

Commission on Aging Regular Meeting Minutes  
October 15, 2013

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

FILED IN EAST LYME  
CONNECTICUT  
Oct 17 2013 AT 2:30 AM/PM  
Lesly A. Blais  
EAST LYME TOWN CLERK

Also Present: Cathy Wilson, Senior Services Coordinator

1. PRELIMINARY BUSINESS

Chairman Mountain called the Commission on Aging Regular Meeting of October 15, 2013 to order at 5:00 p.m.

- a. Pledge of Allegiance. The Pledge of Allegiance was observed.
- b. Delegations. There were no delegations.
- c. Approval of Meeting Minutes – September 9, 2013. Mr. Mountain asked for additions, deletions or corrections to the Commission on Aging Meeting Minutes of September 9, 2013.

MOTION: John Whritner moved to accept the September 9, 2013 Commission on Aging Minutes, as presented. Seconded by Ilene Harris. Ms. Caste abstained from voting. (5-0-1) Motion carried.

- d. Correspondence. Correspondence was made available to the Commission.

2. STATUS REPORT

a. Transportation. Ms. Wilson reported three vehicles went through quarterly review. 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 Hersey 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. The Senior Center received 98% for its health inspection. TVCCA has hired Wendy Whatton.

The Meals-on-Wheels Program recipients will receive hot meals two days per week and delivered TV dinners for the rest of the week. Ms. Wilson felt the daily visits were important in order to check on the individuals.

(2) Senior Center Programs-Ongoing. Ms. Wilson reported ongoing Senior Center Programs are doing well.

(3) Senior Center Programs – New PIYO (a combination of Pilates and Yoga) will be held on Tuesdays from 4:15 p.m. to 5:15 p.m. Line dancing will begin in November for six weeks. Pickleball will start on November 2 from 11 a.m. to 1 p.m. A dance will be held on November 1. Indoor Bocci will begin November 14 at 11:30 a.m. A Thanksgiving dinner will be served on November 18 birds of prey and Mrs. Connecticut will also be there. The Lions Club will have a diabetes screening on November 15.

Ms. Wilson reported we are unable to help with Energy Assistance, Medicare Part D and Advantage Plan until the website is updated. Open enrollment normally is

held from October 15 through December 17. TVCCA will send an intake worker to help with energy applications.

d. Budget - General Fund, Revolving Account. The instructors account is a little higher, because an additional Chair Yoga class has been added. All other line items are doing well.

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

### 3. OLD BUSINESS

a. Review of CT D.O.T, Title VI Compliance Assessment. Ms. Wilson reported the Board of Selectmen signed the Title VI Policy. It is posted in the foyer. A compliance form is uploaded on the website. There is also a booklet in each vehicle. When someone inquires about transportation the Title VI Policy will be included. We also have a booklet in various languages. There are a group of individuals 40 to 60 years of age that are disabled and are accessing transportation.

b. Other Pertinent Business. Ms. Wilson would like to make changes to the Senior Center to be able to hold more programs.

At the last meeting this Commission voted to approve \$462.97 to be taken from the Parahus Account for the 90+ Tea. The actual cost was \$473.67.

### 4. NEW BUSINESS

a. Budget Preparation. The budget process will begin in November. Ms. Wilson plans to prepare a worksheet for this Commission prior to its November Meeting.

b. Capital Request. The vehicles need to be five years old 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.

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

### 5. PUBLIC DISCUSSION

There was no public discussion.

MOTION: Mr. Whritner moved to go into Executive Session at 5:35 p.m. to give an update on an issue with a Senior Center participant. Seconded by Mr. Palazzo. (6-0) Unanimous.

Messrs. Mountain, Whritner, Palazzo and Ms. Wilson, Ms. Harris, Ms. Caste and Ms. Smith were invited to attend.

MOTION: Mr. Whritner moved to go out of Executive Session at 5:45 p.m. Seconded by Mr. Palazzo. (6-0) Unanimous

No action was taken.

#### 6. ADJOURNMENT

MOTION: Mr. Palazzo moved to adjourn the October 15, 2013 Commission on Aging Regular Meeting at 5:50 p.m. Seconded by Ms. Harris. (6-0) Unanimous.

Respectfully submitted



Frances Gheri, Recording Secretary