4 nights. Transportation & transfers included. Optional 3-night tour extension to Las Vegas. Prices start \$2579 double occupancy. Registration has begun.

Feb 6-9, 2020 - Quebec Winter Carnival with a travel guide. 4 days, 3 nights. Old Quebec City, Winter Carnival and Carnival's Night Parade. Prices start \$930pp double occupancy. Register has begun.

Mar 2-8, 2020 - Iceland's Magical Northern Lights and tour of the country. Enjoy the natural beauty of Iceland. Transportation & transfers included. Prices start at \$3699pp double occupancy. Registration has begun.

c. Programs.

1. Senior Nutrition Program. Summer was difficult due to volunteers taking vacations and volunteer illnesses. Starting to calm down now as new people are being trained. Café numbers are dismal.

2. Senior Center Programs – Ongoing. Programs going well.

3. Senior Center Programs – New.

Mini Facials will be offered beginning in September.

New Biking Club is starting with first bike ride scheduled for 9/11/2019.

Monthly Caregiver Support Group beginning in September.
New writing program – Chapter of Our Lives – to start in September.

- d. **Budget – General Fund, Revolving Account.** Ms. Wilson reported there were no issues to date in the General Fund Revolving Account. The Commission reviewed the General Fund Revolving Account spreadsheet.
- e. **Revenues – General Fund, Revolving Account.** The Commission reviewed the FY18/19 General Fund as well as the FY18/19 Revolving Account spreadsheet.

3. OLD BUSINESS

- a. **Rebranding of the Senior Center.** Ms. Wilson had nothing new to report on rebranding of the Senior Center.
- b. **Newsletter Design and Contract.** Ms. Wilson informed the Commission they are revamping the newsletter.
- c. **Department Use of Credit Cards.** Ms. Wilson stated we have been paying fees when an individual uses their credit card. She has spoken to the Finance Director and suggested that the Town have a decision on having a fee for credit card use.
- d. **Removal of Organ.** Ms. Wilson reported the organ has been removed from the Senior Center.
- e. **FY2020 – Program Fees.** Ms. Wilson has reviewed charges for program fees. The goal is to have a program pay for itself or come close to paying for itself. If there is a surplus or a large trip that can subsidize programs this would help. Mr. Whritner asked when must a decision be made on this matter? Ms. Wilson replied prior to July 1, 2020.
- f. **Other Pertinent Business.** There was no discussion of other pertinent business old business.

4. NEW BUSINESS

- a. **Annual Report FY18/19.** A draft of the Annual Report for fiscal year 2018-2019 was reviewed by the Commission. Ms. Wilson stated the TVCCA café numbers continue to go down. Transportation is increasing every year. Attendance is increasing.
- b. **Review of Revenues for FY 18/19.** Ms. Wilson informed the Commission our General Fund Transportation brought in \$2,200 this year. We received money for programs. We are short \$2,700 of what was projected. The majority of these costs will be moved into the Special Revenue Fund. We have a limited number of individuals who can attend Chair Yoga because of the size of the room used. The Special Revenue Fund has increased by \$10,000.
- c. **Other Pertinent Business.** Ms. Hardy reported TVCCA has not had a representative from East Lyme for 1 ½ years. If any Commission member knows of someone who is interested in representing East Lyme, she asked that she be informed. Ms. Wilson will advertise this need in the newsletter.

5. PUBLIC DISCUSSION

Mr. Campbell felt there is a need to identify the elderly in need of contact. Ms. Branbridge was the head of CONTACT. She and Bob Davidson trained individuals to determine if there was a need. for a crisis intervention hot line. It was a positive approach. Not only did CONTACT have daily telephone calls; they had respite care for caregivers. They also had a Gatekeeper's Program that trained mailmen and oil truck delivery men to determine if there were indications that someone was failing. He suggested that this be something to consider.

6. BOARD RESPONSE

There was no Board response.

7. ADJOURNMENT

MOTION (2): Ms. Harris moved to adjourn the Commission on Aging Regular Meeting of September 9, 2019 at 5:30 pm. Seconded by BB Smith. (5-0) Unanimous.

Respectfully submitted,

Frances Gheri, Recording Secretary