

COMMISSION ON AGING MINUTES, APPROVED NOVEMBER 19, 2019 MEETING

Draft approved: January 21, 2020

To: All Commission on Aging Members

Re: November 19, 2019 Meeting

Members Present: Claudia Giuliatti, Sandra Mastroianni, Ronnie Bicknell, Donna Levine, Joseph P. Villano, Kimberly Carew

Members Absent: Alan Fontana

Guests: Dr. Nicholas Nicholson, Quinnipiac University

Staff Present:

- Judith Amarone, Director, North Haven Senior Center
- Laurie Feldman, Secretary

The meeting was called to order at 6:03 p.m. on Tuesday, November 19, 2019 on a motion by Claudia Giuliatti and Kimberly Carew

The minutes of our last meeting on Wednesday, May 22, 2019, were approved by Kimberly Carew and a second by Fran Bartlett

Commission on Aging
November 19, 2019
Managers' Report

October 1- 2019 Holiday Party tickets went on sale. \$31 includes entertainment, choice of Prime Rib, Chicken Marsala, or Stuffed Shrimp as well as antipasti, pasta, and dessert.

October 2- Silk Scarf Paint Class

October 8- Senator Len Fasano and State Representative David Yaccarino hot topics

October 15- Flu Clinic

October 16- Christmas Tree Shop and lunch at Crackle Barrel

October 18- Cupcake Decorating with Kim

October 18- Pumpkin Painting with QU students Club- CAP; Community Action Project

October 25- Monthly Birthday Cake

October 30- 2019 Holiday Party ticket sales ended with 194 tickets sold.

November 2- Holiday Fair was held and happy to report it was very successful. It was as always w a great day for seniors, volunteers, and community members.

November 6- Meriden Shopping Trip to the Plaza's and Chili's for lunch

November 8- Lunchtime special entertainment with David Sholtz spelling classical guitar player funded through the National Council on Aging.

November 12- Aqua Turf luncheon entertainment with Crooning with the Classics

November 15- Alternative Medicine presentation by Jane Kircaldie

November 18- Heather Taylor, Oboe player/musician from the CT Musician Federation presented different oboes and gave the history of how different reeds were made as well as playing them showing how each reed sounds.

Upcoming:

November 20-Radio City with the Christmas Spectacular Rockettes

November 22- Monthly Birthday Cake with the Selectman and staff from The Landing

November 26- Tree Trimming and Caroling Party

Outreach-

Thanksgiving Meals for All for 65 years plus sponsored by Interfaith Volunteer Care Givers of Greater New Haven. Meals are delivered on Thanksgiving Day and will provide up to four meals per household. Forms were sent out to all the housing communities, community services counselors, hand delivered to identified homebound residents, as well as to the seniors who visit the Center regularly.

Handmade knitted and crochet blankets by the members were given to Mary Wade home for their residents for holiday gifts. The center continues to support Hospice of Branford, Mary Wade Home, and Yale New Haven Hospital Cancer Center.

Respectfully submitted;

Judith Amarone

Manager

Old Business:

None

New Business:

The Senior to Senior breakfast will be held on Tuesday, December 3, 2019 at 8:00 a.m. at the North Haven High School.

Commission meeting dates for 2020 at 6:00 p.m.

- January 21, 2020
- March 17, 2020
- May 19, 2020
- September 15, 2020
- November 17, 2020

Dr. Nicholas Nicholson, from Quinnipiac University was on hand to present a research project with the prime objective of reducing social isolation among the elder population. With the help of volunteers, Dr. Nicholson has created a 6 week program, consisting of 'focus groups' which help build connections and establish social interaction within the elder community.

Dr. Nicholson has found that seniors, in certain circumstances, may have difficulty forming relationships and getting involved in a communal environment. The focus groups are presented with a range of activities, including “ice breaker questions”, game play/trivia, or simple projects (i.e building a birdhouse together) ,in the hopes that will facilitate bonding and open conversation, thus making it easier to ‘rebuild’ social skills and create connections and new friendships among the elderly population. After the session, volunteers provide feedback to Dr. Nicholson. Using their feedback, Dr. Nicholson hopes to create literature to help seniors become more socially active, which may prove to be beneficial to their overall health and well- being.

Dr. Nicholson has collaborated with several agencies, including AARP to meet volunteers for this project. In the future, he would like to see those same volunteers become ‘facilitators’ and continue with this outreach.

Housing:

There continues to be a wait list for Senior Housing in North Haven. Oakview and Wood’s Edge are accepting applications, although there continues to be a wait.

It was announced that both North Haven and Wallingford Housing Authorities have now merged, thus better serving both communities.

Rate increases are expected to help offset costs of improvement projects.

The Landing of North Haven has opened and residents are on site.

Public Comment: None

Having no further business the meeting was adjourned at 7:52 p.m. on a motion by Kimberly Carew and a second by Sandra Mastroianni. The next meeting is scheduled for Tuesday, January 25, 2020 at 6:00 p.m., 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.