

Commission on Aging Regular Meeting Minutes
March 11, 2013

Present: Philip Mountain Also Present: Cathy Wilson
 B. B. Smith Senior Services Coordinator
 Mary Broga Rose Ann Hardy, Ex officio
 Joe Palazzo

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of March 11, 2013 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 – January 14, 2013. Mr. Mountain asked for additions, deletions or corrections to the Commission on Aging Meeting Minutes of January 14, 2013.

MOTION: Joe Palazzo moved to accept the January 14, 2013 Commission on Aging Minutes, as presented. Seconded by B. B. Smith. Mary Broga abstained from voting. (3-0-1) Motion carried.

d. Correspondence. There was no correspondence.

2. STATUS REPORT

a. Transportation. As a result of a recent blizzard, a mirror had to be repaired at the Town Garage. In addition, strong winds damaged the door of a vehicle and was also repaired at the Town Garage.

Senior Services' part time driver will be on vacation for the month of April. Substitute drivers will drive for him.

On Thursday the Town is connecting its water with the City of New London. A bus will be available to take residents to view it from 11 a.m. to 1 p.m.

In next month's packet Mrs. Wilson will include a revised version of the brochure.

She has been informed that some individuals that are on the bus are either not taking care of their personal hygiene, using strong perfume or after shave lotion. She further discussed another individual who made individuals uncomfortable by his conversation. She would like to stress to them the importance of consideration for others.

Within the last few months she has had individuals taking the bus with limited vision. The drivers are uncomfortable about transporting them. One individual delayed the bus by not being on time, because of limited mental capacity. Ms. Smith asked if there is a manual that outlines an individual's ability to ride the bus for the safety of the driver and persons using the bus? Ms. Wilson replied there is currently a policy. Mary Broga felt Ms. Wilson has every right to enforce rules. Ms. Hardy felt if someone is unable to ride the bus independently, they should have a companion riding the bus with them.

(1) Enrichment Trips. The following enrichment trips have been planned: March 13 to New London Country Club on Great Neck Road and March 27 to the Log Cabin in Clinton; on April 11 to Newport Playhouse & Cabaret to see "Spread it Around" for a trip fee of \$75 per person; April 27 to New York City on your own; May 2 to Emerson Place to the World's Largest Kaleidoscope and then to Stucki Embroidery Works to tour the factory. The trip fee is \$92 per person; May 14 to Federal Hill or "Little Italy" in Providence, Rhode Island for a trip fee of \$71 per person; May 30 to Fenway Park Tour and Boston Duck Tour for a trip fee of \$79; June 13 to Theater by the Sea to see "Nunsence"; June 18 for a Whale Watch from Boston, Massachusetts on a high speed catamaran with free time at Quincy Market afterward; June 27 to Hyde Collection Museum in Glen Falls, New York for an exhibition of Georgia O'Keefe's works of the Lake George area, with a guided tour of Saratoga included. The trip fee is \$67; on July 7 to Boston Pops Orchestra with Special Guest Vince Gill for a matinee performance at Tanglewood. Lunch is included. The trip fee is \$137.

(2) Day/Overnight Trips. The following overnight trips/cruises have been planned: April 19 to May 1, 2013 for The Best of Portugal including the Islands. Prices begin at \$3,969; May 28-29, 2013 to see Shoji Tabuchi Show. It includes a tour of Saratoga Springs and a sightseeing cruise on Lake George. The cost is \$322 for double occupancy; October 4-9, 2013 to Charleston, Savannah and the Jekyll Island. This trip includes a motor coach and airfare. It includes passes to the 37th Annual Charleston Home & Garden Tour. Prices begin at \$2,229 and January 9-19, 2014 for a Hawaii Cruise Tour on NCL's Pride of America. This is seven day cruise with seven shore excursions. Two nights at the Marriott Waikiki Beach. Prices start at \$3,999 per person.

c. Programs.

(1) Senior Nutrition Program. Ms. Wilson reported with federal and state budget cuts, there may be changes to the Senior Nutrition Program. She informed the Commission two volunteer Meals-on-Wheels drivers will be leaving in May.

Monday Bistro is well attended. No reservations are required, and the food is good. The cost ranges from \$3 to \$5.

TVCCA is having a fundraiser on April 6 at Ocean Beach at the Port and Starboard Banquet Center for \$45. There will be a Silent Auction.

(2) Senior Center Programs-Ongoing. Ms. Wilson reported the AARP Tax Aide Program for East Lyme and Waterford are unable to take any more appointments. Individuals are being referred to Ledyard.

Chair Yoga is filled. Pickle Ball had twenty-five participating on Saturday. Our Healing Touch instructor has had surgery, and this program will be cancelled until she has recovered.

St. Patrick's Day Picnic is scheduled for March 20.

Ms. Wilson stated it is the twenty-fifth anniversary of naming the Senior Center Nicholas Parahus. She would like to put together a summary of Mr. Parahus' involvement in the Senior Center. Ms. Broga stated he was very active. He was Chairman of the Senior Citizens Commission.

(3) Senior Center Programs – New. Ms. Wilson informed the Commission she has a volunteer who would like to give Chinese watercolor instructions.

Beginner Bridge will begin this week for nine weeks.

Indoor Bocci will start in April.

Drug Take Back will be held on April 27 from 10 a.m. to 2 p.m. at the East Lyme Police Station.

A Matter of Balance Class will begin in April. This class will be held for four weeks.

A Program for a Living Will will take place in April.

The Shred or not to Shred Program will be held prior to Shred Day.

d. Budget - General Fund, Revolving Account. The budget is doing fine.

e. Revenues - General Fund, Revolving Account. Revenues are as expected.

3. OLD BUSINESS

a. Budget Preparation for Fiscal Year 2013-2014. Ms. Wilson reported she has made a change to the 2013-2014 budget, because the union contract has been settled. The total request will be \$238,751.

She met with First Selectman Paul Formica and does not have to attend the Board of Selectmen Budget Hearing.

b. Mayors for Meals. Town leaders will deliver meals so that they can see how the Meals-on-Wheels Program works. Ms. Wilson has extended an invitation to them.

c. Other Pertinent Business. B. B. Smith reported she called a business in Windham regarding the kiln, and they indicated to her they are not willing to post an ad.

Ms. Wilson will contact the school system regarding the kiln.

4. NEW BUSINESS

a. Criminal Background Checks on Volunteers. Ms. Wilson feels that Criminal Background checks are necessary for individuals volunteering to deliver meals-on-wheels. She contacted the Department of Safety and was informed it takes 4-6 weeks and costs \$50.

She spoke to Dave Putnam, Director of Parks and Recreation, and he informed her he uses SCCI. It handles a national background check which takes 48 hours for a cost of \$18.50.

b. Medical Transportation Grant Renewal. Ms. Wilson reported this grant has been received for seven years. East Lyme has joined Waterford, New London, Groton, Stonington and Ledyard. Each Town allows residents to have a limited amount of rides for medical appointments only during each fiscal year. We are asking if Lyme and Old Lyme would like to be included.

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

5. PUBLIC DISCUSSION

There was no public discussion.

6. ADJOURNMENT

MOTION: B. B. Smith moved to adjourn the March 11,
2013 Commission on Aging Regular Meeting at
7:00 p.m. Seconded by Mary Broga. (4-0)
Unanimous.

Respectfully submitted



Frances Ghersi, Recording Secretary