

Draft Unapproved: September 17, 2013

To: All Commission on Aging Members

Re: September 17, 2013 Meeting

Members Present: Frank Contento Sr., Claudia Giulietti, Katherine Lofquist, Anthony Pacileo, Rodger A. Salman and Joseph P. Villano

Members Absent: Alan Fontana, Donna Levine, Rev. Dr. James P. Morgan

Guests: None

Staff Present: Judith Amarone, Director; North Haven Senior Center

- Maggie Maiden, Secretary

The meeting was called to order at 6:00 p.m. on Tuesday, September 17, 2013 on a motion by Claudia Giulietti and a second by Tony Pacileo. The minutes of our last meeting on May 21, 2013 were approved on a motion by Rodger Salman with a second by Joseph P. Villano.

Directors Report:

Commission on Aging Report September 2013

Transportation

- Daily Bus; 20 passenger bus, for May, June, July- 2270 Trips which include daily to the Center, Shopping, Hair Salon Appointments, Errands, and Special Trips. Accumulated Miles for this period 5098 miles traveled.
- Medical Bus; 14 passenger bus, for May, June, July-543 Trips which include to Medial Transports to Doctors, Dentist, Physical Therapy etc. The bus travels to New Haven, North Haven, Hamden, and VA Hospital in West Haven. Accumulated Miles for this period 3000 miles traveled.

July & August Programs-

- July 2- Health Presentation: Hidden Sugars in Your Foods
- July 3- Fourth of July Picnic
- July 9- Board and Card Game Day
- July 12- Ice Cream Social
- July 18- Westbrook Outlet and Luncheon
- July 25- Luncheon Jimmies of Savin Rock
- August 1- Luncheon Jimmies of Savin Rock: due to popularity of this trip the Center a second trip was held.
- August 6-Mohegan Sun
- August 13- Presentation Growing Older; Staying Happy and Healthy
- August 13- Ladies Night Out, (men invited as well), at Ludal's in North Haven
- August 14- Dress Barn Fashion Show at the Center
- August 15- Medicare 101 Presentation

- August 19- Health Literacy Focus Group-“Preparing for your Doctor’s Appointment”
- August 20- Kick Off Luncheon in Honor of the Senior Chorus
- August 23- Fried Dough Friday
- August 30-Bocce Tournament with Wallingford Senior Center

Art and Poetry Contest Follow up - In the Spring seniors from the Center entered two contests at the Agency on Aging of South Central CT in honor of Older Americans Month; Art and Poetry. Of the area towns (20) that entered two of the North Haven Seniors came in 1<sup>st</sup> Place. Joan Clinton for her oil painting and Joann Buccetti for her poem. This is the first year that the Agency on Aging held contest and we were honored to have been chosen first place winners.

Farmers Market Coupons- Coupons were available to all income eligible North Haven Seniors throughout the summer and up until October 1<sup>st</sup>. This is the third year that the Sr. Center participated in the program and is well received by those that qualify. To date 70 seniors have taken advantage of this program equating to \$1260 in coupons that were handed out. This program allows me an opportunity to inform seniors other about programs that one may not be aware of due to their income. For an example I have connected seniors to the Medicare saving program, food stamps, and the lunch program which are all available to income eligible seniors.

What is the Farmers Market Program?

The Seniors Farmers' Market Nutrition Program is funded and administered by the Connecticut Department of Agriculture to provide low income seniors with coupons that can be exchanged for eligible foods at farmers' markets. This program was created to provide a supplemental source of fresh, locally grown fruits, vegetables, and herbs from farmers' markets, and to promote agricultural diversification by stimulating the demand for Connecticut grown fresh fruits and vegetables at farmers' markets.

**WHO IS ELIGIBLE?** Individuals 60 years of age or older, with incomes that do not exceed 185% of poverty income guidelines are eligible.

- Household size for 1 person cannot exceed \$1772 per month
- Household size for 2 people cannot exceed \$ 2392 per month

**HOW DOES THE PROGRAM OPERATE?**

Each eligible recipient receives five (6) three-dollar (\$3) checks (\$18 per recipient, per market season), which can be redeemed at authorized markets throughout Connecticut for fruits, vegetables, fresh cut herbs, and honey. Coupons can only be used at authorized farmers' markets and only for fresh fruits, vegetables, and cut herbs from state certified farmers' market vendors.

Food Pantry-The Center now has an on-site a mini food pantry for seniors who are in need of food. The pantry will serve not only the seniors in time of need it will be used when necessary at the time the Sr. Center is deemed a cooling/heating center.

September Events

- Alzheimer’s Fundraiser Dinner was held on September 11, 5-8pm. This year the Center joined with Hamden Senior Center to raise funds and walk in the 2013 Alzheimer’s Walk. The team name has been titled “Q-Striders” for Quinnipiac University and Quinnipiac River which are two common dominators in both Towns.
- Annual Picnic with Town of North Haven Department Heads Wednesday September 18

- Mahjong Tournament will be held on Saturday September 28 at the Center.
- Alzheimer's Walk Sunday September 29 at Lighthouse Point
- Bocce Tournament Seniors vs. Department Heads and hotdog cookout September 27

Year End Totals of Activities for Senior Center 6/30/12-7/01/13

HEALTH PRESENTATIONS	VNA	17
FINANCE PRESENTATIONS		4
WELLNESS CLASSES	VNA	4
CENTER CLASSES	ONGOING/ROUTINELY	14
AARP DRIVER SAFETY	MONTHLY	11
BENEFIT QUICKLINKS	MONTHLY	12
VOLUNTEER RUN CLASSES		4
VOLUNTEER OPPS		2
<b>PRESENTATION/CLASS TOTAL</b>		<b>68</b>
PROGRAMS/PARTIES		22
PURPLE RED HAT PROGRAMS		6
<b>PROGRAM TOTAL</b>		<b>28</b>
<b>TRIPS</b>		
CHARTERED BUS DAY TRIPS		9
HEALTH GUIDANCE	2X/MOS	24
FLU CLINIC		3
MAMMO VAN		1
<b>CLINIC TOTALS</b>		<b>28</b>
SENIOR SONGSTER OUTINGS		5
MINI TRIPS		26
LUNCHESES OUT (BUS)		6
JUST FOR FUN ACTIVITIES	FOOD DEMS, SUNDAES,ETC	15
FUNDRAISING DAYS	HOLIDAY BAZAAR/SPRING FAIR	2
<b>TOTAL ACTIVITIES</b>		<b>173</b>
TOTAL MEMBERS TO DATE		1323
NEW MEMBERS To Center		129

Upcoming

October 22 – Flu Clinic

Senior Center Open House Week of the November 4 thru 8.

Holiday Fair November 22 and 23; changed the venue invited vendors to purchase

tables in anticipation of generating revenue along with attracting a larger population to attend.

Old Business:

At the last meeting there was discussion about the lack of Senior Housing in North Haven. The Director brought an article from the North Haven Citizen about the construction beginning on Senior Apartments: "The development of the old Benevento Motors site at 162 State Street into a rental apartment property for seniors is underway with a ground breaking ceremony planned for August.

One hundred forty two market rate and eight affordable one and two bedroom apartments will be constructed, with residency restricted to seniors, 55 and older."

The invitation from the Director to ride the Senior Center Bus is still welcomed; please call the Senior Center to book the ride.

New Business:

Members asked Claudia to invite First Selectman, Michael Freda, to discuss how to obtain more subsidized housing for Seniors in town.

Discussion was held at length-

- lack of housing
- how to publicize to the community that the Town has a Commission on Aging to act as a liaison to the Town
- Increase of taxes in Town and impact on seniors
- supporting Senior Center Food Bank by means of donating non perishables

From this discussion Members have decided to meet on their own, to develop an agenda, to discuss with First Selectman, Michael Freda.

Public Comment:

None

Having no further business, the meeting was adjourned at 7:45 p.m. on a motion by Claudia Giuletti. The next meeting date is scheduled for Tuesday, November 19, 2013 at 6:00 p.m. at the Joyce C. Budrow Senior Center at 189 Pool Road. If you are unable to attend the next meeting, please contact the Senior Center at 203-239-5432.

Commission on Aging  
Agenda  
November 19, 2013

1. Approval of Minutes
2. Directors Report
3. Old Business
4. New Business
5. Public Comment
6. Adjournment

Meeting Place:

Joyce Budrow Senior Center  
189 Pool Road

Meeting Time:

6pm

Telephone Number:

203-239-5432