



East Lyme Senior Center  
ANNUAL REPORT FY21/22

The East Lyme Senior Center is located within 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 2021 – 2024.

The Senior Center continues to explore funding sources for programming and transportation services. For the 12th year in a row, the Senior Center applied for and received the CT Department of Transportation State Matching Grant for Elderly & Disabled Responsive Transportation. The awarding of this grant helps East Lyme residents get to medical appointments located within southern New London County. Wheelchair accessible vehicles as well as cars are available.

The Senior Center applied for the 5310 Grant in the spring of 2021 to replace an aging vehicle. This grant was awarded and the new vehicle was scheduled for delivery in the summer of 2022. However, due to supply chain issues created by the pandemic, the vehicle has not yet been received.

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 maintains an email distribution list to forward its monthly newsletter, “The Courier” to any interested party. Anyone can be added to this email list by contacting the Senior Center office.

*Live your life ~ Forget your age*

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 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. Candy Heikkinen, Program Coordinator  
Ms. Jane Bowen Senior Center Associate  
Ms. Roxanne Kormos, Bus Driver  
Mr. John Hallissey, Bus Driver  
Mr. Joseph Savoie, Bus Driver

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		11,249	↓8%
Congregate Site Clients	# of meals served	745	↓54.6%
Homebound Clients	# of meals served	10,504	↓.77%



Café meals were changed from being served Tue through Fri to being served on Tue & Thu only.

## TRANSPORTATION



### Senior Center Vehicles Usage

# of Clients Served for the Year	150	↑70%
Total Mileage for the Year	28,788	↑43%
Average Monthly Mileage	2,399	
Total # of Riders	2594	↑154%
Average Monthly Ridership	216	
Total # of Rides	4614	↑142%
Average Monthly Rides	384	

The pre-COVID transportation service resumed in July of 2021. Passenger numbers slowly increased due to the continuing effects of the COVID-19 pandemic.

### Dial a Ride Medical Transport (Grant Funded)

# of Clients Registered for the Service	237	↑38%
# of Clients Served for the Year	70	↑49%
# of Trips Taxi/Livery Rides	749	↑66%
# of Trips Caregiver Mileage Reimbursement Portion	20	↓10%

Total East Lyme Trips (Taxi & Caregiver)	769	↑62%
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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. To streamline the registration process, the client is no longer asked to annually complete a registration form so the # of clients registered for the service shows an increase.

## ATTENDANCE TO PROGRAMS

# of Clients Served for the Year	1010	↑31%
Attendance #s for Programs	17,412	↑206%
Attendance #s for Congregate Site Clients	745	↓125%
Total Attendance Figures	18,157	↑148%



## SERVICE PROGRAMS

During FY21/22, the provision of services reverted back to in person appointments.

- \* AARP Mature Driver Safety Class
- \* AARP-Tax Aide Program
- \* CHOICES counseling (CT's State Health Insurance Assistance Program)
- \* Connecticut Energy Assistance Program - (C.E.A.P.)
- \* Farmer Market Coupons were distributed
- \* Foot Clinic held by the V.N.A.S.C.
- \* COVID vaccine clinic held by Ledge Light Health District
- \* Distribution of face masks and test kits
- \* Hearing Clinic held by Nancy Jablonski
- \* Meals on Wheels
- \* Medicaid Assistance
- \* Medicare Savings Programs Assistance
- \* Open Enrollment Assistance for Medicare Part D Enrollees
- \* Renter's Rebate Program Assistance
- \* Shred Day Event
- \* Transportation Service for Election Days



## ENRICHMENT/EXERCISE/FUN PROGRAMS

During FY21/22, programs reverted back to in person classes.

Ageless Fitness Exercise  
BINGO  
Bunco  
Canasta – Hand & Foot  
Chair Yoga Class  
Craft Classes throughout the year  
Drawing Class  
FitDance Exercise  
Guitar Jam session  
Hand Pottery Class  
Hiking Program  
Manicures





Massage Therapy  
Mini Facials  
Music Lessons – Beginner Ukulele & Guitar  
Music Lessons - Adv Beginner Ukulele  
Music Lessons - Adv Beginner Guitar  
Painting Group  
Pickleball  
Pickleball Lessons

Ping Pong  
Quilting – Day and Evening  
Reflexology  
Reiki  
Scene & Acting Class  
Stitch Happens  
Tai Chi Class  
Technology Assistance with ELHS Students  
Scrabble  
Strength Training Class  
Yoga Class  
Writing Class



### FUN TRIPS

Fun trips resumed in August of 2021.

Jealous Monk, Mystic	Hangry Goose,
Costello's, Stonington	Hideaway, Old Lyme
Bill's Seafood, Westbrook	Monkey Farm, Old Saybrook
Sadler's Restaurant, Marlborough	Red 36, Mystic
Olio's, Groton	Toys Hibachi, Colchester

### ROMEO TRIPS (retired old men eating out)

New men only fun trips started in March of 2022.

Monkey Farm, Old Saybrook – Sneaker's Café, Groton – Jealous Monk, Mystic

### DAY/OVERNIGHT TRIPS

Day and Overnight trips resumed in September of 2021.

New York Botanical Gardens/Kusama: Cosmic Nature, Brooklyn, NY

Van Gogh Interactive Exhibit, Boston, MA

Newport Playhouse/"A Christmas Carol", Newport, RI

Newport Playhouse/"Carol Burnett Show", Newport, RI

Newport Flower Show, Newport, RI

Painted Canyons/Colorado, Utah, and Nevada



- 90+ Celebration
- Annual End of Summer Picnic at McCook's Park
- Holiday Lunches
- Grab & Go Thanksgiving Meal
- Grab & Go Veterans' Meal
- Grab & Go Dinner from the Niantic Lions
- Holiday Light Tour
- Distribution of Christmas Meal from Lillian's Restaurant
- Holiday Mocktail Party
- Monthly Lunch & Learn Events
- Mystery Dinner Theater/"White Feathers"

## SOCIAL SERVICES

During the below program years, the Senior Center office provided assistance to the senior and disabled community for the *Rent Rebate* program. During 2020 and 2021 and the pandemic concerns, the Senior Center office continued to provide the needed assistance while operating under COVID restrictions.

2019	182 clients
2020	193 clients
2021	204 clients

During the below program years, the Senior Center office provided assistance to the senior and disabled community for the *Energy Assistance* program. During 2020 and 2021 and the pandemic concerns, the Senior Center office continued to provide the needed assistance while operating under COVID restrictions.

2019	225 clients
2020	150 clients
2021	225 clients

