

Commission on Aging Regular Meeting Minutes
April 11, 2011

Present: Philip Mountain
B. B. Smith
Mary Broga
Ilene Harris
Marge Caste

Also Present: Cathy Wilson
Senior Services Coordinator
Rose Ann Hardy, Ex officio

Absent: Jane Powers
Carrie Janus

FILED Apr 13, 2011
AT 1:00 PM.
Sabin, etc
TOWN CLERK

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of April 11, 2011 to order at 6:00 p.m.

- a. Pledge of Allegiance. The Pledge of Allegiance was observed.
- b. Delegations. There were no delegations.
- c. Approval of Meeting Minutes – March 14, 2010. Mr. Mountain asked for additions, deletions or corrections to the Commission on Aging Meeting Minutes of March 14, 2010.

The following correction was noted: The last motion was seconded by B. B. Smith.

MOTION: Mary Broga moved to accept the March 14, 2010 Commission on Aging Minutes, as amended. Seconded by Marge Caste.
(4-0) Unanimous

- d. Correspondence. Correspondence was made available.

2. STATUS REPORT

- a. Transportation. Cathy Wilson reported the R-2 quarterly report is due. The R-3 was leaking coolant. It has been repaired.

An on call driver is driving for the regular part time driver who is away.

Youth Services is driving the R-1 to the State Capitol at the end of the month. It will also use it to take equipment to the May 8 Flanders 5K event.

- b. Senior Trips.

(1) Enrichment Trips. The following Enrichment trips are planned: May 18 to the Greek Festival in New London and Senior EXPO and May 25 to Ella Grasso.

(2) COA Sponsored Trips. On July 20 to All-You-Can-Eat-Lobster and Comedy Show at the Delaney House in Holyoke, Massachusetts. The trip fee is \$72. On September 27 Come Fly With Me—a tribute to Frank Sinatra and other Italian greats at the Grand Oak Villa in Oakville, Connecticut. The trip fee is \$57.

(3) Day/Overnight Trips. The following day trips are planned: May 10 a trip to New York City to visit the Statute of Liberty and Ellis Island. Lunch is included at SPQR. The trip fee is \$98; On May 25 a trip to Boston, Massachusetts to visit the Kennedy Library and the Gardner Museum. Lunch is included at Joe Tecce's. The trip fee is \$98; on June 12 a Lighthouse Cruise in the Narragansett Bay, RI with Sunday Brunch at the Quidnesset Country Club. The trip fee is \$79; June 30 to Theater by the Sea to see "Man of La Mancha" with lunch at the Bistro by the Sea. The trip fee is \$72; Sunday July 17 a matinee performance of the Pops at Tanglewood featuring the music of Cole Porter. Keith Lockhart will be the conductor. The trip fee is \$100; July 28 for a Whale Watch from Boston, Massachusetts on a high speed catamaran with free time at Quincy Market afterwards. Lunch is not included in the trip fee of \$63.

The following overnight trips are planned: August 22-24, 2011 for a three day 1000 Islands Castles and Sunsets in the St. Lawrence region of New York. Two nights and three days with a trip guide as you explore the area. Prices range from \$429 to \$589; September 2-12, 2011 for a Russian River Cruise featuring Moscow, red Square, St. Basil's Cathedral, Kremlin, Volga River, St. Petersburg, Hermitage Museum and Catherine Palace. Prices range from \$4,359 to \$4,459; October 16-19 for a four day trip to Colonial Williamsburg and Historic Jamestown in Virginia. Prices range from \$515 to \$800; November 9-16, 2011 discover the French Riviera featuring Nice, San Remo, Grasse, Rothschild Villa and Gardens, Monaco and more. Prices range from \$2,749 to \$3,179; March 15-30, 2012 to treasures of Angkor Wat and Vietnam to Bangkok, Angkor Wat, Hanoi, Ho Chi Minh City and more with an optional two night Hong Kong post tour extension. Prices range from \$5,699 to \$6,599.

Marge Caste reported Don Hartley, a Peter Pan driver, was awarded Driver of the Year.

c. Programs.

(1) Senior Nutrition Program. Ms. Wilson reported Meals-on-Wheels remains steady but attendance is low for the congregate meals.

(2) Senior Center Programs-Ongoing. The AARP Tax Advisors have been at the Senior Center on Mondays and Fridays. There are 4-7 advisors at the Senior Center who help 12-15 individuals per day.

The Lions Low Vision is available in the Craft Room.

The Thrill Me Tuesday Program will be eliminated because of low attendance.

Commission member B. B. Smith arrived.

Ms. Wilson reported Laugh Yoga is held on Thursdays beginning at 11:30 a.m. and is well attended.

(3) Senior Center Programs – New. Shred Day will be held on May 7 from 9 a.m. to noon.

The Walking Program will resume mid May. Golf will begin on Mondays at 9 a.m. in June. There have been 6-12 participants for golf.

The Mature Driver Safety classes will be held on May 12 from 9:15 a.m. to 1 p.m.; on May 24 from 5 p.m. to 9 p.m.

The Senior Expo will be held on May 18.

On May 13 a special tea will be held for East Lyme residents who are 90 and over.

Zumba Gold will be held on Fridays from 3 p.m. to 4 p.m.

On April 30 from 10 a.m. to 2 p.m. a Drug Take Back Program will be held for individuals who have expired or unused drugs they wish to dispose of.

d. Budget. Ms. Wilson reported overall the budget is doing well.

e. Revenues. Revenues are down.

3. OLD BUSINESS

a. Budget Request for Fiscal Year 2011/2012. Cathy Wilson attended Board of Finance Budget Hearing on the Commission on Aging budget on March 17. Rose Ann Hardy reported the Board of Finance will have its Public Hearing on the entire budget in the East Lyme High School auditorium on April 25.

b. Congregate Dining Program. Ms. Wilson reported attendance at the congregate meal site has decreased. The Prime Time café offering soup and sandwich option has been tried. No three day reservations were required. Between Monday and Tuesday twenty individuals were served. It will be reevaluated at the end of May. The Site Server has been working an additional 1 ½ hours per week. Ms. Harris suggested that participants be asked to bring in recipes.

Ilene Harris asked if other senior centers have eliminated the Congregate Dining Program? Ms. Wilson replied Groton, Montville and Lisbon have.

c. Pickle ball. Thirty-eight different people have enjoyed Pickle Ball. It will begin from November through March on Saturdays. Ms. Wilson will purchase supplies for it. There was a general consensus of the Commission that Ms. Wilson take compensation time, because she has been working on Saturdays.

d. New Setup in Senior Center. Ms. Wilson reported the Craft Room is being cleaned up, and she plans to rearrange tables at the Senior Center.

e. Other Pertinent Business. There was no discussion of other pertinent business.

4. NEW BUSINESS

a. Pfizer Grant. Ms. Wilson informed the Commission that Waterford, Groton and East Lyme have submitted an application for a grant for fall prevention.

b. Transportation Grant. On April 1 East Lyme, Waterford, Groton, Ledyard and North Stonington submitted a DIAL transportation grant.

c. Donation from TVCCA. A \$2,000 check was received from TVCCA for the Senior Center's work on energy assistance applications. The Town has agreed to put \$1500 in the Parahus Account and \$500 will be returned to the General Fund.

d. Other Pertinent Business. The Senior Center has in the past worked on Farmers' Market coupons, but the paperwork has been cumbersome for the small sum received.

5. PUBLIC DISCUSSION

There was no public discussion.

6. ADJOURNMENT

MOTION: Mary Broga moved to adjourn the April 11, 2011 Commission on Aging Regular Meeting at 7:00 p.m. Seconded by Ilene Harris. (5-0)
Unanimous.

Respectfully submitted



Frances Gheri, Recording Secretary