

COMMISSION ON AGING MINUTES, May 14, 2015, APPROVED on September 29, 2015

Draft unapproved May 14, 2015, approved September 29, 2015

To: All Commission on Aging Members

Re: May 14, 2015 Meeting

Members Present: Claudia Giuliatti, Fran Bartlett, Joseph P. Villano, Donna Levine, Katherine Lofquist, Frank Contento, Sr

Members Absent: Alan Fontana, Deacon Ronnie Bicknell

Guests: None

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

- Maggie Maiden, Recording Secretary

The meeting was called to order at 6:12 p.m. on Tuesday, May 14, 2015, on a motion by Claudia Giuliatti and a second by Joseph P. Villano. The minutes of our last meeting on March 24, 2015 were approved on a motion by Fran Bartlett and a second by Frank Contento, Sr.

Directors Report

March 24- Spring Craft; Make and Take- an Easter Project was held in a two part series. The first week seniors painted clay pots and were shown how to take a simple clay pot and decorate it into a festive Easter Pot. The second week seniors learned how to melt chocolate for candy molds. The molds were in the theme of Easter; eggs, bunnies, and flowers. Upon completion seniors proudly took home an Easter Pot filled with Homemade Lollipops.

March 26- Dinner and a Movie continues to be a hit with the seniors. This month's movie was *"About Schmidt"* and the menu consisted of homemade chicken soup, toasted cheese, homemade oatmeal cookies and a beverage.

April 2- Learn to Make Eva Cocchiario's Apizza Gain Pie. In memory of a senior who shared her family recipe, staff put on a cooking demonstration making Appizza Gain Pies. All in attendance wanted to purchase the pies as well as others. In the spirit of the season forty five pies were made by staff and seniors. It was a fun event and the staff was told that this Easter Pie was better than the one they have made or purchased in years past.

April 6- Has Your "Get Up and Go" Got Up and Left? Dr. Susan Verano Geriatrician; from Hamden Health Care asked the following questions; Do you have a little less pep in your step? Do you get out of breath going upstairs? Do you sleep on the first floor because it's too difficult for you to make it to your bedroom on the second floor? Are you too exhausted to do your own grocery shopping? The answers to the

questions led to the discussion about under use of muscles and the importance of daily stretching and diet. As well as seniors learning how to properly stretch and were taught simple exercises to practice daily.

April 16- Volunteer Luncheon- In honor of National Volunteer Week the Center held a luncheon for all the members who volunteer their time at the Center. Volunteers help with the daily lunch program, teach computer classes, call bingo, lead the dance classes, and are involved with the in house library as well as correspond with members who are temporarily home bound. As an appreciation a token gift was given to all; a small flashlight that can be put on their key ring.

April 21- Make and Take Project; Quilted Tote Bag. This class is led by staff teaching seniors how to make a tote bag out of scrap fabric. Skills needed are to be able to sew with a machine. This is a two part series and to date the group of twelve is doing a great job; most of all are having a great time relearning an unused skill.

April 23- Transportation Issues for Seniors, presented by Mobility Manager from the Kennedy Center. Seniors were informed of the ride options provided by CT DOT, GNHTD, Logisticare, Disabled American Vets, Metro Taxi, Interfaith Volunteer Caregivers and Mary Wade. CT DOT, Metro Taxi, and GNHTD have reduced rates for seniors and all the others are options at no cost. In that the Center is without drivers this program was informative and beneficial for all seniors that rely on outside source for transportation.

April 23-Dinner and a Movie continues to attract seniors. This will be the last movie of the season and the fun will move on to hot dog Fridays. Shown this month was The Best Exotic Marigold Hotel and dinner was eggplant parmesan subs, pasta salad, and dessert. The event begins at 3:30pm and ends by 7pm, all in attendance state it's the best early evening event in town.

April 28-Ladies Night Out; Men too! By request a large group enjoyed dinner out at Ludals. This event happens twice a year and continues to be a favorite for all. Seniors who don't drive have family members drop them off at 5pm and are picked up by 8:30p.m. All others drive on their own and as soon as dinner is over those in attendance want another Ladies Night Out. It's fun for all and staff is pleased to partake in an evening out on the Town with their seniors.

April 29- Birthday Cake and Ice Cream, This celebration is in honor of the manager's birthday and has been celebrated with the seniors since her 50th birthday. It's a fun way where all birthdays are recognized and cake is enjoyed by all.

Transportation Update

Interviews were held the week of May 4 for the full time and part time bus driver positions. Second interviews were held with the Town's Finance Director and two part time positions will be offered. To date all medical appointments have been provided by GNHTD, Mary Wade Home, Disabled American Vets, Interfaith Volunteer Caregivers, and Logisticare. Out of the five noted only GNHTD has a fee of \$3 and the others are at no cost to seniors.

Old Business:

The Commission was informed that the Planning and Zoning Commission spoke with the Developer of the apartments known as Village on State. They asked the question that was brought up by the Commission on

Aging at the March 24th meeting in reference to Affordable Housing and what are the guidelines being followed to build these units. An update will be given at the September Commission on Aging meeting.

New Business:

There is still a need for another Commission Member on the board. Claudia Giulietti and Donna Levine will be in contact with possible candidates.

Judy Amarone informed the Commission that two applicants were offered the Part Time Driver positions recently and contingent on them passing all the tests required they should be on board at the Center by the end of June.

Housing:

Woods Edge and Oakview are keeping their lists open.

Public Comment: None

Having no further business the meeting was adjourned at 7:40 p.m. on a motion by Claudia Giulietti and a second by Fran Bartlett. The next meeting is scheduled for Tuesday, September 15, 2015 at 6:00 p.m. at Joyce C. Budrow Senior Center, 189 Pool Road, North Haven. If you are unable to attend the next meeting, please contact the Senior Center at 203-239-5432.