

Commission on Aging Regular Meeting Minutes
November 12, 2013

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

FILED IN EAST LYME
CONNECTICUT
NOV 14 2013 AT 11:00 AM PM
Jesley Arblais
EAST LYME TOWN CLERK

Also Present: Cathy Wilson, Senior Services Coordinator
Dr. Si Baker-Goodwin

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of November 12, 2013 to order at 5:00 p.m.

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

b. Delegations. Dr. Si Baker-Goodwin reported that her mother and father both had dementia and she is their only child. Ms. Wilson and her office staff were very helpful while she cared for her parents. It was crucial for her to have Ms. Wilson's help.

Her Dad is now in a nursing home, and her Mom now also has cancer. The Senior Center has been wonderful. She has joined the Weight Program at Gail Glenn's suggestion. She is very thankful to have a place to go to seek help. The Senior Center informed her about a Caregiver Support Group in Waterford which she took advantage of.

c. Approval of Meeting Minutes – October 13, 2013. Mr. Mountain asked for additions, deletions or corrections to the Commission on Aging Meeting Minutes of October 13, 2013.

MOTION: Marge Caste moved to accept the October 13, 2013 Commission on Aging Minutes, as presented. Seconded by Joe Palazzo.
(6-0) Unanimous.

d. Correspondence. There was no correspondence.

2. STATUS REPORT

a. Transportation. All is well with the vehicles and drivers.

b. Senior Trips.

(1) The following Enrichment Trips are planned: November 13 to the Westfarm Mall for holiday shopping, with lunch on your own at the Mall. The trip fee is \$4.00. November 20 for a luncheon trip to Ella Grasso Tech School in Groton, followed by shopping.

(2) Day/Overnight Trips. The following day trips are planned: November 12 to the Newport Playhouse and Cabaret for an interactive murder mystery "Bullets for Broadway"; November 19 to the Museum of Fine Arts in Boston for the John Singer Sargent Watercolor exhibit; December 5 to the Hudson River Valley to tour the decorated Vanderbilt Mansion and FDR Hyde Park, with lunch at the Shadows on the Hudson.

The following overnight trips are planned: December 10-12, 2013 to the Sight and Sound Millennium Theater in Lancaster, Pennsylvania for Miracle of Christmas with a two night stay at the Heritage Hotel, stops at Byer's Choice, Kitchen Kettle and Jersey Garden Outlet Mall; January 9-19, 2014 Hawaii Cruise Tour on NCL's Pride of America; March 29-30, 2014 for a special exhibit of "A Day in Pompeii" at the Franklin Institute in Philadelphia, Pennsylvania and a city tour and dinner on the Moshula for \$299 per person for double occupancy; April 22 to May 3, 2014 for the Wonders of Italy including 18 meals \$4632 per person for double occupancy; August 30 to September 14, 2014 for a transatlantic cruise from London to Boston on the Royal Caribbean Brilliance of the Seas, with airfare included \$2,299 per person (does not include taxes); October 7-9, 2014 Moses at the Sight & Sound Millennium Theater in Lancaster, Pennsylvania for two nights at the Cork Factory Hotel. The trip includes stops at Hershey Chocolate World and Wheatland House. The cost is \$407 per person for double occupancy; October 16-25, 2014 Memorial of War (Normandy and Paris) for airfare, 10 days and 13 meals \$3,849 per person for double occupancy.

c. Programs.

(1) Senior Nutrition Program. A Meals-on-Wheels driver found a recipient on the floor. After 911 was called the woman went to the hospital. Ms. Wilson felt a daily check on the recipients of Meals-on-Wheels can save lives.

There are approximately eight individuals having lunch at the Senior Center, and there are approximately 35 who have meals delivered to their home.

(2) Senior Center Programs-Ongoing. Ms. Wilson reported the Chair Yoga class is held on Tuesdays from 9:30 a.m. and on Friday at 10:30 a.m. We are now doubling the class without necessarily doubling the revenue.

Pickleball has resumed.

(3) Senior Center Programs – New A trial PIYO (a combination of Pilates and Yoga) is held on Tuesdays from 4:15 p.m. to 5:15 p.m. Line dancing will begin tomorrow from 2 p.m. to 3 p.m. for six weeks. We are now at capacity in the Activity Room.

d. Budget - General Fund, Revolving Account. We are having issues with the budget because some classes are being expanded. Otherwise the budget is doing well.

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

3. OLD BUSINESS

a. Other Pertinent Business. Ms. Wilson asked the Commission to make recommendations to her for a new Commission member.

4. NEW BUSINESS

a. Budget Preparation. The Commission reviewed a draft budget worksheet provided by Ms. Wilson. The budget is due on December 4. She asked that Commission members review it and vote on it at the next regularly scheduled meeting of this Commission.

b. Capital Request. The vehicles need to be five years old or have 100,000 miles on it to be eligible for the 5310 Grant. One vehicle will be placed in the 2015-16 Capital Plan and one in the 2016-2017 Capital Plan.

Ms. Wilson reported the Senior Center kitchen is more than twenty years old and needs to be updated. Mr. Palazzo stated the Lions are willing to purchase a freezer for the Senior Center.

c. Goals Presentation. Ms. Wilson plans to reach out to the business community to request that they sponsor a program at the Senior Center. Mr. Whritner noted space is an issue.

Ms. Wilson suggested using the tables in the Community Center to sell coffee and scones. We are looking at space to determine whether it can be reused.

d. Annual Report. Ms. Wilson plans to present the Annual Report at the next meeting of this Commission.

e. Other Pertinent Business. Ms. Wilson reported our mileage has 1 1/2 times more than it has been. Ms. Caste felt the five senior complexes may cause this. As residents age the need for transportation increases. Ms. Caste stated seniors want to remain in their homes.

5. PUBLIC DISCUSSION

There was no public discussion.

6. ADJOURNMENT

MOTION: Ms. Smith moved to adjourn the November 12, 2013 Commission on Aging Regular Meeting at 5:55 p.m. Seconded by Mr. Whritner. (6-0) Unanimous.

Respectfully submitted



Frances Gheri, Recording Secretary