

## COMMISSION ON AGING MINUTES, UNAPPROVED March 19, 2019 MEETING

Draft unapproved: March 19, 2019, Minutes approved May 22, 2019

To: All Commission on Aging Members

Re: March 19, 2019

Members Present: Claudia Giulietti, Deacon Ronnie Bicknell, Fran Bartlett, Sandra Mastroianni, Kimberly Yates Carew, Joseph P. Villano

Members Absent: Ameer Lunn, Donna Levine and Alan Fontana

Guests: Ruthanne and Dave DeLucia

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

- Maggie Maiden, Recording Secretary

The meeting was called to order at 6:05 p.m. on Tuesday, March 19, 2019 on a motion by Claudia Giulietti and a second by Sandra Mastroianni

The minutes of our last meeting on Tuesday, January 15, 2019, were approved on a motion by Kimberly Yates Carew and a second by Sandra Mastroianni.

### Directors Report:

January 22- Oil Paint open house was held for novice as well as experienced painters. Classes run for a twelve week session and the fee is \$2.50 per class. Supplies are not provided however if there is a need for an individual the Center will assist with class cost and supplies.

January 25- Annual re gifting auction was held and as in the past it was a fun filled morning. Members donate their unwanted holiday gifts to the center to be auctioned off and all monies realized fund supplies for the daily free coffee and tea offered.

February 6- Paul Mitchell School of Beauty of North Haven provided manicures and hand massages at no cost to the seniors. This program was twofold, seniors received free services and it was an inter-generational gathering with students and seniors.

February 7- Make & Take Bird Seed Feeders was a very popular event in that seniors who are passionate about birds participated.

February 13- Valentine Bingo, instead of playing BINGO, the word HEART was called. All in attendance had fun being among friends on a cold winter afternoon, as well as eating treats that were provided by the Center. As always, members are very appreciative of the time that the volunteer bingo callers give to them three times a week.

February 14- Singer and Performer East Chicago Joe celebrated Valentine's Day with the seniors singing all the old favorites: Frank Sinatra, Frankie Valli, Dean Martin and even Elvis. All in attendance sang and danced the afternoon away.

February 27- Lunch and Christmas Tree Shop Trip- The seniors traveled to Orange CT by the Centers bus to shop at their favorite store and from there went to Cracker Barrel in Milford. All who attended came back with many treasures and immediately asked when the next trip is. Fun was had by all and a trip back to the Christmas Tree Shop will be held in May.

March 8- University of New Haven Dental students presented best practices for good oral hygiene and provided free oral cancer screenings. All in attendance received toothbrushes, mouthwash, floss and toothpaste.

March 12- Taste of New Orleans, the annual bread pudding demonstration has become a Mardi Gras tradition at the Center where Judy demonstrated how to make bread pudding as well as giving the history of Mardi Gras. It was a great event bringing about conversation of other traditional recipes.

March 13-Movie and Lunch Trip- Seniors traveled to the North Haven Cinemark to see the final movie of Tyler Perry "A Madea Family Funeral" and then went to lunch at Chick fil-a. All in attendance had a wonderful time and for some it was an adventure in the newer style movie theater. With the warmer months ahead plans to go to the movies and keeping cool will be planned.

March 15- Scams and You were presented by Keri Maciog , patrol person from the Town of North Haven's police department. Literature was giving to all in attendance with tips and telephone numbers to who one should call in the event one was approached by a scammer. A great community event bringing a law officer and seniors together.

Included at the Center are special events, exercise and enrichment classes which are held at the Center;

- Ceramics
- Chair Yoga
- Computer Training
- Crafts
- Fitness Fun
- Knitting
- Line Dancing
- Oil Painting
- Sitercise, Fall Prevention and Balance Class
- Tai Chi, as well as
- Bingo
- Bridge
- Canasta
- Mah Jongg
- Pinochle
- Puzzles
- Scrabble
- Setback

Transportation services are available at no cost to the seniors of North Haven. Monday-Friday traveling to local banks, barber shops, grocery stores; Stop & Shop and BigY, hair and nail salons, library, pharmacy, post office, as well as trips to labs for blood work, community services counseling, dentists, doctors, physical therapy, and if medically prescribed, to local fitness centers. Moreover, included are out trips to Walmart in Wallingford and New Haven, Hamden Plaza, Universal Drive (getting dropped off at their store of choice) Meriden Square, Christmas Tree Shop, Restaurants and shows at Aqua Turf.

Respectfully submitted;

Judith Amarone

Old Business:

Project S.A.C.K., Seniors Assisting Connecticut Kids who need to be removed from their home by DCF. Though there were a lot of donations given for this cause, there is still a need for some additional items for girls and boys:

- Baby shampoo
- Baby/kids toothpaste
- Baby body wash
- Baby comb and brush
- Wide tooth combs

Donations may be dropped off at the Senior Center, 189 Pool Road, North Haven up until April 30<sup>th</sup>. Please remember that only new products will be accepted.

There is still an opening at the Senior Center for a Part Time Medical Bus Driver; Judy has received a number of applications but unfortunately they do not have the requirements needed to fill the position. Anyone interested can apply on the Town Website.

New Business:

Commission member Deacon Ronnie Bicknell, of St Barnabus Church, was asked to explain the services the Social Action Group, through his church, provides to the Community. The Group meets once a month and at this time has approximately 50 members, three other Catholic Churches in Town also participate. They have many collections throughout the year such as Food, Clothing drives, Diaper drives, an Angel Tree at Christmas. Also, the Group members provide an Angel Tree for seniors in Town and coordinate with Judy Amarone, Manager of the Senior Center, to provide a list of seniors who are in need of a special gift. Over the years many seniors in Town have been surprised at Christmas by this very special drive.

Judy asked if the Group would consider a Depends drive for seniors in Town, since they can be expensive for someone on a fixed income. Deacon Bicknell was going to propose this suggestion at their next meeting and will get back to Judy.

Housing:

The Assisted living facility with a Memory Care Component on Clintonville Road will possibly be done by July 2019 according to the First Selectman. Anyone looking for information may call the Selectman's Office at 203-239-5321.

Senior Housing in North Haven continues to have long waiting lists.

Public Comment:

Ruthanne DeLucia, who is a member at the Senior Center, spoke very highly about the Center. She called the Center a "Gem" of a place and wishes more seniors in Town could see all the benefits the Center has to offer. Information is publicized in the monthly Newsletter, the Town Website and local Newspapers.

Having no further business the meeting was adjourned at 7:40 p.m. on a motion by Claudia Giulietti a second by Sandra Mastroianni and a third by Fran Bartlett.

The next meeting is scheduled for Tuesday, May 21, 2019 at 6:00 p.m., 70 Universal Drive, North Haven. If you are unable to attend the next meeting, please contact the Senior Center at 203-239-5432.