

COMMISSION ON AGING MINUTES, APPROVED May 22, 2019 MEETING

Draft approved: May 22, 2019

To: All Commission on Aging Members

Re: May 22, 2019

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

Members Absent: Alan Fontana

Guests: None

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

- Laurie Feldman, Recording Secretary

The meeting was called to order at 6:12 p.m. on Wednesday, May 22, 2019 on a motion by Claudia Giulietti and a second by Kimberly Yates Crew.

The minutes of our last meeting on Tuesday, March 19, 2019, were approved by Sandra Mastroianni and a second by Donna Levine

Directors Report: May 2019

Senior Center

Directors Report

March 20- Make and Take it Spring Project- Program Coordinator Marlene Thorp led this month's project which was making beaded bracelets. The bracelet making was so much fun that it has been requested to make necklaces and earrings in the summer. All projects are planned for the novice and experienced crafter.

March 21- Aging and Memory presentation by Yale School of Medicine. The presentation was an informal program however well attended event. Members of the Center left with literature on what has been found in research to prolong the memory as well as how the environment in which you live has a factor in the disease. Above all what was learned was to stay active and exercise as well as a balanced diet.

March 27- Day trip to New Haven's Knight of Columbus was held. All in attendance thoroughly enjoyed the guided tour of World War I exhibit. This was a well-attended trip where the Center provided transportation as well as members drove on their own to the museum.

March 28- Medicare Fraud presentation was held by Joan Kaiser of the Agency on Aging of South Central CT. The topic brought to light how to read your explanation of benefits, how to protect your Medicare number, and how to contact Medicare if you feel your number was compromised.

March 28- Opening Season of Baseball was celebrated with watching the movie Field of Dreams. All in attendance were served hot popcorn and candy. All in attendance clapped as the movie ended and thanked staff for an enjoyable afternoon.

March 29- Mind Diet presented by Marisa McCoy, a Registered Dietitian from the Southington and Wallingford ShopRite stores. All attendees learned how diet has an impact on memory and what foods to eat to feed the brain.

April 3- Make and Take Easter Project was held in getting ready for the upcoming holiday. Seniors made eggs out of string and balloons. This was a messy but fun project and in the end everyone was pleased with the end results.

April 5- Spring Cupcake Project was held where members were taught how to decorate ordinary cupcakes from a box mix making them into bunnies, flowers and baskets. This event was sponsored and led by Kimberly Vertrees, Community Liaison Connecticut In-Home Assistance.

April 16- National Healthcare Decisions Day In honor of National Healthcare Decisions Day. This event was presented by VNA Community Healthcare and Hospice. All in attendance had the opportunity to ask questions and learned the importance of advanced planning.

April 23- In honor of National Volunteer Week seniors who volunteered were invited to a Volunteer Recognition that was held at Giulio's at no cost to them. This year's theme was "You are an important piece of the Puzzle" All in attendance were thanked with a pin and as the pins were handed out it was stated without their volunteer piece at the Center the puzzle (Center) would not be complete.

April 24- Earth Day Celebration was held with an all-day Bingo, instead of saying Bingo when a person won they had to call Earth. For added fun to start the day breakfast treats with beverages were served to all. At noon there was entertainment with the Humblebees who are a fun favorite and ending the day with brownie ice cream sundaes.

April 25- Be Your Own Healthcare Hero presented by VNA Community Healthcare. In this presentation attendees learned the importance of building good relationships with ones physicians' through good clear communication tips putting yourself in charge as well as being prepared for each visit. It was also advised that each time you have an appointment with a physician to bring family or friend with you as well as a list of medications even those that are over the counter. Above all prior to leaving the visit each person should ask themselves do I understand the care plan put forth prior to ending the visit.

April 29- Mary Wade Transportation Coordinator presented the services they have to offer for North Haven Seniors. They provide door to door service to medical appointments Monday – Friday. As well as transportation on Saturday and Sunday from 10-2pm for recreational and social gatherings. Medicaid recipients are ineligible for medical transportation since they have other free services available to them. However a Medicaid recipient is eligible for weekend transportation. There is no cost to utilize their services on the other hand donations are greatly accepted.

May 1 and 2 - the Center was closed due to a new fire alarm system that was installed. All in house activities were canceled however day trips were planned. May 1 a trip was made to the Meriden shopping plazas and then lunch at the Wallingford Chilli's. May 2 the seniors traveled to the Orange Christmas Tree Shop and had lunch at the Crackerbarrel in Milford. Fun was had by all.

May 7- Project SACK was completed and 50 bags filled with toiletries were delivered to DCF in New Haven. The bags were well received by the social workers and were truly thankful for such a needed donation. A note of thanks to all who donated to this well worth project.

May 14-Casino trip to MGM Studios in Springfield MA was a big day for many first time goers. 50 seniors plus the program coordinator had a great day, best of all it was stated it was small but there was no smoking like the other casinos. Another trip in the summer will be planned due to the fun they had on this trip.

Respectfully submitted,
Judith Amarone
Manager

Old Business: None

New Business:

Dates for the 2019-2020 Commission on Aging Meetings were announced and approved by the committee.

It was announced that the Agency on Aging has moved into their new location on Washington Avenue in North Haven. We are very fortunate to have such a wonderful and valuable resource in our community and we look forward to working with the Agency to further our mission as advocates for our seniors and their families.

Housing:

The Landing on Clintonville Road, an assisted living community, fully staffed to meet the needs of Memory Care has now begun the application process for prospective tenants and is set to open in the Fall of 2019. A sales representative from The Landing has reached out to Judy to discuss how to best serve those in need of this type of housing and the two will meet on May 23, 2019. On June 13, at 6:00 p.m. , representatives from the Landing will meet at Town Hall to talk about their facility.

Public Housing continues to have a wait list of 3-5 years.

Public Comment: None

Having no further business the meeting was adjourned at 6:40 p.m. on a motion by Claudia Giulietti a second by Kimberly Yates Carew

The next meeting is scheduled for Tuesday, September 17, 2019 at 6:00 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.