



RECEIVED FOR RECORD
EAST LYME, CT

2023 OCT 11 A 9:19

East Lyme Senior Center
ANNUAL REPORT FY22/23

Carol Hill
TOWN CLERK

What a wonderful fiscal year we had in 2022/2023. moving away from COVID-19 isolation and being able to offer great programming again.

Cathy Wilson retired after 29 years as the Senior Centers Director. She represented the Town with passion and treated it as her own. She devoted herself and was fully committed to meeting the growing needs of older adults in East Lyme. We wish her a happy retirement!

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 14th 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 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.

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.

We loved serving the residents in FY 2022/2023 and encourage everyone to come on down to participate!

The following are members of Commission on Aging Board:

Mr. Michael Bekech, Vice-Chair/Chair

Ms. Ilene Harris, Secretary/Treasurer

Mr. Joseph Palazzo

Ms. Joan Bengtson

Ms. Margret Hughes

Ms. Marge Caste, Vice-Chair

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 Retired 4/2023

Ms. Kristen Caramanica, Senior Center Director/Began 4/2023

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

Mr. Lee Edwards, Bus Driver

Ms. Kelly Fectau, 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,

XXXX

Chairman, Commission on Aging Board

Kristen Caramanica

NUTRITION/FOOD PROGRAMS

Senior Nutrition Program



Total # of Meals Served		9756	↓13.3%
Congregate Site Clients	# of meals served	746	↑.1%
Homebound Clients	# of meals served	9010	↓14.2%



Café meals were are being served Tuesday's and Thursday's only.

TRANSPORTATION



Senior Center Vehicles Usage

# of Clients Served for the Year		179	↑19%
Total Mileage for the Year	30,673	↑6.9%	
Average Monthly Mileage	2,563		
Total # of Riders	3385	↑30%	
Average Monthly Ridership	282		
Total # of Rides	9452	↑105%	
Average Monthly Rides	788		

Dial a Ride Medical Transport (Grant Funded)

# of Clients Registered for the Service	364	↑54%
# of Clients Served for the Year	93	↑33
# of Trips Taxi/Livery Rides	878	↑17.%
# of Trips Caregiver Mileage Reimbursement Portion	163	↑88%
Total East Lyme Trips (Taxi & Caregiver)	1041	↑35%

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	1790	↑77%
Attendance #s for Programs	21,595	↑24%
Attendance #s for Congregate Site Clients	746	↑.1%
Total Attendance Figures	24,131	↑33%



SERVICE PROGRAMS

- * 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

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

Rocky's Aqua
Scotch Plains
La Llorona

Lighthouse Cruise
Pumpkin Town
Grasso Tech

Café Flo
Griswold Inn
Olio's

ROMEO TRIPS (retired old men eating out)

Little Pub, Recovery Room, Café NV, Longhorn Steakhouse, Bills Seafood,
Oz-n- Bones, Norwich Golf Course, Lenny and Joe's, Costello's,

DAY/OVERNIGHT TRIPS

Holiday Light Tour
Highline, The Edge (Observation Deck)
Lake Webster Riverboat Cruise
Newport Playhouse
Providence-Italian Style
Daffodil Days at Blithewood Mansion
Covered Bridges with Cathedral of the Pines, Rindge, NH
Spain/Portugal
Alaska Cruise
Charles Riverboat Cruise, Boston MA



90+ Celebration
Ice Cream Truck
Welcome Breakfast for New Director
8th Annual End of Summer Picnic at McCook's Park
Holiday Lunches
Grab & Go Thanksgiving Meal
Veterans' Brunch
Annual Dinner from the Niantic Lions
Rotary Club Picnic
Holiday Mocktail Party
Monthly Lunch & Learn Events

SOCIAL SERVICES

During the below program years, the Senior Center office provided assistance to the senior and disabled community for the *Rent Rebate* program.

2019	182 clients
2020	193 clients
2021	204 clients
2022	208

During the below program years, the Senior Center office provided assistance to the senior and disabled community for the *Energy Assistance* program.

2019	225 clients
2020	150 clients
2021	225 clients
2022	166 clients

