

Commission on Aging Regular Meeting Minutes  
May 13, 2013

Present: Philip Mountain  
Ilene Harris  
John Whritner  
Marge Caste  
B. B. Smith  
Joe Palazzo

FILED IN EAST LYME  
CONNECTICUT  
MAY 15 2013 AT 11:50 AM PM  
TOWN CLERK  
EAST LYME TOWN CLERK

Absent: Mary Broga

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

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of May 13, 2013 to order at 6:00 p.m.

MOTION: John Whritner moved to add to this evening's Agenda under New Business  
e. Change to June meeting date and  
f. Incident Reports..

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

b. Delegations. There were no delegations.

c. Approval of Meeting Minutes – April 8, 2013. Mr. Mountain asked for additions, deletions or corrections to the Commission on Aging Meeting Minutes of April 8, 2013.

MOTION: John Whritner moved to accept the April 8, 2013 Commission on Aging Minutes, as presented. Seconded by Marge Caste. B. B. Smith and Joe Palazzo abstained from voting. (4-0-2) Motion carried.

d. Correspondence. There was no correspondence received.

e. Election of Officers.

MOTION: John Whritner moved to nominate the current slate of officers: Philip Mountain Chairman and Ilene Harris Secretary/

Treasurer. Seconded by Marge Caste.  
(6-0) Unanimous

The Commission was asked for nominations for Vice Chairman.

MOTION: John Whritner moved to nominate Joe Palazzo as Vice Chairman. Seconded by Marge Caste. (6-0) Unanimous

MOTION: Marge Caste moved that the Secretary cast one ballot. Seconded by John Whritner. (6-0) Unanimous

## 2. STATUS REPORT

a. Transportation. Cathy Wilson reported the Youth Services Director requested use of the R-1 vehicle for July through August beach trips. From Monday through Wednesday Youth Services will use the vehicle for Outdoor Adventures.

All vehicles and drivers are doing well.

### b. Senior Trips

(1) Enrichment Trips. The following enrichment trips are scheduled: June 13 to see Nunsense at Theater by the Sea. The fee is \$80 per person. Lunch is included. June 18 to Whale Watch from Boston, MA on a high speed catamaran with free time at Quincy Market afterwards. Lunch on your own. The fee is \$64 per person. June 27 to Hyde Collection Museum in Glen Falls, NY for an exhibit of Georgia O'Keefe's works of the Lake George area, with a guided tour of Saratoga. Lunch is on your own. The fee is \$67 per person. July 18 to Long Island Wine Country with lunch on your own in Greenport. The fee is \$77 per person. On August 1 to Little Italy in the Belmont Section of the Bronx, with a tour of the neighborhood. Lunch is included at Ann and Tony's. The fee is \$89 per person. August 13 to Pilgrim Belle Harbor Tour in Plymouth, MA with lunch at John Carver Inn. The fee is \$75 per person. August 22 on a Newport Dinner Train with free time in Newport. The fee is \$84 per person.

(2) Day/Overnight Trips. The following overnight trips are planned: August 26-28 to Atlantic City and Cape May. This trip includes Resorts Casino Bonus Package, Physick Estate and Cape May Trolley Tour. The cost is \$277 pp for double occupancy; September 9-10 to Ogunquit and Portland, ME to hear story teller and a 90 minute cruise of Portland Harbor, with Kittery shopping. The cost is \$259 for double occupancy; October 4-9 to Charleston, Savannah and Jekyll Island. This trip includes motor coach and airfare. It also includes passes to the 37th Annual Charleston Home and Garden Tour. The cost begins at \$2,229; December 10-12 to see a Miracle of Christmas at the Sight and Sound Millennium Theater in Strasburg, PA. The cost is \$421 for double occupancy; January 9-19, 2014 for a Hawaii Cruise Tour on NCL's



Pride of America. A seven day cruise with seven shore excursions and two nights at the Marriott Waikiki Beach. The fee starts at \$3,999.

Ms. Wilson reported she has been asked to plan a trip to one of our local casinos. Mr. Palazzo suggested going to a favorite restaurant in a casino. He felt they may give a discount. Ms. Caste stated the Promotion Desk in the lobby offers discounts. Ms. Smith asked why was there an objection to going to the casino in the past? She was informed it was felt that a town funds should not be used for transportation to a casino. Ms. Smith asked if there would be another activity included? Ms. Wilson replied it did not have to have another activity included. Ms. Caste felt most individuals who would go on a trip like that would go to a restaurant and walk around the casino. If you went on a Monday there is music in the Wolf Den. Ms. Wilson suggested trying it. We would not be encouraging any bad behavior. Ms. Smith did not feel it would be any different from taking people to a local restaurant that serves liquor. Mr. Palazzo felt it should be tried. Ms. Wilson suggested Mohegan Sun, because there is less walking.

MOTION: Joe Palazzo moved to schedule a trip to Mohegan Sun and if a report is received that it was not favorable it will be rescinded. Seconded by Marge Caste.  
(6-0) Unanimous

c. Programs.

(1) Senior Nutrition Program. Ms. Wilson reported Ledge Light inspected the kitchen and we received 98%. Unfortunately we are serving five individuals at the present time. She referred to an article in the newspaper on the reductions of days serving the Senior Nutrition Program. All senior services directors support serving the meals-on-wheels program.

Ms. Wilson stated the bistro meal is being served on Mondays and 10-15 individuals are being served. She asked that consideration be given to serving the Bistro meal a second week day. Mr. Palazzo suggested Monday and Thursday. Ms. Smith felt it should be tried for two weekdays.

(2) Senior Center Programs-Ongoing. Ms. Wilson reported Chair Yoga is held on Tuesday and Thursday and is very popular. She added 9 a.m. and 10 a.m. on Tuesdays and no one came to the 9 a.m. She will offer it for the month of May.

Pickle ball is becoming a year round program. Next Saturday will be the last indoor pickle ball. It will be moved to Bridebrook Park and be offered on Tuesday mornings and Thursday evenings. She spoke to Dave Putnam, Director of Parks and Recreation, regarding hiring someone.

Eight individuals have been playing indoor bocce. Ms. Wilson will move it outdoors. She cannot use McCook's Point park because a pass is needed.

Line dancing will finish in June and will resume in the fall.

(3) Senior Center Programs – New Beach Yoga, Tennis and Golf will begin in June. The Walking Program has started. Shred Day was well received. The truck was full by 11 a.m. and will return on Monday to shred the remaining paper. Two shred days will be offered in spring and fall.

d. Budget - General Fund, Revolving Account. The Public Hearing on the budget took place. Tonight a Town Meeting will be held at 7 p.m. The budget will go to Referendum.

Ms. Wilson made transfers out of the Program Instructors Account to Program Supplies and Program Services.

e. Revenues - General Fund, Revolving Account. Revenues are doing fine.

### 3. OLD BUSINESS

a. Medical Transportation Grant Renewal. The Medical Transportation Grant has been submitted. Commission members reviewed the grant application. Eight towns are participating in it. We are requesting \$239,000. The number of rides per year will be increased to 36 one-way rides from July 1 to June 30, 2014. To date no response has been received.

b. Information Regarding Commission. Commission members received information from the Town Clerk.

c. Focal Point Application. Commission members received copies of the Focal Point Application for 2013-14.

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

### 4. NEW BUSINESS

a. Monthly Cable Bill. Ms. Wilson reviewed the monthly cable bill. It was upgraded when the Community Center was used as a shelter. After that cable was removed from the budget. Mr. Palazzo felt it was used three or four years ago but individuals are not watching it at the Senior Center. They are participating in other activities. Ms. Wilson will not reinstate it. The activity room is used from 8 a.m. Monday to noon on Friday. The Olive Chendali room is not suitable for activities.



Brian Shook will review activities at the Senior Center and offer suggestions. Ms. Wilson would like to have an All Season's Room to be used as an all purpose activity room. Together with Parks and Recreation, we will be looking at food options.

b. Information from Town Clerk's Office regarding Commissions. Lesley Blais, East Lyme Town Clerk, sent a memo regarding resignations and reappointments. Commission members reviewed it.

c. Focal Point Application. This application comes from Senior Resources and lets individuals know that you can come to the Senior Center to meet your recreation, transportation and social needs. Commission members reviewed it.

d. Other Pertinent Business. John Whritner asked if the Commission will consider beginning its meetings at 5 p.m.

MOTION: Ilene Harris moved to change the starting time for the Commission on Aging meetings to 5 p.m. beginning in September. Seconded by Joe Palazzo. (6-0) Unanimous.

e. Change to June Meeting Date. Ms. Wilson reported she asked that the June meeting date be changed to June 11.

MOTION: Cathy Wilson moved to reschedule the June Commission on Aging Meeting date to June 11. Seconded by Marge Caste. (6-0) Unanimous.

f. Incident Reports. The Commission reviewed incident reports.

## 5. PUBLIC DISCUSSION

There was no public discussion.

## 6. ADJOURNMENT

MOTION: John Whritner moved to adjourn the May 13, 2013 Commission on Aging Regular Meeting at 7:10 p.m. Seconded by Ilene Harris. (6-0) Unanimous.

Respectfully submitted



Frances Ghersi, Recording Secretary