

Sherman Commission on Aging
 Monthly Meeting Minutes
 Monday, March 16, 2015
 Mallory Town Hall, 6:00 PM

DRAFT

Present: First Selectman, C. Cope, Senior Center Coordinator, S. Berger, J. McRoberts, S. McMahon, J. Garcia, C. Faure, J. Way, and A. Jellen

Also Present: Christine Branson, Commission Clerk

Call to Order:

Ex-Officio, C. Cope Called the informational Meeting to Order at 5:32 p.m.

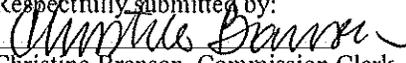
The purpose of this meeting is to discuss duties of the board members and to seek new members for the Commission.

First Selectman C. Cope welcomed the prospective Commissioners to the meeting and gave a historic account of the charge of this Commission. The Commission meets for typically one hour a month, and the members appointments are for three year terms. He then turned the discussion over to Senior Center Coordinator, S. Berger. Mrs. Berger went over the Commissions' Mission, goals and Senior Calendar as well as several activities now offered to the community. Mrs. Berger is seeking new members to the Commission to volunteer time and services for coordinating and gathering of information to enhance the existing programs and add others. Mr. Garcia spoke in reference to his interest in joining the Commission. He is currently caring for his live- in father who is 92 years old, and understands the importance of the inclusion and demands of aging family members on a daily basis. Mrs. McMahon, also showing interest in joining, asked several questions regarding the responsibilities of the Commission. Mrs. Berger shared several ideas of events she would like to offer the community, such as Housing for Seniors, Alzheimers Education, and Discussion of the "Sandwich" generation, "Difficult Conversations", and Mental Health First-Aid to name a few. Commissioners could help coordinate these programs by calling individuals to book speakers, or other aspects of event planning. Another idea where Commissioners would help is to write articles in the newspaper offering information to the community. Additionally discussed were the need to gather more volunteers to offer rides to seniors to transport to appointments, and shopping trips, outside of what the existing van service offers. The next meeting will be April 20, 2015, at 7:00 pm at Mallory Town Hall.

Adjourn

C. Cope Adjourned the Meeting at 7:00 pm

Respectfully submitted by:


 Christine Branson, Commission Clerk
 March 24, 2015

