

## Commission on Aging Minutes, Approved May 18, 2022

Draft Unapproved: May 18, 2022, approved September 20, 2022

To: All Commission on Aging Members

Re: May 18, 2022

Members Present: Claudia Giuliatti, Fran Bartlett, Donna Egan, Joe Villano, and Ameer Lunn

Members Absent: Deacon Ron Bicknell and Kimberly Yates Carew

Guests: None

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

- Laurie Feldman, Secretary

The meeting was called to order 4:14 p.m. on Wednesday, May 18, 2022 on a motion by Claudia Giuliatti and a second by Fran Bartlett.

The minutes of the last meeting held on Tuesday, March 15, 2022 were approved on a motion by Fran Bartlett and a second by Ameer Lunn.

Directors Report:

Commission on Aging

Senior Center

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Senior Center

Directors Report

May 2022

Tai Chi was brought back in this month after many months of not having in house classes. The class is taught by Bill Banick and has a steady following of seniors who have been students of Bill's for many years. Tai chi has many benefits aside from socialization with others; regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Whereas there is a fee to join the class it is open to all meaning if a senior is not financially able to pay the fee, funds are available for scholarships. The next session will begin in May for any resident who is 62 plus years of age. Membership to the Center is not required.

Fitness Fun continues to attract many residents in town and meet every Monday and Wednesday exercising on their own. Exercising is done sitting or standing; stretching, bending,

and all movements are done in unison. Aside from exercising many friendships have formed bringing the importance of the physically and mentally.

Exercise for Better Balance is another exercise class that is back in session. This class is very popular making a waitlist for the next session. Chair exercises are done with light weights, bands, and footsteps to music.

Make and Take Projects had a springtime theme with making colorful egg wreaths and Bunny Tree. Due to the number of participants that were interested two additional sessions had to be added to the schedule. A very successful program that will be offered again in the future.

St Patrick's Day was celebrated with offering free Shamrock Shakes to all. Along with green milkshakes a special bingo was held bringing people back to the Center for another fun event.

Technology Help class was a huge success bringing seniors and Quinnipiac Students together. The students were outstanding and very patient giving each person one on one attention. The seniors were thrilled to learn how to use their phones. Many families are generous and purchase their parents cell phone. The problem is not having the time to teach them how to use them. A great program and the Center are working with a local carrier in hopes to get monthly program in house in the fall.

After two years of zoom yoga being offered due to COVID, members are excited to have in person sessions beginning again. Class is taught by Julie Luciani is registered Occupation Therapist with extensive experience working with seniors to improve strength, range of motion, balance and endurance to overcome physical limitations and with each class one body strength is gained helping one to move with ease.

Step into Spring Cooking presentation was brought to the seniors by Marisa who is the Dietician for Shop Rite in Wallingford. Marisa was a regular presenter prior to COVID and all in attendance were happy to have her back. Her presentation was spring salad made with fresh vegetables. In years past the seniors would assist with making the food however as with many changes due to COVID this was a change too. All in attendance left with a salad to enjoy at home. Another fun in person event.

American Armchair 6 Part Series brought to the Center by Hamden Healthcare. This is the second series and this month featured Yosemite National Park. All in attendance watched a video-tour and discussion of the 1200 sq. miles from their seats and ended the program with painting with water colors a scenic vista from one of the parks in the video.

Friday night fun with Quinnipiac University's club "Old Friends and New Friends" is an intergenerational club that brings students and seniors together. The club members decided Bingo would be a fun way to get acquainted with the seniors. The evening had a full house and all had a great time not just with bingo but with interacting with the QU students. It was so successful that the students will be back in May for more fun and plans are in the making to continue the relationship in the Fall planning for monthly events.

Hike and Walk with Friends happened this month with the walking group rejoining one another to walk as a group at the Middle School Track this month. The group will change the walking course to taking a hike on the Warton Brook Park. The group is steadily growing in numbers and a new idea this month was to follow the walk ending it with having breakfast at Sam's Place in North Haven.

April ends with a Dental Clinic provided by University of New Haven Dental School and Birthday Celebration/s with cupcakes for all.

#### Staff

I will be retiring as of June 30, 2022 from my position as the Manager/Director of the Joyce C. Budrow Senior Center. My replacement will begin on July 19, 2022 on that same date I will be begin my new role as the Municipal Agent for the Elderly working part time.

It has been an honor and a pleasure working with the Commission on Aging. Their support of my role as well as the support given to our senior citizens in Town is a true measure of commitment to the mission of the Center. Thank you.

Respectfully submitted;

Judith Amarone

Old Business: Despite the challenges of Covid, the Senior Center continues to thrive and see an increase in membership. In recent weeks, the Senior Center has welcomed 40 new members, and continues to receive inquiries about Membership, as well as provide information and referral to Seniors and their families.

#### New Business:

It was announced that First Selectman, Michael J. Freda has budgeted for the purchase of 2 new buses for the Senior Center to help improve the level of transportation for our seniors who are unable to drive and who need transportation to medical appointments as well as shopping and other errands.

## Housing:

With many rents at an all-time high, due to the current inflation, the need becomes greater for Seniors to find efficient and affordable housing. Unfortunately, Senior Housing continues to have long waiting lists and a shortage for seniors in Town and area towns alike.

Having no further business, the meeting was adjourned at 5:27 p.m. on a motion by Claudia Giulietti and a second by Fran Bartlett.

The next scheduled meeting will be held on Tuesday, September 20, 2022 at 4 p.m. at the 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.