

**EAST LYME COMMISSION ON AGING  
REGULAR MEETING MINUTES  
MONDAY, SEPTEMBER 9th, 2013**

FILED IN EAST LYME  
CONNECTICUT  
Sept 16 2013 AT 10:00 AM  
Bridget D. Brown  
EAST LYME TOWN CLERK

**Present:** Philip Mountain, Chairman, Ilene Harris, B.B. Smith, Joe Palazzo,  
John Whritner

**Also Present:** Cathy Wilson, Senior Services Coordinator

**Absent:** Marge Caste

**1. PRELIMINARY BUSINESS**

Chairman Mountain called the Commission on Aging Regular Meeting of September 9, 2013 to order at 5:00 PM.

**a. Pledge of Allegiance**

The Pledge was observed.

**b. Delegations**

There were no delegations.

**c. Approval of Meeting Minutes – July 8, 2013**

Mr. Mountain called for any additions, deletions or corrections to the Commission on Aging Regular Meeting Minutes of July 8, 2013.

**\*\*MOTION (1)**

Mr. Whritner moved to approve the July 8, 2013 Regular Meeting Minutes of the Commission on Aging as presented.

Mr. Palazzo seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**

**d. Correspondence**

There was no correspondence.

**2. STATUS REPORT**

**a. Transportation**

Ms. Wilson reported that the quarterly inspections are in progress and everything is okay and that the drivers are all okay.

**b. Senior Trips**

**(1) Enrichment Trips** – Ms. Wilson reported that on September 11 that they would go to the Weekapaug Inn in Westerly for lunch on your own; and on September 25 they would go to the Harriet Beecher Stowe Museum in Hartford – participants are asked to bring \$9 for the admission to the museum. Lunch is on your own at Bertucci's.

**(2) Day/Overnight Trips** – Ms. Wilson reported that they had to cancel the Trip to Tanglewood on July 7; the Little Italy trip on August 1 and the Wine & Spirits trip on September 10 due to low registration. They added a trip for November 19, 2013 at a cost of \$72 to see a special exhibition at the Boston Museum.

She reported on the following upcoming day trips:

September 18, 2013 – Big E in Springfield, MA, spend the day on your own, \$42, Lots of walking

September 24, 2013 – 3.5 hour guided tour of Martha's Vineyard, with lunch on your own, this trip is FULL, \$86, Moderate walking

October 24, 2013 – Great Jack O'Lantern Blaze in Tarrytown, NY, Halloween event at the Van Cortlandt Manor, lunch on your own, \$60, Lots of walking

November 12, 2013 – Newport Playhouse & Cabaret, \$76, Minimal walking

November 19, 2013 – Exhibit at Boston Museum, \$72, Moderate walking

December 5, 2013 – Hudson River Valley – Gilded Age Christmas – Vanderbilt Mansion & FDR in Hyde Park with lunch, \$77, Moderate walking

Ms. Wilson also reported on the following overnight trips:

October 4-9, 2013 – Charleston, Savannah & Jekyll Island – Prices begin at \$2229

December 10-12, 2013 – Miracle of Christmas at the Sight & Sound Millennium Theater in Strasburg, PA – \$429/double

January 9-19, 2014 – Hawaii Cruise Tour on NCL's Pride of America – Prices start at \$3999

April 22 - May 3, 2014 – The Wonders of Italy – escorted –11 days/10 nights, starts at \$4632

### c. Programs

(1) **Senior Nutrition Program** – Ms. Wilson reported that they had received notice that the supper meals would be discontinued for a month or so due to a lack of funding however they came up with some money for the funding so the cut never happened. She said that the Bistro Mondays are in the red \$189.50 thru August and that they were looking to break even or make a bit on them. She noted that the Finance Department would like this as part of the revolving account however they will hold off on it for a bit as it is not making money.

(2) **Senior Center Programs - Ongoing** – Ms. Wilson reported that Chair Yoga was meeting in the Olive Chendali Room and was crowded so the class was split up so that they would not be so tightly packed in the room and this has worked out well. She said that they are also looking at start and end times for classes to see if they can be tightened up to afford another class to be added. In other events – the outdoor pickle ball ended in August and they will send out a questionnaire asking people for their thoughts on the program; the statistics for April to June for the benefits check up with the Senior Resources Staff person are that she saw 12 people. This check-up is contingent on a completed work sheet that is checked against Government programs that people may be eligible for and also works with the food stamp program. This is a grant program.

Ms. Harris asked about the new programs for October 1.

Ms. Wilson said that TVCCA and LLHD have people training for these programs and they will be the contacts and the places that they would refer people to. They may hold some informative programs just to let people know where they would go for the information.

(3) **Senior Center Programs - New** – Ms. Wilson said that they would be holding a second shred day this year – on Saturday September 28, 2013. Also, TVCCA will hold another cooking demonstration before lunch as a way to encourage people to stay for lunch. They did one earlier and it worked out well. They are also planning a fall prevention program for September 19<sup>th</sup>. Energy audits from Uplands Energy Solutions were at the Center last week Friday to advise on home energy solutions to conserve and lower energy bills.

Ms. Smith noted that she had 'next step living' do an air test at her home and they caulked many areas. This part of the program is free as it is a funded program. People could also buy energy efficient light bulbs for their homes from them.



Ms. Wilson said that on September 25<sup>th</sup> they would hold an informational session on a 'Live Well Workshop' at the center for people living with chronic conditions. The program is designed to teach self management skills to people to be able to better take control. On September 26<sup>th</sup> they will hold a Reiki 101 class. On Friday October 11 from 1 PM to 5 PM the VNA will hold a flu clinic here; The Lions Club pasta supper will be held on October 22 and on Saturday October 26, Ledge Light Health District will do a 'drive through' flu clinic.

**d. Budget – General Fund, Revolving Account**

Ms. Wilson reported that this is doing well.

**e. Revenues – General Fund, Revolving Account**

Ms. Wilson reported that this is also doing well.

**3. OLD BUSINESS**

**a. Resignation of Board Member**

Ms. Wilson recalled to the Commissioners that Mary Broga had resigned. She was a Republican however the breakdown allows for any designation to fill the position. She asked that they let her know of anyone who might be interested in filling this opening and that she would also put a notice in the paper looking for interested people.

**b. Other Pertinent Business**

There was none.

**4. NEW BUSINESS**

**a. Reimbursement for Celebrate 90+ Tea Expenses**

Ms. Wilson noted that the expenses for the 90+ Tea came to \$462.97 and that she would like authorization to have the Parahus account reimburse them for this.

Mr. Mountain asked how much money is in the Parahus account.

Ms. Wilson said that there is around \$30,000.

**\*\*MOTION (2)**

Mr. Palazzo moved to authorize that \$462.97 be moved from the Parahus Fund as reimbursement to the Senior Center for the 90+ Tea event expenses.

Ms. Smith seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**

**b. 90+ Birthday Program**

Ms. Wilson said that they have a resident turning 100 this year who will receive a letter from President Obama. She said that Florence Sayre who is 100 will receive a birthday proclamation from our First Selectman. She said that she would like to do this for those who are 90+ also and that she would like to see if it could be done in conjunction with the culinary program at the High School and perhaps the students could bake some cookies that could be frozen and they could wrap up a dozen to present to the person along with the proclamation. Perhaps the students could deliver these and spend some time with these members of our community.

**c. Review of FY 12/13 Attendance Statistics**

Ms. Wilson reported that the MOW's remained steady at 11,592 for the year; congregate meals were at 1,896 and program attendance figures had gone up and were at 24,078.

**d. Review of FY 12/13 General Fund Revenues**

Ms. Wilson reported that revenues for FY 11/12 were \$50,904.71 with trips accounting for \$21,970 and programs \$28,934. By comparison FY 12/13 was \$60,974.78 with trips accounting for \$28,846 and programs \$32,128.

**e. Review of FY 12/13 Revolving Fund Account**

Ms. Wilson reported that this account is trending upward.

**f. Review of CT DOT Title VI Compliance Assessment**

Ms. Wilson explained that they had received funding from the DOT to purchase a bus and that they have to provide language translation and compliance due to this funding. She noted that AT & T has language translation availability and that she has set up an account in the event that it needs to be accessed. She said that she also needs to be named the Title VI Coordinator for the Senior Center and that she would have to go to some type of training for this.

**\*\*MOTION (3)**

Mr. Whritner moved to name Cathy Wilson the Title VI Coordinator for the East Lyme Senior Center.

Ms. Harris seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**

Mr. Mountain suggested that some people within the community could help with the language translation and that the school language classes may also have people that can help with this.

Ms. Wilson said that they would also have to adopt the Title VI policy statement.

**\*\*MOTION (4)**

Mr. Whritner moved that they adopt the Title VI policy statement.

Ms. Harris seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**

Ms. Wilson said that she would work on providing the information on Title VI on the buses and in the brochures regarding transportation.

**g. Other Pertinent Business**

Mr. Palazzo asked about the Mohegan Sun trip and when they might do it.

Ms. Wilson said that it looked like the only available dates might be October 23 or November 13.

Mr. Palazzo also suggested running a trip to the Cracker Barrel in North Haven sometime.

Ms. Wilson said that they try to stay away from heading in the NY direction as I-95 is usually unpredictable and very rough on traffic. She said that they would see if there is one closer or in another direction that they might go to.

**5. EXECUTIVE SESSION**

**a. Issue with Senior Center Participant**

Mr. Mountain called for a motion to enter into executive session.

**\*\*MOTION (5)**

Mr. Whritner moved that they enter into Executive Session at 6:08 PM for the purpose of discussion on an issue with a senior center participant inviting Cathy Wilson, Senior Services Director to join them.

Mr. Palazzo seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**



**\*\*MOTION (6)**

Mr. Whritner moved that they exit Executive Session and return to Regular Session with no action taken at 6:15 PM.

Mr. Palazzo seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**

**\*\*MOTION (7)**

Mr. Whritner moved that Ms. Wilson would send a letter by registered mail to the senior center participant barring her from attending the senior center until her personal issues are adjudicated.

Mr. Palazzo seconded the motion.

**Vote: 5 – 0 – 0. Motion passed.**

**6. PUBLIC DISCUSSION**

There was no public discussion.

**7. ADJOURNMENT**

Mr. Mountain called for a motion to adjourn.

**\*\*MOTION (8)**

Ms. Harris moved to adjourn the Commission on Aging Regular Meeting of September 9, 2013 at 6:20 PM.

Ms. Smith seconded the motion.

**Vote: 5 - 0 - 0. Motion passed.**

Respectfully submitted,

Karen Zmitruk,

Recording Secretary, Pro-tem