

**EAST LYME COMMISSION ON AGING
REGULAR MEETING MINUTES
MONDAY, MARCH 14th, 2011**

Present: Philip Mountain, Chairman, Mary Broga, Carrie Janus,
B.B. Smith

FILED March 18, 2011
AT 10:00 AM.

Also Present: Cathy Wilson, Senior Services Coordinator

Absent: Jane Powers, Ilene Harris, Marge Caste

S. Blais arc
TOWN CLERK

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of March 14, 2011 to order at 6:10 PM.

a. Pledge of Allegiance

The Pledge was observed.

b. Delegations

There were no delegations.

c. Approval of Meeting Minutes – February 14, 2011

Mr. Mountain called for any additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of February 14, 2011.

****MOTION (1)**

Ms. Broga moved to approve the February 14, 2011 Regular Meeting Minutes of the Commission on Aging as presented.

Ms. Smith seconded the motion.

VOTE: 4 – 0 – 0. Motion passed.

d. Correspondence

Correspondence was made available for review.

Ms. Wilson also passed around a copy of all of the other information for review that was no longer being copied for the packets.

2. STATUS REPORT

a. Transportation

Ms. Wilson reported that the R-3 bus that is shared with the Youth Center has developed the same leak that the R-2 bus had (heater coil) so it has been scheduled to go for repairs on Wednesday and will be gone for a few days.

She also reported that her part time driver is going away for about five weeks starting the end of this month and Mr. Collins will fill in during that time.

She is also in the process of putting in for grant funding for medical transportation with other Towns. Salem will no longer be participating so the grant will be smaller as Salem represents \$16,000 of the grant. The grant paperwork is due by April 1st. From last July 1 through the end of February, 45 people in East Lyme utilized this service although 100 have registered for it and keep it as a back up in the event that they have no other transportation option. The program is doing well and they are estimating around 4000 trips for this fiscal year.

b. Senior Trips

- (1) **Enrichment Trips** – Ms. Wilson reported the following:
April 13, 2011 – trip to Rein's Deli and Evergreen Walk shopping in South Windsor
April 27, 2011 – backstage tour of the Goodspeed Opera House in East Haddam
- (2) **COA Sponsored Trips** - Ms. Wilson reported that there would be a trip offered on Wednesday July 20, 2011 to the Delaney House in Holyoke, MA for All You Can Eat Lobster and a comedy show for \$72 and a trip on Tuesday, September 27, 2011 to the Grand Villa in Oakville, CT for a Tribute to Frank Sinatra and other Italian Greats for \$57.
- (3) **Day/Overnight Trips** – Ms. Wilson reported on the following day trips:
April 2, 2011 – Grand Central Station & Chelsea Market, \$77
April 26, 2011 – Tenement Museum, walking tour of Lower East Side, \$66
May 10, 2011 – Statue of Liberty & Ellis Island, lunch at SPQR, \$98
May 25, 2011 – Boston MA Kennedy Library, Gardener Museum, \$98
June 12, 2011 – Lighthouse Cruise in Narragansett Bay, \$79
June 30, 2011 – Theater by the Sea – Man of La Mancha, TBD

Ms. Wilson also reported on the following overnight trips:
April 8-11, 2011 – Cherry Blossom Special in Washington, DC
September 2-12, 2011 – Russian River Cruise
November 9-16, 2011 – Discover the French Riviera
November 8-17, 2011 – Reflections of Italy
March 15-30, 2012 – Treasures of Angkor Wat & Vietnam

c. Programs

- (1) **Senior Nutrition Program** – Ms. Wilson reported that the kitchen was recently inspected and that they received a 96%. They have started the soup and sandwich Prime Time Café program today and many people from within the building had lunch with them today. It runs from 11:30-13:30 and you would place an order and pay for it in the AM and come in and eat and socialize during the 11:30-12:30 time. They will continue with this and see how it goes. Fresh Prep continues to be served during the week.

Mr. Mountain noted the great kitchen inspection report.

Ms. Wilson said that they were very pleased with it and that things were going well in the kitchen.

- (2) **Senior Center Programs - Ongoing** – Ms. Wilson reported that the on-going programs are doing well. She noted that her Tuesday Chair Yoga instructor had to give up the class and that she has one of the other instructors picking it up and has also spoken with another who will fill in on a substitute basis if necessary. The Tax program has been very busy and booked solid on both Mondays and Fridays. The Thrill Me Tuesday musical entertainment has not really increased the counts for lunch as expected and will be reviewed for the remainder of the programs that have been booked to see if it should be continued or not. There is a TVCCA St. Patrick's Day luncheon meal this Thursday for \$3.50 and they have 45 people registered. This is a trial as these special meals are usually prepared by the staff rather than TVCCA. While more people have indicated that they would like to attend, TVCCA has a much earlier cut off date for registration than they would normally have if staff prepared the meals. The Zumba Gold class is doing very well and they will do another starting in mid April. In May they will be looking to do a Tues/Thurs class.
- (3) **Senior Center Programs - New** – Ms. Wilson said that they will be offering a hiking program with the Waterford Senior Center for the 'Over the Hill Gang' starting in April and running

through June on Fridays. The hikes will be within one hour of here and leave at 9 AM and return in the 12 to 1 PM time frame. A list will be coming out of the hikes and people can sign up for what they are interested in doing.

April 18, 2011 – Monday – there will be a Living Will Session

May 7, 2011 is Shred Day and there will be a shredder information session prior to that time.

Friday April 1, 2011 there will be a Grandparents Dance in conjunction with Youth Services.

This is a first and they will see how it goes.

The VNA has changed the blood pressure monitoring from a weekly service to the fourth Wednesday of the month and provides other services during the month. This change has caused some confusion.

d. Budget

Ms. Wilson reported that the budget is doing well.

e. Revenues

Ms. Wilson reported that the revenues are a little off due to the bad winter weather and that she is looking for it to pick up with the better weather. They received \$440 for the Parahus account from the pass of Betty York and \$2000 on energy assistance for the Parahus account. She said that she is working on potential ideas on how to administer it.

3. OLD BUSINESS

a. Budget Request for FY 11/12

Ms. Wilson reported that she will present her budget before the Board of Finance this coming Thursday at 6:30 PM at the High School INTV Room. She invited them to come.

b. Congregate Dining Room

Ms. Wilson said that she would like to use the \$440 of donations in memory of Betty York to freshen up the dining room area. Ideas will be forth coming.

c. Pickleball

Ms. Wilson said that this popular program ends this month. They will let it go for the summer as people would rather be outside and start it back up in December. The schedule will be contingent upon interest and there will be a nominal fee.

Ms. Janus asked Ms. Wilson if she keeps track of the time that she spends on this on Saturdays.

Ms. Wilson said that it is a couple of hours each Saturday.

Ms. Janus asked that Ms. Wilson present the total hours to them at the next meeting of the Commission.

d. Other Pertinent Business

There was no other pertinent business.

4. NEW BUSINESS

a. New setup in Senior Center

Ms. Wilson said that she had mentioned this previously regarding the \$440 in donations in memory of Betty York and wanting to use it to freshen up the dining area. She said that some new style boards for the wall listing the events may be one of the items.

b. Other Pertinent Business

Ms. Wilson said that she is working on a municipal grant with Waterford and Groton on fall prevention. The Renters Rebate is starting up again and she expects that the new AHEPA building will generate more people.

5. PUBLIC DISCUSSION

There was no public discussion.

6. ADJOURNMENT

****MOTION (2)**

Ms. Janus moved to adjourn the Commission on Aging Regular Meeting of March 14, 2011 at 6:57 PM.

Ms. Janus seconded the motion.

VOTE: 4 – 0 - 0. Motion passed.

Respectfully submitted,

Karen Zmitruk,
Recording Secretary, Pro-tem