

COMMISSION ON AGING AND DISABLED
REGULAR MEETING
FEBRUARY 6, 2019

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Town Clerk

MEMBERS PRESENT

Karen Brecher
Maureen Lynch
Sandy Nafis
Kathy Sobieski
Terri Lapenta-Duffek

MEMBERS ABSENT

Therese Nadeau
Patricia Hanbury
Mary Udice
Jerilyn Nagel

STAFF

Dianne Stone
Jaime Trevethan
Gail Whitney

TOWN COUNCIL LIAISONS ABSENT

Gail Budrejko
Carol Anest

I. CALL TO ORDER

Karen Brecher called the Commission on Aging and Disabled meeting to order at 6:20 PM.

II. PLEDGE OF ALLEGIANCE

III. PUBLIC PARTICIPATION

There was no Public Participation.

IV. APPROVAL OF MINUTES OF JANUARY 2, 2019

The Commissioners approved the minutes of January 2, 2019.

V. STAFF REPORT

Dianne reported that the American History series with a professor from Carnegie Mellon continues to be impressive with 12 people in attendance; the health brain series sold out with 27 participants and concluded its five week program – this was presented by Hartford HealthCare Center for Healthy Aging; other programs included tech help, sip and paint art class with 18 people and sponsored by Middlewoods of Newington, ukulele lessons, needle felt craft series which lasted four weeks and was sold out, Veteran's Coffee Hour, and focus awareness program featuring meditation and mindfulness which fits into the strategic plan dimension for wellness. Upcoming programs include a winter art canvas class, Valentine's Day cupcake and trivia social, and good life fitness program. Volunteers continue to help throughout the Center and at programs. The Coffee Shop did well during January with \$817 which is actually down due to poor weather and volunteer shortage on Mondays; it has to close early on Mondays

due to staffing issue. The Tai Chi evidence based program which lasts 24 weeks and is presently in its 13th week is very popular; a second 24 week program will begin in May. Evidence based programs for the spring semester will begin with Aging Mastery, Chronic disease and self-management, Chronic diabetes, and Matter of Balance. New carpet has been installed in the hallway, the multi-purpose room, and new flooring in the health office.

Dianne updated the Commission on issues at the State Capitol. Last year Dianne chaired the Senior Center Task Force and she made many recommendations to the Aging Committee regarding things that should take place at senior centers. There was a bill that passed many committees but died on the Senate floor. She has brought this issue to the attention of the Newington delegation this year and they have put the bill back into the cycle, so she hopes for a better outcome. The Newington legislators took a tour of the Center recently and will be at the Center on March 15th at 1:00 PM to meet with Center members. The legislators will help to facilitate Dianne's reappointment to the transportation task force, and she has already been reappointed to the Medical Assistant Program Oversight Council.

The gardeners were in the Center today and planning on what they will do for this summer's crop. They are holding a workshop at the Library on March 7th and will try to recruit volunteers at that time. They are ordering seeds. Last year the Commission approved a three-tiered LED lit growing stand and the gardeners would like to have another one. Dianne stated the cost is \$729. Funds at this time are: coffee shop \$12,488, gift shop \$4,185, general membership \$62,076, fitness \$13,000, donation \$15,801 for a total of \$147,109. **MOTION: Sandy Nafis made a motion to allocate \$729 to purchase a three-tiered LED lit growing stand for the Center's garden, Maureen Lynch seconded the motion, all were in favor, and the motion passed with a 5-0 vote.** With regard to the fencing that was discussed a few meetings ago, building a trench will probably not solve the animal issue. There really is no perfect solution to keeping animals out of the garden.

A. Door Counters

Dianne did not have a report on the Door Counters. IT is working on installing another computer terminal.

VI. MONTHLY TOWN MANAGER'S REPORT

Dianne did not have a copy of the Town Manager's report to distribute, but indicated that the Commissioners can go online to the Town Manager's report to read it.

VII. OLD BUSINESS

A. Self-Assessment

Dianne reported that work is continuing with the self-assessment/strategic planning and the notebooks will be submitted any day now for the final review of the accreditation process. Work is being done on the impact agenda which is part of the strategic plan that identifies areas that are actionable and measurable. A marketing plan with specific marketing goals is being reviewed; such as increasing membership, participation at the Center by 25%, enrolling 145 people in evidence based programs, raising awareness on issues such as accidental opioid addiction in older adults. With regard to increasing membership, a mailing was sent out to people who didn't renew their membership but still come to the Center, and to people who hadn't renewed their membership. Other marketing will include newsletters, flyers around the building, notices on the TV screens, NCTV, emails, Facebook page, postcards mailed to people who don't have email. Dianne explained that Jaime is looking at the budget for the marketing

process and the cost of preparing marketing materials with better graphics and logo, Constant Contact, postcard mailers, and printed membership folders. There is a little bit of money in the budget for marketing but in order to increase Center membership and participation more money needs to be spent on marketing.

VIII. NEW BUSINESS

A. Purchase Requests

This was discussed under Staff Report.

IX. AGENDA FOR MARCH MEETING

Keep everything the same.

X. PUBLIC PARTICIPATION

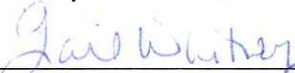
There was no Public Participation.

XI. ADJOURNMENT

MOTION: Sandy Nafis made a motion to adjourn, Kathy Sobieski seconded the motion, all were in favor, and the motion to adjourn was unanimously passed at 7:10 PM with a 5-0 vote.

The next meeting of the Commission on Aging and Disabled is Wednesday, March 6, 2019 at 6:00 PM.

Respectfully Submitted,



Gail Whitney, Commission Clerk