

Commission on Aging Minutes, Unapproved May 21, 2024

Draft Unapproved: May 21, 2024

To: All Commission on Aging Members

Re: May 21, 2024

Members Present: Claudia Giulietti-Chairperson, Fran Bartlett-Secretary, Christine Umsteadt, Rob Nielsen, Jennifer Caldwell, Deacon Ron Bicknell, Ameer Lunn and Dr. Nupar Garg.

Members Absent: Kimberly Yates Carew

Staff Present:

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

Guests: None

The meeting was called to order 4:04 p.m. on Tuesday, May 21, 2024 on a motion by Claudia Giulietti and a second by Dr. Nupar Garg.

The minutes of the last meeting held on Tuesday, March 19, 2023 were approved on a motion by Christine Umsteadt and a second by Fran Bartlett.

May 21, 2024

Commission on Aging

Senior Center Updates

Programs:

March 26: Lunch out at JRoo's

April 2: Bocce season begins!

April 4: Spring Wreath craft with Mary

April 10: First Holiday Fair meeting

April 16: Oil Painting class presents: "Hidden Treasures Exhibit" Art Show

April 19: Library Resources Presentation

May 3: Chair Volleyball begins!

May 10: Mother's Day Party

May 14: Walking group begins!

May 16: Movie Matinee: Oppenheimer

Guest Presentations:

March 20: Managing Diabetes, presented by HomeCare Plus: Community Healthcare & Hospice

March 28: Tech Help with QU CAP club students

April 18: Rosa DeLauro's staff visits for Community Hours

April 26: Meet the Author: Mark Genovese, "I'm Not Famous, Don't Ever Expect To Be"

April 30: Decoupage Spring Plaque with Hamden Rehabilitation
 May 15: Author visit and craft: Emily Franke
 May 17: Lifestyle Care Program information session, Monitor My Health & AOASCC
 May 21: Create Paper Bead Jewelry with Hamden Rehabilitation

Enrichment Classes:

May 7 – July 23, Oil Painting for Beginner and Intermediate
 July 9 – August 15, (2) Exercise for Better Balance, Hosted by HomeCare Plus: Community Healthcare & Hospice (Yale)

Attendance Reports

Attendance	Bus Passengers	New Members
March 957	79	6
April 1198	58	9

Upcoming:
 New exercise class will be offered beginning in June
 Father’s Day party
 Holiday Craft Fair planning is under way!

2023-2024 Year in Review & Planning Ahead

Pain Points	Solutions
Decline in interest in educational programs (Nurse Presentations, Registered Dietician Presentations, Homecare agencies)	We put out a survey to try to find out what types of programming they are interested in (promoted in newsletter, on Facebook, town website, and an article was written about it in the Courier) and the survey will end at the end of May 2023. Results will be presented at the September meeting.
Exercise for Better Balance class has more people interested than spots in the class. People line up outside before we open waiting to register on the registration date. Currently, we are registering wait listers first for the next session.	Starting for the Fall 2024 class, we will have a lottery system. Everyone will have between X and Y date and then names will be drawn to see who gets into the class. I have also started a walking group on Tuesday mornings and in June I will start a Thursday afternoon exercise class to give more options for those who need it. I am going to have occasional dance classes hosted by the Better Balance instructor starting in the fall.

<p>Most of our participation is for exercise classes and bingo</p>	<p>Pending survey results... I am increasing the number of crafts that I offer because I know that brings people in. We are purchasing a grill, thanks to the finance committee and guidance from Rob Nielson, so that we can have picnics – we know food brings people in. We are working on getting a grant from the North Haven Rotary Club (who graciously invited me to their meeting) to get a TV that is on a rolling stand. This will increase opportunities for programming because we will be able to move the TV and not be restricted to the large program room.</p>
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In 2024-2025 I plan to increase events, such as hiring entertainers, as events/parties seem to bring in a crowd of people that we don't typically see.

We will be getting our new bus this summer and with that we can start having local day trips again, such as trips to Trees of Hope, the Peabody Museum, vineyards, etc.

I started a Facebook page in hopes that it will help spread the news about our programming/catch the interest of a new group of seniors.

New Members in July 2023 – April 2024 = 102 new members

Respectfully Submitted,
Mary Higgins
Program Coordinator – Senior Center

Old Business:

A proposal was brought forth for the Commission to honor our late friend and colleague, Joseph Villano, who has served on the Board for many years. The Board had voted unanimously to have a plaque made which will be displayed at the Senior Center.

New Business:

The Commission on Aging officially welcomed Rob Nielsen appointed to the COA on Thursday, April 4, 2024 at the Board of Selectmen's meeting to fill the unexpired term of Donna Levine. The Commission is looking forward to a long partnership with Mr. Nielsen. Rob has volunteered at food pantries throughout the Community. Mr. Nielsen has also served on the Planning & Zoning Commission as well as the Economic Development Commission, and will be a tremendous asset to the Commission on Aging.

Housing:

Interior renovations on Temple Pines is near completion. The exterior is now in the midst of renovations with new siding being installed.

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 Fran Bartlett

The Commission on Aging will break during the summer and reconvene in the Fall. The next scheduled meeting will be held on Tuesday, September 17, 2024 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.

