

**COMMISSION ON AGING  
REGULAR MEETING MINUTES  
January 8, 2024**

Present: Michael Bekech  
Ilene Harris  
Joe Palazzo (by telephone)  
Margret Hughes

Absent: Joan Bengtson  
Marge Caste  
Wendy Fiore

Also Present: Kristen Caramanica, Director  
Rose Ann Hardy, Ex Officio

RECEIVED FOR RECORD  
EAST LYME, CT  
2024 JAN 10 P 4: 37  
Caulfield  
TOWN CLERK

**1. PRELIMINARY BUSINESS**

- a. **Pledge of Allegiance.** The Pledge of Allegiance was observed.

Chairman Bekech called the January 8, 2024 Commission on Aging Regular Meeting to order at 5 p.m.

- b. **Delegations.** There were no guests.

- c. **Approval of Meeting Minutes December 11, 2023.** Mr. Bekech asked for additions, deletions, or corrections to the December 11, 2023 Commission on Aging Minutes.

**MOTION (1): Ms. Harris moved to approve the December 11, 2023 Commission on Aging Minutes, as presented. Seconded by Mr. Palazzo. (4-0) Unanimous**

- c. **Correspondence.** Ms. Caramanica shared an article dated January 7, 2024 of Day newspaper navigating loneliness and isolation with the Commission.

**2. STATUS REPORT**

- a. **Transportation.** Ms. Caramanica had no updates on transportation.

**b. Senior Trips.**

**1. Enrichment Trips:**

1. Jasmine Thai Restaurant, New London, Wednesday, January 10<sup>th</sup>, 11:30 a.m.

**Overnight Trips. The following trips are planned:**

1. Mackinac Island on June 14-June 22, 2024.
2. Iceland Magical Northern Lights November 5-November 11, 2024.
3. Croatia and It's Islands, April 22, 2025-May 3, 2025.

**c. Programs**

1. **Senior Nutrition Program.** Ms. Caramanica reported there were no new changes on the Senior Nutrition Program.

2. **Senior Center Programs Ongoing.**

Registration for tax appointments start on January 10, 2024.at 9 a.m. Appointments will be held on Monday and Friday mornings beginning February 5 and will end on April 8. Limited Saturday appointments are available.

Ms. Caramanica reported we have seen 36 people in December and 229 individuals for energy assistance thus far.

The Social Worker has made referrals to Care and Share, DSS for SNAP, Husky and cash assistance inquiries.

She informed the Commission the Social Worker has noticed an increase in housing needs.

3. **Senior Center Programs New.** Ms. Caramanica informed the Commission registration to sign up for upcoming programs for the winter session was held on December 11 for residents and December 18 for non-residents. Spring registration is March 11 for residents and March 18 for non-residents.

Massage has new times; it will be held on January 10<sup>th</sup> and 24<sup>th</sup> from 12:30 p.m. to 3:30 p.m. and on January 18 from 10 a.m. to 1 p.m.

Reflexology has a new time; January 4 appointments start at 12:30 p.m.

Beginner pickleball lessons are full and are being held on January 5, February 9, March 15, April 26 and June 7 from 9:45 a.m. to 11 a.m. Advanced Beginner/Intermediate will be held from 11 a.m. to 12 p.m.

Organizing Crafting Projects for the New Year will be held on January 19 at 10 a.m.

Par Tea will be held on February 1 from 1 p.m. to 2 p.m. at the Senior Center.

Connecticut Prescription Drug Discount Card Program will be held on February 6 at 10 a.m.

d. **Budget-General Fund, Revolving Account.** Ms. Caramanica had no updates on the General Fund.

e. **Revenue.** Ms. Caramanica reported the annual appeal letter was sent to 139 users of the senior busses.

3. **OLD BUSINESS**

- a. **ARPA Funds.** Ms. Caramanica submitted the following requests: to cover the Social Worker until December 20, 2024, a new washing machine and dryer, a check-in station, a new freezer and dishwasher.
- b. **Budget Discussion FY 24/25.** Ms. Caramanica informed the Commission she is waiting for dates on when the Commission on Aging budget will be reviewed by the Board of Selectmen.
- c. **Other Pertinent Business.** There was no discussion of other pertinent business.

**4. NEW BUSINESS**

- b. **Incident Report.** The Commission reviewed an Incident Report.
- c. **Parahus Account.** Ms. Caramanica reported the Parahus Account has \$91,966.10.
- d. **Tombari Bequest.** Ms. Caramanica reported we received \$94,537.34 from the Tombari Bequest.
- e. **Other Pertinent Business.** Ms. Caramanica listed the following remaining meeting dates for 2024: February 12, March 11, April 8, May 13, June 10, **no meetings in July or August**, September 9, October 14, November 18 and December 9.

Mr. Bekech complimented Ms. Caramanica on the new format of the Courier. Ms. Caramanica gave Candy Heikkinen, Program Coordinator credit for it.

Mr. Bekech suggested having youngsters help seniors with shoveling snow. Ms. Harris suggested contacting the LEOs or the Police Cadets.

**5. EX OFFICIO REPORT**

Ms. Hardy reported the Light Parade was enjoyed by all with beautiful weather. The East Lyme Police Department received accreditation. The temporary fix of the seawall was quickly done by the Public Works Department. She complimented the Public Works Department. The temporary fix cost \$25,000. The Board of Selectmen are continuing to fill vacancies on boards and commissions. She added this will be an active budget season.

**6. PUBLIC DISCUSSION**

There were no guests.

**7. BOARD RESPONSE**

There was no response.

**8. ADJOURNMENT**

**MOTION (2): Ms. Harris moved to adjourn the Commission on Aging January 8, 2024 Regular Meeting at 5:45 p.m. Seconded by Mr. Palazzo. (4-0) Unanimous.**

**Respectfully Submitted,**

**Frances Gheri, Recording Secretary**