

Town of Newington
Commission on Aging and Disabled
Monthly Meeting, January 7, 2026
Held at the Senior and Disabled Center
120 Cedar Street, Newington CT 06111

Commissioners Present

Commissioner Phyllis Aronson
Commissioner Kathy Flaherty
Commissioner Chylene Pender
Commissioner Kathy Sobieski

Commissioners Absent

Commissioner Elaina Starr
Commissioner Lillian Brabner
Chairperson Karen Brecher
Commissioner Edward Noivo

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[Signature]
Town Clerk

Others Present

Councilor Kelly DeHaas, Liaison to the COAD
Elizabeth Rogers, Commission Clerk
Jaime Trevethan, SDC Director

I. Call to Order

The meeting was called to order at 6:04pm in the Senior and Disabled Center Meeting Room A via hybrid.

II. Pledge of Allegiance

III. Public Participation

Kathy Sobieski recommended members introduce themselves as there is a new member in attendance as well as some public attendees. Everyone in the room introduced themselves. Jaime Trevethan thanked the public attendees, Paul and Marissa Lenzi, for joining as there are often no public attendees. Paul Lenzi said he is waiting for approval to become a commission member and wanted to start attending the meetings.

IV. Approval of Meeting Minutes

MOTION: Chylene Pender moved to accept the Commission on Aging and Disabled minutes from December 16, 2025. Kathy Sobieski seconded the motion. The motion passed unanimously.

V. Staff Report

a. Program and Service Report

Jaime Trevethan listed some recent programs:

- i. Two Christmas programs; Thousand Years of Christmas Music and a Traditional Christmas Celebration.
- ii. New Years Eve celebration.
- iii. Various craft classes.
- iv. Diabetes Prevention Program which is a multi-week program.
- v. Lunch and Learn for how to deal with holiday stress and grief.
- vi. Moving Joints Mobility class.
- vii. Stop & Shop hosted Flu and COVID vaccines. The Center will ask them to come again in the future.
- viii. Lunch and Learn for how to write your life story.

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ix. Winter Solstice Mediation class.

Jaime Trevethan gave the budget numbers:

Coffee Shop =	\$15,524
Gift Shop =	\$53,277
Membership =	\$60,156
Fitness Membership =	\$34,029
Donations =	\$70,667
Nutrition Donations =	\$37,849
Interest =	\$1,811
HFPG Grant =	<u>\$10,000</u>
Total =	\$283,313

Jaime Trevethan said the town typically only allocates about \$20,000 for the Centers budget. As such, the Center relies heavily on fundraising, donations and other income such as the coffee shop and fitness memerbship.

Chylene Pender asked if CRT kept the same rate. Jaime Trevethan said yes.

Jaime Trevethan said staff have been working on issues in the Center such as absences at the Congregate lunch. They are working on a no show policy. The policy will be something along the lines of, after three no shows, with no phone call, within a certain timeframe, the person will be asked to not attend lunch for a certain period.

Phyllis Aronson asked if people can pay beforehand to alleviate this issue. Jaime Trevethan said no; this program has specific federal regulations as well as payment being voluntary and anonymous. Staff have begun addressing this issue one on one with some specific individuals that are known for not showing up.

Chylene Pender suggested a reminder phone call for those that signed up for lunch. Jaime Trevethan said she will look into this.

Another issue has been non-members using the fitness room. Staff have also been addressing this issue one on one with specific individuals that are repeat offenders. They will be putting up signage about this as well as in the robo-calls.

Kathy Sobieski mentioned that this is a big safety concern as fitness members receive safety training for the equipment and obtain a doctor's note authorizing them to use the equipment.

Jaime Trevethan said the Center has concluded its 40th anniversary celebration. The State Representatives were finally able to come and perform the proclamation.

Jaime Threvethan said there is a possibility that the federal government may shut down at the end of January. She wants to assure everyone that if this does happen, SNAP will not be affected as it has been fully funded for the rest of the federal fiscal year.

VI. Old Business

a. Budget Update

Jaime Trevethan said she submitted the budget before the January 2nd deadline. The town manager requested as close to a 0% increase as possible. Jaime Trevethan updated some minor things in the budget that increased in price such as the cable bill. She also asked the town to fund nutrition again and she submitted the first CIP request in many years for kitchen upgrades to better prepare the

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Center to serve Congregate lunch in house.

b. Nutrition Program

Jaime Trevethan said nutrition funding is well on track and is still currently funded through the end of this fiscal year.

c. ARPA Update

Jaime Trevethan said the Center received \$90,000 in ARPA funding a year ago. These funds are separate from the ARPA funds allocated by the town council. The federal government gave the state funds and requested the state assign these funds to various senior centers. Any projects using these funds need to be approved by the state and the money needs to be spent before December 31, 2026. Jaime Trevethan distributed a handout with upcoming projects that have been approved by the state and the commission using these funds:

- Giving Garden Raised Beds around January-March.
- Information Campaign in February.
- New furniture for the TV lounge around March-April.
- Adventure Club Kickoff around April-May.
- Makerspace Program Room around May-August.

d. Door Counter

Jaime Trevethan said still no update from IT.

VII. New Business

a. Upcoming Activities

Jaime Trevethan said Barbara Womer always out does herself with programming.

Jaime Trevethan announced some of the upcoming activities:

- i. Tai Ji Quan: Moving for Better Balance. This is an evidence based balance program happening over the next 26 weeks, twice a week.
- ii. Coffee Hour with the Lucy Robbins Welles Library.
- iii. Presentation on how to save money on prescription drugs.
- iv. Prime Time Monday: Wellness Drumming.
- v. Diabetes Prevention Workshop.
- vi. Create a Vision Board class.
- vii. Various craft classes.
- viii. Cupid Crew Valentine's Day cards for Meals on Wheels recipients.
- ix. Financial Trivia program.
- x. A new painting class.
- xi. Pickleball.
- xii. Monthly Talk with the Mayor.

Jaime Trevethan said be on the lookout for tax appointments. Once she hears back about the schedule, information will go out to members.

Jaime Trevethan said Flu cases are on the rise very severely; hospitalization for the Flu is ten times more than last year and cases are up 186% the past couple weeks. The Health District has

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mentioned that COVID cases are also the rise.

b. Building Update

Jaime Trevethan said the building is in good shape. The Facilities department has been doing little things like doors and cabinets as needed. The new security system and cameras are working well. The Center is still storing food from the Food Bank. Jaime Trevethan said middle and high school students did a food drive, delivered the food to the Center, and organize all the food in the auditorium.

c. Purchase Requests

Jaime Trevethan said no purchase requests at this time.

d. Determine Next Meeting Date & Agenda

The next meeting is scheduled for February 4, 2026 at 6:00pm. The meeting will be held in Meeting Room A via hybrid.

VIII. Public Participation

Paul Lenzi asked if there is someone, either staff or a volunteer, in charge of the gym that can monitor the fitness room. Jaime Trevethen said the fitness room is managed by the small Center staff; Barbara Womer, the Program Coordinator, is the one who gives the safety class on how to use the equipment in the fitness room.

Paul Lenzi asked if they are looking for volunteers. Jaime Trevethan recommended anyone interested in volunteering speak with Barbara Womer.

Chylene Pender asked if staff are trained to work with people with dementia as it is becoming more common. Jaime Trevethan said staff have basic training for that and will try to help them to the best of their abilities as they would for any other member. She can look into further professional development training but as the Center is not a care giving facility, training would still be fairly basic.

Kathy Sobieski added that the Center staff are wonderful; they are very in tune with members and pick up on if something is wrong and take action where and how they can such as requesting wellness checks for members.

IX. Adjournment

MOTION: Chylene Pender moved to adjourn. Kathy Sobieski seconded. The motion passed unanimously and the meeting adjourned at 6:41pm.

Elizabeth Rodgers (S.C.P.)