



East Lyme Senior Center ANNUAL REPORT FY17/18

The East Lyme Senior Center is located at the Nicholas Parahus Senior Center, which is part of the Community Center Complex, housed off of Society Road.

The East Lyme Senior Center has again been designated a *Focal Point* by Senior Resources Area Agency of Aging for the Area Plan of 2017 - 2020. The Senior Center applied for and received the Dept. of Transportation State Matching Grant for Elderly & Disabled Responsive Transportation for the 9th year in a row. Additionally, a vehicle was purchased through the State of Connecticut, Dept. of Transportation 5310 Grant. That vehicle was put into operation in October 2017.

The East Lyme Senior Center has a Facebook page; a site on the Town of East Lyme website at www.eltownhall.com and participates in a regional senior center website: www.seniorcenterct.org.

Senior Centers look to their local citizens and businesses for support to meet their goals and objectives and to help guide them for the future. This process can happen in a variety of ways: Local townspeople and businesses can volunteer their time to teach a class or to assist with the running of a program; Townspeople can become a Board Member of the Commission on Aging that oversees the activities of the Senior Center; and/or Townspeople can attend the Commission on Aging Board Members to express their ideas or concerns about the local, aging community.

The East Lyme Senior Center provided the following services/programs for the fiscal year July 1, 2017 to June 30, 2018.

The following are members of Commission on Aging Board:

Mr. Joe Palazzo, Chair Mr. John Whritner, Vice-Chair
Ms. Ilene Harris, Secretary/Treasurer
Ms. Marge Caste Ms. Joan Bengtson
Ms. Barbara Smith Mr. Michael Bekech
Ms. Roseanne Hardy, Ex-Officio

Regular monthly meetings were held throughout the year with the exception of an August break. The meetings were scheduled for the second Monday of every month and they begin at 5:00pm. The public is encouraged and welcome to attend. Special meetings were held as needed.

The following are staff members of the East Lyme Senior Center:

Ms. Cathy Wilson, Senior Center Director
Ms. Kristen Caramanica, Program Coordinator
Ms. Jane Bowen Senior Center Associate
Ms. Roxanne Kormos, Bus Driver
Mr. John Hallissey, Bus Driver
Ms. Melissa Victor, Bus Driver
Mr. Joseph Savoie, Bus Driver

The East Lyme Senior Center and the Commission on Aging Board are fully committed to serving every senior citizen in East Lyme by providing support and assistance. Any concerns or comments are welcome at both the Commission on Aging Board Meetings and the Commission on Aging Office located within the East Lyme Community Center.

Respectfully submitted,

Joseph Palazzo
Chairman, Commission on Aging Board

Cathy J. Wilson
Senior Center Director

NUTRITION/FOOD PROGRAMS

Senior Nutrition Program

Total # of Meals Served		14,726
Congregate Site Clients	# of meals served	1,853
Homebound Clients	# of meals served	12,873



TRANSPORTATION

Senior Center Vehicles Usage		
# of Clients Served for the Year	112	
Total Mileage for the Year	26,340	
Average Monthly Mileage	2,195	
Total # of Riders	3,720	
Average Monthly Ridership	310	
Total # of Rides	6,938	
Average Monthly Rides	578	



Senior Center transportation usage continues to increase, particularly the number of stops that are made for each individual. The number of clients using the service has remained steady.

Dial a Ride Medical Transport (Grant Funded)

# of Clients Registered for the Service	51	stable
# of Clients Served for the Year	36	↓38%
# of Trips Taxi/Livery Rides	811	↑18.5%
# of Trips Caregiver Mileage Reimbursement Portion	246	↓32%

Total East Lyme Trips (Taxi & Caregiver)	1,057	stable
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The number of clients registered for the DialaRide program remained essentially the same from FY15/16 to FY16/17 (57 vs 52). However, the number of clients who actually used the service dramatically decreased while the number of rides showed an increase. The clients using the service are being transported for multiple rides. However, many clients are registering for the program but using it as a backup contingency in case their person connections cannot provide transportation.

ATTENDANCE TO PROGRAMS

# of Clients Served for the Year	1,312
Attendance Statistics for Programs	23,606
Attendance Statistics for Congregate Site Clients	1,853
Total Attendance Figures	25,459

Senior Center attendance continues to trend upwards as more people become eligible to participate in programs.



SERVICE PROGRAMS

AARP-Mature Driver Safety Course
AARP-Tax Aide Program
Blood Pressure Clinics Held by the V.N.A.S.C.
Energy Assistance - State of Connecticut Program - Operation Fuel
- Project WarmUp
Grief Support Group



Flu Vaccine Clinic Held by the V.N.A.S.C.
Health Seminars – *Knee Pain – Respiratory Winter Wellness*
Parkinson's Disease – Sciatica – Hospice Benefits & 5 Wishes
Health Insurance Counselors Assistance Program
Hearing Clinic - Monthly
Holiday Greetings for Veterans
Lamination Services

Living Will Information
Open Enrollment Assistance for Medicare Part D Enrollees
Medicaid Assistance
Medicare Savings Programs Assistance
Mini Health Clinic Sponsored by Niantic Lions
Renter's Rebate Program Assistance
Shred Day Event
Transportation Services for Election Day
Vascular Screening
Volunteer Appreciation Open House
Wellness Clinic Managed by the V.N.A.S.C.



ENRICHMENT/FUN PROGRAMS

Adult Coloring
BINGO
Bocce - Indoor and Outdoor
Brain Aerobics

ENRICHMENT/FUN PROGRAMS CONTINUED

Bridge - Weekly - Duplicate – ABCL Sanctioned

Bridge - Weekly - Duplicate

Bridge - Weekly - Rubber Bridge Shoot Out

Bunco

Canasta – Hand & Foot

Chair Yoga

Chorus

Cookbook Club

Craft Classes - Miscellaneous

Drama Club



Drawing Class

Drumming Circle

Educational Programs - *Laughing Yoga - Credit Report - Hospice Benefits & 5 Wishes - Storm Preparedness - Transportation Options*

Golf Lessons

Hiking Programs

Mah Jongg

Massage Therapy

Musical Entertainment

Music Lessons - Advanced Beginner Ukulele

Music Lessons - Advanced Beginner Guitar

P.A.C.E. - People with Arthritis Can Exercise Classes

Painting Group

Pickleball

Ping Pong

Quilting - Daytime and Evening

Reflexology

Reiki

Tai Chi

Tap Dancing Classes

Technology Assistance with ELHS Students

Trip/Cruise Presentations

Senior Fitness Classes

Scrabble

Strength Training Classes



VSA Acappella Chorus

Yoga

Walking Program

Weight Training Classes

Zumba Gold



SPECIAL EVENTS



A Community Read of *The Declaration of Independence*

90+ Celebration Luncheon

Annual Pig Roast at McCook's Park

Annual Supper with the Lions Club

Big Band Dances with The Illusions Band

East Lyme High School Band Concerts

Holiday Dinners/Picnics

Holiday Mocktail Party

Lunches with the East Lyme High Culinary Program

Regional Event at Port-n-Starboard Banquet Facility at Ocean Beach

Senior Expo at the Norwich Technical High School

East Lyme Players Productions of "Rumors" and "A Fitting Confusion"

Veterans' Breakfast

Mystery Dinner Theater

ENRICHMENT TRIPS

The Gelston House, East Haddam

The Morning Glory Café, Old Lyme

Costello's, Noank

Guilford Mooring, Guilford

The Monkey Farm, Old Saybrook

Friends & Company, Madison

Toro Asian Bistro, Colchester

Frank's Gourmet Grille, Mystic

ELHS, East Lyme

Rein's Deli, Vernon

Go Fish, Mystic

ELHS, East Lyme

Longhorn Restaurant, Waterford

Ruby Tuesdays, Waterford

Tony D's, New London

Christy's, Madison

Aroogas, Uncasville

The Steak Loft, Mystic

ELHS, East Lyme

Breakwater, Stonington

Abbott's, Noank

The Log Cabin, Clinton

The Seahorse, Noank

The 99 Restaurant, Groton



DAY/OVERNIGHT TRIPS

Pindar Vineyards, Long Island, NY
"The Producers" at Theater By the Sea, Matunuck, RI
The Big E, Springfield, MA
Salem Cross Inn, West Brookfield, MA
Whitney Museum of American Art, NYC
JFK Presidential Library & Museum, Boston, MA
Mohegan Sun Casino, Uncasville, CT
"The Crazy Time" at Newport Playhouse & Cabaret, Newport, RI
Mansion Tours for Christmas in Newport, RI
Mohegan Sun Casino, Uncasville, CT
Norman Rockwell Museum, Stockbridge, MA
"Sister Act" at the Westchester Broadway Theater in Elmsford, NY
Tour of the New York Public Library and the Morgan Library, NYC
Newport Flower Show, Newport, RI

Washington, DC - Sep 2017
Fall Foliage Cruise New England, Canada, & Newfoundland - Oct 2017
"Jonah" at the Sight and Sound Theatre - Oct 2017
Croatia, Slovenia and the Adriatic Coast - Nov 2017
Quebec Winter Carnival - Feb 2018



The Senior Center would like to thank the following businesses and organizations for their support during FY17/18:

AARP
Bridebrook Health & Rehabilitation Center
Citizens Bank
Clear Captions
Coastal CT Research
Crescent Point of Niantic
CT Dept of Energy & Environmental Protection
Eastern CT Transportation Consortium
East Lyme Police Benevolent Association
East Lyme Public Library
Fox Rehab
Gladeview Rehabilitation & Health Care Center
Interactive Club for the Elderly (I.C.E.) of East Lyme High School
Nancy Jablonski – Audiology Concierge
Liberty Bank
Jeff McNamara, Probate Judge
Niantic Lions
Niantic Rotary Club
Visiting Nurse Association of Southeastern Connecticut
Dr. Stanat, Dr. Piposar & Dr. Vafek with Orthopedic Partners
Vitas Healthcare
SECT Regional Resource Recovery Authority
Select Physical Therapy
The Shack
Niantic Toastmasters
Shoreline Advanced Toastmasters
Southern CT Vascular Group
Thames Valley Council for Community Action
UCONN Extension
Utopia Health Care
Valley Shore Acappella
Katie Ziskind - Wisdom Within Counseling

Thank You!