

**COMMISSION ON AGING
REGULAR MEETING MINUTES
May 13, 2024**

Present: Margret Hughes, Acting Chair
Ilene Harris
Joe Palazzo
Wendy Fiore
Kevin McGowan

Absent: Joan Bengtson
Michael Bekech
Marge Caste

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

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EAST LYME, CT
2024 MAY 20 A 8:38
Cory J. Williams
JOHN CLERK

1. PRELIMINARY BUSINESS

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

Acting Chair Hughes called the May 13, 2024 Commission on Aging Regular Meeting to order at 5 p.m.

- b. Delegations.** Ms. McGowan reported she is a member of the Youth Family Services Board (Cradle to Grave) and discussed the Opioid Grant in the amount of \$20,000 which they will receive over the next five years. She asked if this Commission would give their input on how this money can best be spent. She suggested Adopt a Grandchild, because there are many lonely youngsters. Ms. Harris suggested the mentoring program at Niantic Center School. Ms. Caramanica agreed to have discussion with the Social Worker.
- c. Approval of Meeting Minutes April 8, 2024.** Ms. Hughes asked for additions, deletions, or corrections to the April 8, 2024 Commission on Aging Minutes.

MOTION (1): Ms. Harris moved to approve the April 8, 2024 Commission on Aging Minutes, as presented. Seconded by Ms. Fiore. (5-0) Unanimous

d. Correspondence.

Ms. Caramanica received an email informing her that we did not receive the birdwatching grant from AARP she applied for.

The Senior Center received a memorial donation in memory of Walter Parahus.

The Senior Center received an email dated April 19 from Nancy Mikkelson thanking Senior Center staff for the wonderful Italian celebration.

e. STATUS REPORT

- a. **Transportation.** Ms. Caramanica reported our new bus is expected to arrive by mid-July. She added bus transportation is very busy.

Due to financing Dial-a-Ride will not be taking any rides in June for this fiscal year. They will still offer caregiver reimbursement in June; they are encouraging this. We are not sure how many rides they will allow for next year. We are expected to know in June.

- b. **Senior Trips.** Ms. Caramanica reported the trips are doing very well.

1. Enrichment Trips:

1. 9/11 Memorial & Museum, Sunday May 19th
2. Harvard Glass Museum & The Mapparium, Thursday May 30th
3. Newport Playhouse-Cemetery Club, Tuesday June 11
4. West Point Campus Tour, Thursday, June 20th

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 have been no changes to the Senior Nutrition Program. There were only six individuals present. Mr. Palazzo suggested that the Senior Center offer soup and a sandwich which in the past was well received.
2. **Senior Center Programs Ongoing.** Programs are doing well.
3. **Senior Center Programs New.** Ms. Caramanica informed the Commission we now offer Zumba Gold Seated. Our Strength Training instructor retired and we have a new instructor who will add an additional class. The session begins in July. We have a new instructor for beginners in Tai Chi.

We need a bingo caller from 1 p.m. to 3 p.m. on Fridays.

Mr. Bekech will speak at the 90-plus Tea on May 31 at 1 p.m.

- d. **Budget – General Fund, Revolving Account** Ms. Caramanica reported our General Fund is ok. 89% of the budget has been expended.
- e. **Revenues – General Fund, Revolving Account.** Ms. Caramanica reported we have received \$2,275 in donations from individuals who use our busses. She added our trips are doing very well.

MOTION (2): Ms. Harris moved to approve to move Program Services and Program Supplies into Fund 11. Seconded by Ms. Fiore. (5-0) Unanimous.

3. OLD BUSINESS

- a. **FY 24/25 Budget.** Reviewed FY 24/25. No changes thus far. Regarding the New Account Fund 11 Ms. Caramanica asked the Board to approve Program Services for \$5,000 and Program Supplies for \$4,000. Board voted unanimously.
- b. **Other Pertinent Business.** Ms. Caramanica informed the Commission the plumber for the washing machine and dryer is coming tomorrow. We are considering buying two refrigerators instead of a commercial freezer. They recommend that we not get a frost-free freezer to keep the temperature setting.

4. NEW BUSINESS

- a. **Updated Website.** Our website has been updated, linking a few services from the State of CT such as Connecticut Home Care Program and an overview of the Medicare Program.
- b. **Other Pertinent Business.** There was no discussion of other pertinent business.

5. EX OFFICIO REPORT Ms. Hardy informed the Commission the Annual Town Meeting will be held in the East Lyme High School auditorium tomorrow at 7:30 p.m. The Referendum will take place at the Community Center from 8 a.m. to 8 p.m. In order to vote you need to be in person and a resident of East Lyme.

She informed the Commission there has been much zoning activity. The Tytla application was denied. The developer will return with a revised plan. In the new plan, they will be demolishing the house.

There is an application to upgrade Motel 6. They would like a small restaurant with the drive through window. The public can make comments.

The Commission for the Conservation of Natural Resources received a grant to access old maps and make them easier to read. All meetings were held by Zoom and had experts on open space.

She asked if some seniors are not able to get a ride for doctor's appointments because Dial-a-Ride will not be available to them in June? Ms. Harris stated some Lions Club members have given rides. Ms. Caramanica replied a volunteer driver will receive reimbursement. Ms. Hardy suggested that this Commission send a memo of concern to the Board of Selectmen as soon as possible.

MOTION (3): Mr. Palazzo moved that a letter be written by this Commission to notify the Board of Selectmen about the lack of adequate transportation for seniors from Dial-a-Ride in the month of June. Seconded by Ms. Harris. (5-0) Unanimous.

6. PUBLIC DISCUSSION

There were no guests.

7. BOARD RESPONSE

There was no response.

8. ADJOURNMENT

MOTION (4): Ms. Harris moved to adjourn the Commission on Aging May 13, 2024 Regular Meeting at 5:55 p.m. Seconded by Ms. Hughes. (6-0) Unanimous.

Respectfully Submitted,

Frances Gheri, Recording Secretary