



COMMISSION ON AGING

Clifford J. Hurgin Municipal Center, 1 School Street
Bethel, Connecticut 06801 Telephone: (203) 792-3048

The meeting of the Commission on Aging for June 10, 2013 was called to order at 2:33 p.m. by Chairman Al Barney.

Members present: Commissioners Al Barney, Mary Menti, Barbara Negri, Judy Novachek and Senior Center Director/Municipal Agent Lisa Plumb.

Minutes from the meeting of May 13, 2013: Distributed. A motion to accept the report was made by Commissioner Negri and seconded by Commissioner Menti. All were in favor.

Municipal Agent's Report: Distributed by Municipal Agent Lisa Plumb. A motion to accept the report was made by Treasurer Novachek and seconded by Commissioner Negri. All were in favor.

Director's Report: Distributed by Director Lisa Plumb. A motion to accept the report was made by Chairman Barney and seconded by Commissioner Negri. All were in favor.

Treasurer's Report: Distributed by Treasurer Novachek. A discussion followed. A motion to accept the report was made by Commissioner Menti and seconded by Chairman Barney. All were in favor.

Old Business: Treasurer Novachek offered information about reinstating the FISH program in Bethel. She stated that she had spoken to the Chairman of the Commission on Aging in Brookfield about how they started up FISH in Brookfield and said that Brookfield COA members would be "happy to come down and talk to us" about it. Contact information was exchanged with Director Plumb.

- Director Plumb stated that the blinds in the activity room will be repaired but the parts that are broken in the other three rooms cannot be replaced. It was suggested by the company that installed the blinds that they could be replaced with another product, not the vertical blinds. Chairman Barney stated that he and Joe Zappalla would "take a look at them" to see if there is anything they can do to fix the blinds themselves.

- Director Plumb said that she was happy that she attended the mental health first aid course because there have been some incidences where people have had issues at the center and the staff needs to know how to address those incidences.. "It gives us insight into the diagnoses and peoples' situations." "I am concerned about, and I know the staff is very concerned, about having an intruder in the building and how do we react and how to keep ourselves safe and how do we keep the members safe." She would like to have a training like a fire drill with the staff as to how to react when there are intruders in the building. She will talk with Human Resources to see if there is a policy regarding intruder situations.

- Director Plumb stated that she is still working on the start up of the Circuit Training class.

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TOWN OF BETHEL
TOWN CLERK

New Business: - Chairman Barney brought up the need for signs directing people to the Senior Center and the parking lot. He suggested that one should be at the Dough Boy Square directing them to Wooster Street and a second one where the driveway is to the parking lot. Treasurer Novachek stated that she spoke with the Town Engineer and Planning and Zoning regarding the need for in and out signs on Wooster Street a while ago. It was determined that a letter would be more appropriate at this point. Director Plumb stated that she will follow up on the situation.

- Chairman Barney stated that he has heard some complaints from members about the maintenance and cleanliness of the rest rooms. Director Plumb said that whenever she has asked the Maintenance Department to fix anything they have been "right on it" and will follow through with the rest rooms complaint. Chairman Barney also stated that a member questioned if the new carpeting ever gets professionally cleaned or shampooed. Director Plumb stated that there is a contract with a cleaning company and that she will ask if carpet cleaning is in the contract.

- Director Plumb stated that she is interested in getting a Chapter of AARP in Bethel and that she has been inquiring about that. She also brought up the Senior Information Fair and asked if anyone has suggestions of anybody that they think would be of interest to the seniors for that day and would attract people to come to the fair, to let her know and she will get in touch with them. Treasurer Novachek suggested a table for sign up for drivers for the FISH program.

Miscellaneous (Good of the Order): None.

The meeting was adjourned at 3:30 p.m. by Chairman Barney. Next scheduled meeting is 2:30 p.m. on **Monday, September 9, 2013.**

Respectfully submitted,

Kay H. Visconti
Secretary, Commission on Aging

BETHEL SENIOR CENTER

Clifford J. Hurgin Municipal Center
1 School Street, Bethel, CT. 06801
Telephone: 203-792-3048; Fax: 203-744-3812

MUNICIPAL AGENT REPORT

6/9/13

1. Two requests and/or inquiries were made for transportation for seniors or disabled persons.
2. A representative from the SNAP program dropped off brochures for the food assistance program. A representative will be present the day of the Senior Information Fair and will sign up people that are eligible on that day.
3. Lisa completed a second Choices course through the Western CT Area Agency on Aging and passed the certification exam.
4. Lisa met with a member concerning their membership in the SNAP program. She had misunderstood a letter sent to her and was given assistance telephoning Medicare.(5/16)
5. Housing options for seniors were provided for a member on 5/23.
6. Heather and Lisa have been exploring options for volunteer transportation, including the FISH program.



Report submitted by Lisa Plumb, Municipal Agent

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Report to the Commission on Aging Bethel, CT.

Date: 6-9-13

OLD BUSINESS

- Older Americans month was celebrated during the month of May. Warren Curtis was the winner of the Older Americans Photo Contest. He won a gift certificate for two to the Bethel Cinema and a gift certificate to Whitlock's Restaurant. We had a barbecue outside the Senior Center to celebrate National Older Americans month.
A slide show featuring our members was shown in the Senior Center during the month of May in celebration of National Older Americans month.
A Coffee House program was held. Twelve people participated sharing stories, poetry and creative writing. A few people who were not members of the BSC attended. This was a great opportunity to introduce new people to the BSC.
- A program was planned with the HART Bus Company to educate members how to ride the bus and to take a bus ride together on May 23. The program was cancelled due to lack of people signing up. The HART Bus company agreed to do another program in September.
- The Circuit Training class is currently on hold for the month of June. We are hopeful to begin classes soon. Lisa has met with the lawyer to draw up a waiver that will be used for all participants. Also, Lisa has had a conversation with the Insurance Agent for the town, Bill Guerrero, who has made several suggestions that were discussed with the Selectman, Matt Knickerbocker. All parties are working actively to finalize what is necessary to put the program in place.
- The Ceramic program is back in full swing operating as usual. The environment is positive, friendly, and welcoming. Some members have returned who had stopped attending previously. There is a fresh new selection of items to work on at lower prices than were previously offered. Members are very pleased with the changes.
The kiln has been repaired by West's Ceramic Supply, Inc. who replaced a motor in the fan.
- The Gardening Leadership Project between Rockwell and Berry School and the Senior Center took place on Wed., May 15. 22 children and teachers / supervisors and 10 BSC members planted flowers around the picnic table in the back of the building near the Senior Center entrance. Photos were placed on line in the Bethel Bulletin.
- The blinds are broken in the Activity Room. The company was contacted and they are sending supplies to repair the blinds. A message was left with the installer to repair the blinds in the Library, Craft Room, and Art Room.

NEW BUSINESS

- Lisa Plumb completed her second Choices course and passed the exam. She is now a certified Choices counselor trained to provide information and referrals to seniors on Medicare, Medicaid and State and Federal programs.
- Lisa also participated in a Senior Medicare Patrol course on May 29 at the Western Ct Area Agency on Aging. This course is designed to detect fraud in the Medicare system.
- Lisa participated in a two-day course at the Danbury Police Station entitled, "Mental Health First Aid". This course presented a variety of mental health diagnoses and gave practical information to assist these people in different situations. Several emergency situations were discussed, role playing, and agencies that may be helpful for referrals were discussed.
- Lisa will attend a program at Danbury Library on June 12 about Outreach Programs and the SNAP program (food assistance).
- Johnson School presented a concert at the BSC on May 31. Pizza, salad, and refreshments were provided for both the members and students. BSC members mentioned the students were "excellent", and "talented".
- The BSC had a trip to Foxwood Casinos on Tues., June 4. 44 members attended.
- The BSC staff are preparing for a Senior Information Fair that will be held Thurs., July 18. Several local businesses, state agencies, charities, etc... have been invited to attend. The WCAAA will present a program on Medicare as well as Veteran benefits.
- The Card Party is planned for Fri., June 28. It is being advertised on Comcast TV as well as the Bethel Bulletin, Bethel Patch, and the weekly Senior Center news.
- The BSC staff is planning to increase program prices in September 2013. Some programs are \$1, \$2. or \$3. We are making these programs all \$3. Several of our instructors have spoken to me (Lisa Plumb) throughout the year stating they have not received a raise in several years. One instructor stated she has been at the Center for over 15 years and never received a raise. This will give the instructors a small raise while not greatly impacting on our members. This will also make these programs uniform in price. The programs that would be effected by this change are: Art, Ceramics, Chair Yoga, Country Dancing, Creative Writing, Italian, Seniorcize, Tai Chi, Yoga. The BSC offers several programs for no charge. These programs include the following:
Annual Show, Baking Club, Basketball, Bible Study, Board Games, Bridge, Canasta, Chorus, Computer, Crafts, Cribbage, Crocheting, Genealogy, Knitting, Left-Right-Center, MahJong, Movies, Pinochle, Poker, Positive You, Quilting, Set Back, Wii Bowling, Writing Your Memoirs.
- A Senior Center Directors meeting is being initialed by Lisa Plumb to be held at the BSC on Fri., July 12. This meeting is designed as an opportunity to meet and share information with other local Directors. The Danbury Senior Center Director recently called and was grateful to the BSC for a referral for an instructor.
- The BSC has been approached to barbecue for the Community/Farmer's Market held on Thursdays in front of the Municipal Center. Lisa agreed to do it with the Teen Center and

Park & Recreation so the BSC would be responsible to do it every 3rd week. The BSC would keep the profit of the sale.

- **Upcoming Special Events**

- Free Spa Day - Tues., June 11
- AARP Safe Driving Course/ Blood Pressure Screening by VNA- Thurs., June 13.
- Picnic at Bennett Park - Friday, June 14

New Programs:

- Bible Time Line
- Writing Your Memoirs
- Healthy Cooking for Seniors by a local resident/Nutrition student
- Diabetes Class
- Dancercize
- Stress Management
- Left-Right-Center
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- **Upcoming trips for BSC:**

- All You Can Eat Lobster Fest 7/11
- Italian Fest at Aqua Turf 7/16
- Sound of Music, Westchester Dinner Theatre, 8/1
- Mohegan Sun Casino, 8/8
- Yankees Game, 8/15.
- Suffloks Downs, 8/26
- Big E Fair 9/18
- Lancaster Pa. Trip, 10/8-10/10

Attendance:

Average attendance per week -

Week 1: 436 (5/6 - 5/10)

Week 2: 534

Week 3: 462

Week 4: 400

Average: 458

Accidents / Incidents

5/14/13 - A member was cut while cleaning up broken glass in the cafeteria. She thoroughly cleaned the minor cut and BSC provided a bandage. No follow up was necessary.

Respectfully Submitted By: 

Lisa Plumb, Senior Center Director