



East Lyme Senior Center  
ANNUAL REPORT FY18/19

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 9<sup>th</sup> 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. Another grant was written in FY18/19 for the purchase of a vehicle that would replace an aging vehicle and go into operation in the fall of 2020. The outcome is pending.

The East Lyme Senior Center has a Facebook page; a site on the Town of East Lyme website at [www.eltownhall.com](http://www.eltownhall.com) and participates in a regional senior center website: [www.seniorcenterct.org](http://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, 2018 to June 30, 2019.

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		14,001	↓5%
Congregate Site Clients	# of meals served	2,185	↑18%
Homebound Clients	# of meals served	11,816	↓9%



## TRANSPORTATION

Senior Center Vehicles Usage			
# of Clients Served for the Year	118		↑5%
Total Mileage for the Year	28,251.74		↑6.77%
Average Monthly Mileage	2,354.32		
Total # of Riders	3,924		↑6.15%
Average Monthly Ridership	327		
Total # of Rides	7,238		↑4.43%
Average Monthly Rides	603		



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	81		↑14.8%
# of Clients Served for the Year	58		↑3.34%
# of Trips Taxi/Livery Rides	628		↓24.05%
# of Trips Caregiver Mileage Reimbursement Portion	277		↑8.67%
 Total East Lyme Trips (Taxi & Caregiver)	 905		 ↓14.04%

The Dial-a-Ride grant is comprised of 2 sections: mileage reimbursement for a person who provides a medical ride for an enrolled client and the actual provision of rides to medical appointment for enrolled clients. During the FY17/18, the provision of rides had to be suspended in February 2019 due to an unexpected increase in usage.

In order to avoid a similar situation in FY19/20, the maximum number of rides that can be provided by the grant was reduced from 24 one-way trips to 12 one-way trips.

## ATTENDANCE TO PROGRAMS

# of Clients Served for the Year	1,691	↑22.42%
Attendance Statistics for Programs	<b>25,296</b>	↑6%
Attendance Statistics for Congregate Site Clients	2,185	↑15%
Total Attendance Figures	27,481	↑6.84%

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

Foot Clinic held by the V.N.A.S.C.

Flu Vaccine Clinic held by the V.N.A.S.C.

Health Seminars – *Are you strong enough? – Walk with Ease - LSVT*

*Big exercise program - Staying safe and independent in your home –*

*Overactive Bladder & Urinary Incontinence - Hip & Knee pain*

Health Insurance Counselors Assistance Program

Hearing Clinic - Monthly

Holiday Greetings for Veterans

Lamination Services

Lunch & Learn series - *Probate Forum - Work Force Units explanation*

Meals on Wheels delivery

Medicaid Assistance

Medicare Savings Programs Assistance

Open Enrollment Assistance for Medicare Part D Enrollees

Renter's Rebate Program Assistance

Shred Day Events

Storm Preparedness workshop with UCONN

Tools for Caregivers series

Transportation Services for Election Day



## ENRICHMENT / FUN PROGRAMS

Adult Coloring

BINGO

Bocce - Indoor and Outdoor

Brain Aerobics

Bridge - Weekly - Duplicate – ABCL Sanctioned

Bridge - Weekly - Duplicate

## ENRICHMENT/FUN PROGRAMS CONTINUED

Bridge - Weekly - Rubber Bridge Shoot Out

Bunco

Canasta – Hand & Foot

Chair Yoga

Chorus

Cookbook Club

Craft Classes - Miscellaneous

Drama Club - 2 Staged Reading Productions

Drawing Class

Drumming Circle



Guitar Jam session

Hiking Programs

Lunches

Mah Jongg

Manicures

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

Stitch Happens

Tai Chi

Technology Assistance with ELHS Students

Trip/Cruise Presentations

Senior Fitness Classes

Scrabble

Strength Training Classes

VSA Acappella Chorus



Yoga

Walking Program - summer and winter

Weight Training Classes

Zumba Gold



## SPECIAL EVENTS



90+ Celebration Luncheon  
Annual Lunch with the Rotary Club  
Annual Picnic at McCook's Park - Pig Roast  
Annual Supper with the Lions Club  
Big Band Dances with The Illusions Band  
East Lyme High School Band Concerts  
East Lyme Players Productions of:  
"Don't Dress for Dinner" and "This Must Be the Place"  
Holiday Dinners/Picnics  
Holiday Mocktail Party  
Lunch and Learn with Congressman Courtney  
Lunches with the East Lyme High Culinary Program  
Mystery Dinner Theater  
Regional Event at Port-n-Starboard Banquet Facility at Ocean Beach  
Veterans' Breakfast  
Volunteer Appreciation Open House

## ENRICHMENT TRIPS

The Shack, East Lyme	Applebee's, Groton
On the Waterfront, New London	Longhorn Steakhouse, Waterford
The Back Porch, Old Saybrook	Hideaway Restaurant, Old Lyme
Local Lighthouse Cruise, New London	The Log Cabin, Clinton
Oriental Bar & Grill, Montville	The Red Lobster, Wethersfield
Sadler's Restaurant, Marlborough	Frank's Gourmet Grille, Mystic
Lenny & Joe's Fishtale, Westbrook	Bill's Seafood, Westbrook
Pumpkintown, USA, East Hampton	Yantic Inn, Norwich
ELHS Luncheon, ELHS	Lenny & Joe's Fishtale, Westbrook
The Steak Loft, Mystic	



DAY/OVERNIGHT TRIPS

Circle Line Harbor Cruise, NYC

Lenz Vineyards, Long Island, NY

“Chicago” at Theater By the Sea, Matunuck, RI

Seven Seas Whale Watch, Gloucester Ma

USO Show, Aqua Turf, Plantsville, CT

Radio City Christmas Spectacular, NYC

MGM Casino, Springfield, MA

Wicked Tulips Flower Farm, Johnston, RI

Walkway over the Hudson/ Culinary Institute of America, Hyde Park, NY

Newport Flower Show, Newport, RI

Tour of Providence, RI

Canadian Niagara Falls - Aug 2018

Imperial Cities includes Prague, Vienna & Budapest - Oct 2018

“Jesus” at the Sight and Sound Theatre - Oct 2018

Stowe, VT - Nov 2018

Myrtle Beach & Charlestown, SC - Apr/May 2019

Bermuda Cruise - May 2019



The Senior Center would like to thank the following businesses and organizations for their support during FY18/19:

AARP  
Bridebrook Health & Rehabilitation Center  
Holly Cheeseman - State Representative  
Joe Courtney - U.S. Congressman  
Crescent Point of Niantic  
Eastern CT Transportation Consortium  
East Lyme High School students  
East Lyme Police Benevolent Association  
East Lyme Public Library  
Flanders Fish Market & Restaurant  
Ellen Fougere - CHOICEs Counselor  
Fox Rehab  
Helping Hands & Healing Hearts  
Nancy Jablonski – Audiology Concierge  
Lions Club - Niantic  
Jeff McNamara - Probate Judge  
Niantic Toastmasters  
Orthopedic Partners - Dr. Stanat  
John Pitarra Jr. - Senior Benefits & Medicare Specialist  
William Raveis Realty  
Rotary Club - Niantic  
Select Physical Therapy  
Shoreline Advanced Toastmasters  
Dr. Robert Spitz  
Thames Valley Council for Community Action  
UConn Extension  
Visiting Nurse Association of Southeastern Connecticut  
Valley Shore Acappella Chorus

*Thank You!*