

**EAST LYME COMMISSION ON AGING
REGULAR MEETING MINUTES
MONDAY, DECEMBER 9th, 2013**

FILED IN EAST LYME
CONNECTICUT
Dec 11, 2013 AT 2:30 AM/PM
Fesley A. Blais
EAST LYME TOWN CLERK

Present: Philip Mountain, Chairman, Marge Caste, Ilene Harris, B.B. Smith

Also Present: Cathy Wilson, Senior Services Coordinator
Joan Bengtson

Absent: Joe Palazzo, John Whritner

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of December 9, 2013 to order at 5:00 PM.

a. Pledge of Allegiance

The Pledge was observed.

b. Delegations

Joan Kwasniewski Bengtson said that she is present this evening as she is interested in serving on this Commission. She said that she was instrumental in working with the very first suicide hotline and that she has been active with many of the Veteran's Affairs throughout the Town. She said that she would be happy to answer any questions that they might have.

Mr. Mountain asked Ms. Wilson if there was an opening on the Commission.

Ms. Wilson said that they had not yet filled the vacancy that was left when Mary Broga resigned.

c. Approval of Meeting Minutes – November 12, 2013

Mr. Mountain called for any additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of November 12, 2013.

****MOTION (1)**

Ms. Harris moved to approve the November 12, 2013 Regular Meeting Minutes of the Commission on Aging as presented.

Ms. Smith seconded the motion.

Vote: 4 – 0 – 0. Motion passed.

d. Correspondence

There was no correspondence.

2. STATUS REPORT

a. Transportation

Ms. Wilson reported that the drivers are fine and that it was once again time for the quarterly inspections for the vehicles at the garage. She noted that the Ford van had just come back from the body shop having been fixed from when the wind had taken the door and flipped it backwards. She said that they will have to talk about transportation runs again as the New London runs are consistently booked with the eight (8) people that they can take. She said that she will be working on how to smooth this out. Lastly, the grocery shopping runs are not as busy as they used to be but she is not yet sure why or what the reason is.

Senior Trips

- (1) **Enrichment Trips** – Ms. Wilson reported that this Wednesday they would be going to the Celebrations Shoppes in Pomfret for \$4 with lunch on your own at Hank's; and on December 18th, they would be having lunch (on your own) at 'On the Rocks at Fox Hopyard' in East Haddam with a visit to the Dinosaur Museum Gift Shop in Montville after; trip fee \$4. And - in January on the 8th they are planning on going to the Yantic River Inn and on January 22nd to the Old Saybrook Diner – both trips are \$4 with lunch on your own. She noted that they try to stay close during the winter due to the weather.
- (2) **Day/Overnight Trips** – Ms. Wilson reported that they would not be scheduling trips for January, February or March due to the weather and the uncertainty that it causes. Also, they are going back to scheduling only two trips per month as offering three during the good weather months in the summer has unfortunately caused some not to get the sign-ups necessary to have them go. She said that they are working on two trips for April at this time and just have to book them.

c. Programs

- (1) **Senior Nutrition Program** – Ms. Wilson reported that there are no changes here.

Senior Center Programs - Ongoing – Ms. Wilson reported that all of these programs are moving along well and that splitting the Chair Yoga has worked out well.

- (2) **Senior Center Programs - New** – Ms. Wilson said that they have been running a Pi/Yo class on Tuesdays at 4:15 PM for free to see how it goes. This is a combination of Pilates and Yoga. If it goes well they will start a class and run it for two (2) eight week sessions to try to accommodate those who go away for the winter. They would have to pay for the whole session of eight weeks. She said that she would also be running a line dancing class.

Ms. Harris asked how the Pi/Yo trial class has been going.

Ms. Wilson said that it is going pretty well and that it is free for now but when it is offered in January they will pay per class for the whole eight week session.

d. Budget – General Fund, Revolving Account

Ms. Wilson reported that this is doing well.

e. Revenues – General Fund, Revolving Account

Ms. Wilson reported that this is also doing well.

3. OLD BUSINESS

a. Budget Adoption

Ms. Wilson reported that she had a preliminary meeting with the First Selectman this morning and that she had requested \$36,000 for program instructors and \$7000 for program services and has changed the program services request to \$6000 for a total requested budget for FY 14/15 of \$254,221. This figure represents a \$2000 increase for program instructors and a \$130 increase for the phone bill – all else remains the same. She said that they had discussed the subsidizing of programs and how much and what would be able to defray the subsidy. Also, the revenue account is up by around \$4000.

**MOTION (2)

Ms. Smith moved to accept the Commission on Aging budget for FY14/15 in the amount of \$254,221 as presented.

Ms. Harris seconded the motion.

Vote: 4 – 0 – 0. Motion passed.

b. Goals Adoption

Ms. Wilson said that she was asked to have some goals for the center and that she had come up with the following: create a Facebook page to reach out to others; reach out to the business community and have them help run, sponsor or fund a program; work on the newsletter and how they would be able to do it themselves and how much it would cost and how they would sell ads; work with the First Student bus company and see if any of the bus driver training programs could be shared by our drivers; put together a code of conduct and participation parameters for the senior center including how wheelchairs would be handled and people with them having help. She added that she was informed that there is a weekly cable show and that she could potentially use that medium to announce rental rebates, energy help; Medicare sign-up windows etc.

Ms. Caste asked about the kitchen area and if it is the responsibility of the senior center.

Ms. Wilson said that it was not totally their responsibility although they do tend to be the people who are watching it the most. She noted that she would also like to re-work the coffee area in the eating area.

c. Other Pertinent Business

There was none.

4. NEW BUSINESS

a. 2014 Meeting Schedule

Ms. Wilson noted that they had received this.

****MOTION (3)**

Ms. Harris moved to approve the Commission on Aging 2014 Meeting Schedule as presented. (Copy Attached)

Ms. Caste seconded the motion.

Vote: 4 – 0 – 0. Motion passed.

b. Potential COA Board Member

Ms. Wilson and Mr. Mountain said that they would submit Ms. Bengtson's name for the position if the members were in agreement.

****MOTION (4)**

Ms. Harris moved to forward Ms. Bengtson's name to the First Selectman for appointment to the COA to fill the vacancy that exists.

Ms. Caste seconded the motion.

Vote: 4 – 0 – 0. Motion passed.

d. Annual Report

Ms. Wilson noted that they serviced 94 people but offered 3000 rides. They put 28,000 miles on all three of the vehicles which is around 3,000 miles per month.

e. Other Pertinent Business

There was none.

6. PUBLIC DISCUSSION

There was no public discussion.

7. ADJOURNMENT

Mr. Mountain called for a motion to adjourn.

****MOTION (5)**

Ms. Harris moved to adjourn the Commission on Aging Regular Meeting of December 9, 2013 at 5:50 PM.

Ms. Smith seconded the motion.

Vote: 4 - 0 - 0. Motion passed.

Respectfully submitted,

Karen Zmitruk,
Recording Secretary, Pro-tem

FILED IN EAST LYME
CONNECTICUT
Dec 11 2013 AT 2:30 AM/PM
Wesley A. Blair
EAST LYME TOWN CLERK

**Town of East Lyme
Commission on Aging
Meeting Schedule
2014**

Meetings will be held at the East Lyme Senior Center
Main Dining Room
On the following listed Mondays at **5:00 PM**
(2nd Monday of the Month – unless otherwise noted)

January 13, 2014

February 10, 2014

March 10, 2014

April 14, 2014

May 12, 2014

June 9, 2014

July 14, 2014

No Meeting in August

September 8, 2014

October 14, 2014
(Note: Tuesday due to the holiday)

November 10, 2014

December 8, 2014