



East Lyme Senior Center  
ANNUAL REPORT FY19/20

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. It is a designated Focal Point - as approved by Senior Resources Area Agency of Aging for the Area Plan of 2017 – 2021.

The Senior Center continues to explore funding sources and applied for and received the Dept. of Transportation State Matching Grant for Elderly & Disabled Responsive Transportation for the 10<sup>th</sup> year in a row. This grant provides transportation to East Lyme residents for medical appointments within southern New London County. In addition, the Senior Center applied for and received the 5310 Grant offered by the State of Connecticut, Department of Transportation to replace an aging Senior Center bus. That vehicle will be put into operation in FY20/21.

In our commitment to communicate with the Town's older adults, the 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). The Senior Center also maintains an email distribution list to forward information to any interested party. Anyone can be added to this email list by contacting the Senior Center office.

Because of the COVID-19 pandemic, the operation of the Senior Center was dramatically affected. On March 13th, 2020, the Senior Center essentially, with a few exceptions, ended any indoor programming. Transportation service was curtailed. To counter this elimination of indoor programming, weather permitting, classes were held outside or were presented via Zoom. On the following pages are the programs and services provided by the East Lyme Senior Center from 7/1/2019 to 6/30/2020.

The following are members of Commission on Aging Board:

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

Regular monthly meetings (with the exception of the August 2019 annual break) were held until March 2020. At that time, the monthly Commission on Aging Board meetings were suspended until October 2020. At that point, they resumed. 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 - until October 2019  
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

In October 2019, Program Coordinator Kristen Caramanica, took a position with the East Hartford Senior Center. Because of the pandemic, that position remained open until October 2020. The East Lyme Senior Center and the Commission on Aging Board are fully committed to serving every older adult 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,  
John Whritner  
Chairman, Commission on Aging Board  
Cathy J. Wilson  
Senior Center Director

## NUTRITION/FOOD PROGRAMS

### Senior Nutrition Program

Total # of Meals Served		13,081	↓7%
Congregate Site Clients	# of meals served	1,896	↓15%
Homebound Clients	# of meals served	11,185	↓5.6%



## TRANSPORTATION

Senior Center Vehicles Usage			
# of Clients Served for the Year	92		↓28%
Total Mileage for the Year	21,154		↓33%
Average Monthly Mileage	1,763		
Total # of Riders	2,330		↓68%
Average Monthly Ridership	194		
Total # of Rides	4,253		↓70%
Average Monthly Rides	354		



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	61	↓33%
# of Clients Served for the Year	38	↓53%
# of Trips Taxi/Livery Rides	410	↓53%
# of Trips Caregiver Mileage Reimbursement Portion	108	↓150%
Total East Lyme Trips (Taxi & Caregiver)	518	↓75%

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	1,256	↓35%
Attendance Statistics for Programs	17,331	↓46%
Attendance Statistics for Congregate Site Clients	1,896	↓15%
Total Attendance Figures	19,227	↓43%

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.

Caregiver Support Group

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 – *Tired or Sore Legs – Fall Prevention & Home Safety*

Health Insurance Counselors Assistance Program

Hearing Clinic - Monthly

Lamination Services



Meals on Wheels delivery

Medicaid Assistance

Medicare Savings Programs Assistance

Open Enrollment Assistance for Medicare Part D Enrollees

Powerful Tools for Caregivers

Renter's Rebate Program Assistance

Shred Day Events

Tools for Caregivers series

Transportation Services for Election Day



## ENRICHMENT/FUN PROGRAMS

BINGO

Bocce – Indoor and Outdoor

Brain Aerobics

Bridge – Weekly - Duplicate – ABCL Sanctioned

Bridge – Weekly - Duplicate

Bridge – Weekly - Rubber Bridge Shoot Out

## ENRICHMENT/FUN PROGRAMS CONTINUED

Bunco  
Bicycling Club  
Canasta – Hand & Foot  
Chair Yoga  
Chapter of our Lives writing program  
Chorus  
Cookbook Club  
Craft Classes – Miscellaneous  
Drawing Class  
Guitar Jam session



Hiking Programs  
Lunches  
Mah Jongg  
Manicures  
Massage Therapy  
Mini Facials  
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  
Scene & Acting Class  
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



Annual Luncheon with the Rotary Club  
Annual Supper with the Lions Club  
Concerts by the Guitar Jam Group  
Holiday Dinners/Picnics  
Holiday Mocktail Party  
McCook's End of Summer Picnic  
Regional Event at Langley's Restaurant with The Corvettes  
Veterans' Luncheon

## ENRICHMENT TRIPS

Costello's Clam Shack, Noank  
CT Sun Game, Mohegan Sun  
Breakwater Restaurant, Stonington  
Thimble Islands Cruise, Branford  
Slater Memorial Museum, Norwich  
Thimble Islands Cruise, Branford  
Toyo Hibachi, Colchester

Tea Kettle, Old Saybrook  
E.L.H.S. Culinary Program  
Filomena's, Waterford  
The Monkey Farm, Old Saybrook  
The Hideway, Old Lyme  
Grasso Tech Culinary Program  
The Steak Loft, Mystic



### DAY/OVERNIGHT TRIPS

Tour of Providence - Italian Style, Providence, RI  
Block Island & Tour of Wind Farm, Old Harbor, RT  
Yankees vs Red Sox Game, Yankee Stadium, NY  
Raphael Winery, Long Island, NY  
"Saturday Night Fever" at Theater by the Sea, Matunuck, RI  
Cruise of Webster Lake, Webster, MA  
Cranberry Bog Tour at Makepeace Company, East Wareham, MA  
Polkabration at Aqua Turf, Plantsville, CT  
Tour of Old Sturbridge Village, Sturbridge, MA  
"A Christmas Cactus" at Newport Playhouse, Newport, RI  
Rockwell Christmas at the Norman Rockwell Museum, Stockbridge, MA

### OVERNIGHT TRIPS

Maine/Canada Cruise - Sep 2019  
America's Cowboy Country - Sep 2019  
Southern Italy - Oct/Nov 2019  
Tournament of Roses, CA - Dec/Jan 2020  
Quebec Winter Festival - Feb 2020  
Iceland - Mar 2020



The Senior Center would like to thank the following businesses and organizations for their support during FY19/20:

Advanced Vein Associates – Dr. Peter Hahn  
AARP  
Rachel Baer  
Care One Security  
Eastern CT Transportation Consortium  
East Lyme High School students  
East Lyme Police Benevolent Association  
East Lyme Public Library  
East Lyme Senior Center Guitar Jam Group  
Ellen Fougere - CHOICES Counselor  
Nancy Jablonski – Audiology Concierge  
Lions Club - Niantic  
Niantic Bay Bicycles  
Pretty Nails & Spa  
Rolf Ochsner family  
Rotary Club - Niantic  
Senior Resources Area Agency on Aging  
Dr. Robert Spitz  
Thames Valley Council for Community Action  
Visiting Nurse Association of Southeastern Connecticut

*Thank You!*