

Commission on Aging Minutes, Approved March 19, 2024

Draft Unapproved: March 19, 2024, Approved May 21, 2024

To: All Commission on Aging Members

Re: March 19, 2024

Members Present: Claudia Giulietti-Chairperson, Fran Bartlett, Kimberly Yates Carew, Jennifer Caldwell, Christine Umstead, Dr. Nupar Garg and Deacon Ron Bicknell

Members Absent: Ameer Lunn

Staff Present:

- Mary Higgins, Program Coordinator
- Laurie Feldman, Recording Secretary

Guests: First Selectman Michael Freda

The meeting was called to order 4:04 p.m. on Tuesday, March 19, 2024 on a motion by Claudia Giulietti and a second by Christine Umstead. Guest First Selectman, Michael Freda attended this meeting to oversee nominations and elections of Commission members as follows:

- Claudia Giulietti was nominated by the Board of Selectman to continue serving as Chairperson, with a second from Kimberly Yates-Carew.
- Kimberly Yates Carew was nominated as Vice-Chairperson by Claudia Giulietti with a second from Fran Bartlett.
- Fran Bartlett was nominated as Secretary by Kimberly Yates-Carew and a second by Christine Umstead.

First Selectman Mike Freda swore in all of the nominees to their elected positions.

The minutes of the last meeting held on Tuesday, November 21, 2023 were approved on a motion by Fran Bartlett and a second by Kimberly Yates-Carew.

March 19, 2024

Commission on Aging Senior Center Updates

Programs:

Nov. 29: Tree trimming and treats

Dec. 1: Senior Center Holiday Party – Judy's last day

Dec. 4: Christmas Lights & Song – bus trip to Springfield, MA

Dec. 15: December Birthday Celebration

Dec 19: Movie Matinee: Deck the Halls

Jan 11: Movie Matinee: Where the Crawdads Sing

Jan 31: Trip Committee met
 Feb 21: Valentine's Day Party with Entertainment by Kenny the Crooner
 Feb 22: Movie Matinee: "Into the Woods"
 March 7: Movie Matinee: "Mrs. Harris Goes to Paris"
 March 15: Shamrock Shakes

Guest Presentations:

Dec. 5: Stocking Decorating and lunch presented by In-Home Angels
 Dec. 8: Senior to Senior Breakfast at the North Haven High School
 Dec. 8: UNH Dental Hygiene Presentation
 Dec. 14: Winter Craft with the North Haven Garden Club
 Dec. 15: Hot Cocoa and Cookies with Hamden Rehabilitation
 Jan 24: Eating Healthy on a Budget, presented by HomeCare Plus
 Jan 25: Valentine's Day Gnome Craft, Hamden Rehabilitation
 Feb 5: Living with Arthritis, Presented by QU Occupational Therapy students
 Feb 6: CHERISH Program Services & Healthy Relationships, Presented by BHcare
 Feb 15: Physical Therapy Approach to Back Pain, Presented by Hartford Healthcare
 Feb 15: Tech Help, Presented by QU Community Action Project
 Feb 23: AARP Tax Aide Began
 Feb 29: St. Patrick's Day Craft, Presented by QU Community Action Project
 March 6: Heart Healthy Living, presented by HomeCare Plus
 March 12: Wet on Wet Watercolor, Hamden Rehabilitation
 March 14: Senior Housing Options, Presented by Oasis Senior Advisors

Enrichment Classes:

January 16 – February 22, (2) Exercise for Better Balance, Hosted by Home Care Plus
 Community Healthcare & Hospice (Yale)
 January 9 – March 26, Oil Painting for Beginner and Intermediate
 March 12 – May 30, (2) Exercise for Better Balance, Hosted by Home Care Plus Community
 Healthcare & Hospice (Yale)

Attendance Reports:

	Attendance	Bus Passengers	New Members
November	813	99	7
December	804	67	8
January	855	121	5
February	886	104	9

Updates:

- Holiday party had a great turnout and positive feedback
- BINGO Fridays were introduced for the winter – they will now be continuing due to popular demand
- Valentine’s Day party was a success! Everyone loved the entertainment and enjoyed the food.

Respectfully submitted,
Mary Higgins
Program Coordinator – Senior Center

Old Business:

Dr. Nupar Garg updated the Commission on the Community Health Needs Assessment which was introduced in Spring of 2023. Sample surveys were given to the Commission for review to research and determine the health needs and assets for the Town of North Haven.

New Business:

The Commission on Aging officially welcomed Christine Umsteadt, appointed to the COA on February 1, 2024 at the Board of Selectmen’s meeting to fill the unexpired term of Delilah Dominguez. The Commission is looking forward to a long partnership with Ms. Umsteadt, who has been an active and supportive member of the Senior Center for 5 years.

Donna Levine retired from the Commission on Aging in January 2024. The Commission is looking to fill her vacancy.

Program Coordinator, Mary Higgins, requested a grant from the North Haven Rotary Club, be used for the purchase of a new Smart TV for the Senior Center Community Room, to be mounted above the fireplace. It will replace the old television, currently mounted on a large rolling stand. It will allow for more space and enable the Center to continue providing entertainment for their “Movie Matinee” series which are always well attended.

Housing:

Temple Pines is currently in the midst of renovations to the interior of the buildings. All apartments are being updated with new flooring, kitchen and bathroom fixtures and appliances and fresh paint.

Wallingford Housing Authority continues to oversee the North Haven Housing Authority, with some raising concerns as to how this is effectively and efficiently helping those in need of repairs, housing, etc. as lack of communication seems to be an issue for tenants.

Waitlists are still at the 3-5 years.

Public Comment: None

Having no further business, the meeting was adjourned at 5:07 p.m. on a motion by Christine Umsteadt and a second by Kimberly Yates-Carew.

The next scheduled meeting will be held on Tuesday, May 21, 2021 at 4:00 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 office at 203-239-5432.