

Sherman Commission on Aging

Monthly Meeting Minutes

Monday, March 23, 2016

Mallory Town Hall, 6:00 PM

FINAL

Present: J. Wey, A. Jellen, J. McRoberts, and S. McMahon

Absent: J. Garcia and E. Hayes

Public & Invited: Social Services B. Trott, Carol Faure, and Commission Clerk C. Branson

Call to Order: Chair, J. Wey Called the Meeting to Order at 6:03 p.m.

Senior Center Report:

Social Services, B. Trott thanked the Commission for the strong support and presence at the Town Meeting. The new Senior Van was heavily supported. Beth has ordered the new van and it should be ready in six to eight months. Dr. Varano will be returning for another Aging Workshop on April 1st. Dr. Joint will be conducting a workshop May 13th which will cover either Negotiation/ Mediation or Depression, the topic will be determined. Also, Dr. Joint has offered to be available as a Commission Advisor in ever necessary. The Senior Center Intern and B. Trott attended the hub meeting of Municipal Groups of Aging Commissions. Topics discussed were offering exercise options such as Zumba, Yoga, and/ or Tai Chi. Some of these classes have been offered in the past and were well received. Additionally discussed were events specifically designed for men such as hand weights or a monthly breakfast. Brookfield offers two times a month a "Relaxation Station" where hand, foot, and neck massages are available for a small fee. Another topic of the meeting was offering events that will attract younger Seniors. New Fairfield offers n annual Mother/ Daughter Tea. The Commission discussed sending weekly email reminders to interested parties of upcoming events at the Center. Also discussed was a friendly visitor program which is run by the R.S.V.P. (Retired Senior Volunteer Program) which arranges visits to shut-ins by trained professionals. This program has fallen to the wayside but is very important. Ms. Trott requested the Commission look into re-activating this program where volunteers commit to an hour long visit to local shut ins. Ms. Trott recommended contacting Lorna Barrett was helpful in the past, and would offer the assistance to the intern moving forward. The Commission discussed housing concerns for Seniors as a Statewide concern.

Approval of Minutes of February 22, 2016:

Commissioner J. McRoberts Moved to Approve the Minutes of Regular Monthly Meeting of February 22, 2016 as written.

Seconded by: S. McMahon

Vote: For: Unanimous

Old Business

FY 2016-17 Budget Submittal

The Senior Center 2016-17 Budget request was amended and submitted to the First Selectman .

"Do You Know" Workshop Report

There will be enough in the budget to print the "Do You Know" brochure and host one guest speaker. The Commissioners held an informal workshop with R. Hayes, J. Wey and S. McMahon to discuss topics that should be covered with the "Do You Know" campaign. An additional workshop is anticipated. Ideas discussed were a list of resources such as contact information for ride programs, meal services, legal assistance, exercise classes, and other events at the Senior Center, financial assistance programs and other points of interest.

New Commission Members:

Both Helen Bray and John O'Connor have withdrawn their names for consideration. Ms. Bray has expressed she would like to join the Housing Commission and Mr. O'Connor stated personal reasons as the reason for his withdraw. Carol Faure has expressed interest and has submitted a letter to the First Selectman for consideration.

March Birthday Luncheon:

Chair, J. Wey thanked the Commissioners that were able to attend the luncheon. There was discussion of concern regarding the safety of the parking lot. There should be a visible barrier delineating where the lot ends and the drop-off begins. J. McRoberts said she has brought this to the First Selectman's attention.

Charter Senior Package Discussion:

At last month's meeting S. McMahon shared a letter written by G. Linkletter requesting Charter Communications offer a discount package to Seniors. J. Wey called Charter as a customer and was told there is no discount available currently. Ms. McMahon will discuss this matter further with Mr. Linkletter and report any additional progress.

New Business:

Housing Choice and Affordability Program:

The State Seminar is March 31st, 2016. From the audience, A. VanPlackecki spoke, stating based on past experience with the key note speaker, he felt this workshop would specifically be directed toward large Municipalities, rather than rural towns such as Sherman. Chair, J. Wey agreed these seminars seem to have an urban bias. Social Services Director informed the Commission that the State offers funding for smaller communities and not to become discouraged.

Adjournment

Commissioner J. McRoberts Adjourned the Meeting at 7:05 pm.

Respectfully submitted by:


Christine Branson, Commission Clerk

April 18, 2016

Approved as FINAL at the April 18, 2016 RMM