

Commission on Aging Minutes, Approved March 15, 2022

Draft Unapproved: March 15, 2022, Approved May 18, 2022

To: All Commission on Aging Members

Re: March 15, 2022

Members Present: Claudia Giuliatti, Fran Bartlett, Kimberly Yates Carew, Delilah Dominguez and Donna Egan

Members Absent: Ameer Lunn, Deacon Ron Bicknell and Sandra Mastroianni

Guests: None

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

- Laurie Feldman, Secretary

The meeting was called to order 4:08 p.m. on Tuesday, March 15, 2022 on a motion by Claudia Giuliatti and a second by Fran Bartlett.

The minutes of the last meeting held on November 16, 2021 were approved on a motion by Kimberly Yates Carew and a second by Fran Bartlett.

Directors Report:

Commission on Aging

Senior Center

December 2021

- December 3-Luncheon at Giulio's Pizza of North Haven with seniors and staff.
- December 7 and 9 Make and Take Santa Wreath. Initially this was to be a one-day project offered however due to the popularity of the project another class was added to ensure all seniors interested had an opportunity to participate.
- December 15-Annual Ugly Sweater Contest was held. There were three categories: most creative, ugliest (but cute), and handmade. All winners received a \$5 gift card and candy. And all participants who did not win were awarded candy as well.
- December 13- Holiday Grab Bag was a success as well as fun. Seniors who wanted to join in on the fun were asked to purchase a gift or gift card in the amount no greater or less than \$10 Gifts were to be wrapped and dropped off at the Center. All wrapped gifts were placed in brown shopping bags and numbered coordinating with the person who dropped off the bag. This was done so the seniors would not pick their own bag. Because the center is still social distancing seniors were called up individually to pick a bag. It was a great way to have old

fashion fun. All participants were pleased with their gifts and due to the success of this event it will be put on the December 2022 calendar.

- December 14,16, and 17- Make and Take Snowflake Wreath classes were held. Whereas this project was somewhat challenging all participants were pleased with the results. Another fun day with seniors creating something new.
- December 20- Curbside Christmas Car Gift Giveaway was held and it was a great curbside event where 91 seniors received a holiday bag with the following enclosed: Gift card to Big Y, hand sanitizer, sanitizer wipes, pill/vitamin case, candy, and a decorated water bottle that resembled Rudolph.
- The Center had three drawings this month; Our first free drawing was a Bus Rider Drawing for the members who utilize the bus and typically don't regularly participate in inside the Center events. Any senior who was provided with a ride during the month of December had their name put in the drawing and the lucky winner won a gift card to Stop and Shop. The second drawing was a Handmade Quilt made by the Shoreline Quilt Guild who generously donated quilts to the Senior Center as well as to local long-term care facilities. The last drawing were baskets (2) donated by the parents and children of Slate School of North Haven.

January and February 2022

Unfortunately, due to the positivity rate of nearly 24% in the beginning of January it was decided to best cease in house programming keeping the seniors and staff safe from the spread of the Omicron Variant. While in house programming was paused, curbside programming was in full swing; make and take craft projects, in person assistance, boxed meals, computer lab and lending library were available moreover transportation was not interrupted.

In February the same scenario with the positivity rate still impacting the number of positive COVID cases, so again it was decided to not hold any in house programming however it did not deter members from participating in the February offerings.

- Wear Red in Support of Women's Health was held on February 4. Any senior who stopped by dressed in red received a bag of goodies titled Warm Hearts and Happy Minds. Each bag was filled with word search books, hot coca, candy, hand cream and hand sanitizer, along with slipper socks.
- Collaboration with Quinnipiac University's CAP; Community Action Project, Phone Buddy Program. This program brings a friendly voice to a homebound where seniors getting weekly calls made by students.
- Valentine's Celebration in house celebration was postponed, however making the best of situation candy hearts filled chocolates were passed out to over sixty seniors. As a senior stated "sweet from the sweets!"

- Bobcat Stride with QU; a new walking program designed with seniors in mind. All participants have the opportunity to walk indoors utilizing the Quinnipiac's Health Science which is set up to walk around the building, one full loop around the building is one quarter of a mile, four laps equate to one mile. Seniors may way for two hours have the convenience of warmth, restrooms and water cooler, all set with a senior in mind. It is a well thought out concept. This indoor walking program is available Monday-Wednesday-and Friday mornings. A great to exercise, socialize, and be part of the QU community, above all its free!

Upcoming in March- We are Open, In House Daily Activities Will Resume!

Monday- Fitness Fun, Canasta, Tai Chi, Bingo, and Pinochle

Tuesday-Mah Jongg, Oil Painting, Writing Group, Boxed Meals

Wednesday- Fitness Fun, Bingo, Bridge, Puzzles

Thursday-Knitting/Crochet, Mahjong, Health/Wellness Ask the Nurse

Friday-Scrabble, Cornhole, Bridge, Pinochle

Special Events/ Activities- Make and Take Easter Wreath or Tree, Movie Matinee, Tech Time with QU, Armchair Adventures, Spring Quilt Drawing, Shamrock Shake Day for St. Patrick's Day.

All noted are available to any resident sixty-two years plus and better yet there is no membership fee to join.

Respectfully submitted,

Judy Amarone

Old Business: As stated in the previous meeting, a representative from the Housing Authority was invited to speak, however, due to COVID the meeting was canceled. It is the hope of the Commission to secure a Representative for the upcoming meeting to further discuss Senior Housing in North Haven.

New Business:

Despite the closure of the Senior Center, membership continued to increase with the addition of 107 new members. With the ever-changing landscape of today's climate, the Center remains a steadfast source of information, wellness and recreation for our Seniors.

It was announced that Sandra Mastroianni had respectfully resigned from the Commission on Aging. Nominations for her replacement will be discussed at the next meeting. First Selectman Michael Freda will be present at the next meeting to Re-Appoint Commission Members.

Housing:

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 5:05 p.m. on a motion by Claudia Giulietti and a second by Kimberly Yates Carew

The next scheduled meeting will be held on Tuesday, May 17, 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.