



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 September 9, 2013 was called to order at 2:32 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 June 10, 2013: Distributed. A motion to accept the report was made by Treasurer Novachek and seconded by Commissioner Negri. All were in favor.

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

Director's Report: Distributed by Director Lisa Plumb. A motion to accept the report as read was made by Treasurer Novachek and seconded by Commissioner Menti. All were in favor.

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

Old Business: Treasurer Novachek asked Chairman Barney if he and Joe Zappalla had a chance to look at the blinds to see if there was anything they could do to repair them. Chairman Barney replied that they had not done so yet. Director Plumb stated that the blinds in the activity room had not been fixed by the outside vendor she had contacted yet either.

- Chairman Barney asked Director Plumb if there has been any "improved feeling about the restrooms."
Director Plumb stated that she has spoken with the Maintenance Department.

- Director Plumb commented that there is still a vacancy for one Commissioner on the Commission on Aging. Chairman Barney said that it is up to the Selectman to appoint a new one. Treasurer Novachek stated that according to the charter if no one has been appointed within a certain amount of days then the COA can appoint one. She suggested reviewing the charter before taking action. Chairman Barney stated that he will do so.

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TOWN OF BETHEL
TOWN CLERK

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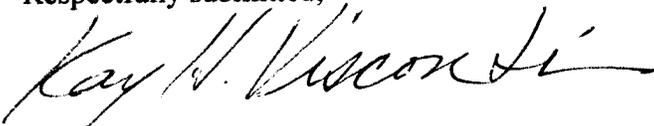
- Commissioner Menti inquired about the coat loan program. Director Plumb stated that they will have the program again this fall.

New Business: - Director Plumb announced that she is still marketing the Bethel Senior Center. She wants to go to different areas in town and set up a table with information about BSC. She has invitations for a BSC Open House she is having in October. There will be refreshments and tours of the center. Treasurer Novachek mentioned the new condo area The Summit and Director Plumb will go there and post the invitations on their bulletin board. Chairman Barney suggested announcing the Open House in the newspaper. Director Plumb stated that the senior population is growing.

Miscellaneous (Good of the Order): None.

The meeting was adjourned at 3:23 p.m. by Chairman Barney. Next scheduled meeting is 2:30 p.m. on **Tuesday, October 15, 2013.**

Respectfully submitted,

A handwritten signature in cursive script, reading "Kay H. Visconti".

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 9-9-13

- Several people continue to borrow items from the BSC Kathy's Closet. Items are donated and borrowed on a regular basis.
- Several people have inquired during the summer regarding affordable housing for seniors in Bethel or the local area. Handouts are available in the office and were given out to those inquiring.
- Two "Assistance" binders were made and are available for any staff to reference at the BSC. One binder includes food assistance programs and pantries in our area. The other binder includes assistance programs for heating, rent, housing, telephone, supplies, etc...
- Two people made appointments with Lisa to discuss Medicare and prescription drug coverage. One was new to Medicare and the other one was interested in changing his plan.
- Farmers Market coupons were provided to the Senior Center. All were given out. The vouchers were returned to the State and it was requested to have additional provided. Many members requested the coupons but they were all given out at the time of their request. No additional coupons were provided by the State.

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Commission on Aging
September 9, 2013

OLD BUSINESS

June: The Card & Dessert Party originally scheduled for June was rescheduled to Sept. 6. 67 members were in attendance. Numerous Bethel businesses donated items for raffle & door prizes. Members brought a dessert. A large variety was available and refreshments. It was a wonderful evening. After expenses, (Caraluzzi's \$28.66-punch; Nutmeg Discount Liquors \$31.87, Home Depot \$28.07-mums) the party made a profit of \$ 457.33 which will be given to the Friends of the Bethel Seniors.

The Diabetes class held at the BSC, led by a Bethel Health Care Nurse and Nutritionist, was a success. Although it was a small group (3) the members who attended were appreciative of the program and expressed it was informative.

A new program began titled, "Writing Your Memoirs". This program is led by an Author and owner of Bob Becker Communications who agreed to volunteer to lead the program. Because of this we are able to offer the program free of charge.

Blair Soucy from Getaway Tours offered a Coin Collecting program. The program had little attendance with 3 members attending.

The BSC Annual Picnic at Bennett Park was not held at Bennett Park due to inclement weather. The picnic was held indoors at the Senior Center. Two members, Al Barney & Joe Zappala agreed to cook which was a tremendous help. Many members commented that they enjoyed having the picnic indoors due to the bugs and questionable weather.

A healthy cooking class was introduced in June by a Nutrition student. She presented healthy recipes and the prepared items for members to taste. People enjoyed both the presentation and having the recipes available.

July: The Senior Information Fair was held July 18. 300 people visited the BSC and the vendors and lectures. A Counselor from the WCAAA presented a program on Medicare & Medicaid and Veteran's Benefits. Additional lectures included: BHC Joint Replacement, Chiropractor, Funeral Services. 30 Vendors participated. The response was very positive. We will plan to have this be an annual event.

Members attended a Lobster Fest at the Delaney House in Mass. It was a fantastic meal of seafood, lobster, chicken, fruit, shrimp, and desserts with a delightful comedy show. This show needs to be advertised well next year. It was a beautiful facility & grounds, a nice drive, and plenty of food and a good show for the money. It was well worth the trip.

We had a Royal Baby Shower and Tea in honor of Kate Middleton on July 10. Each participant was asked to bring a baby gift. The gifts were donated to charity as a community outreach project for the Senior Center. The shower featured a beautiful Harpist and all enjoyed an elegantly served lunch, tea and finger desserts.

The Red Cross did a Blood Drive in the Senior Center on July 11. This was organized by employees of the Municipal Center. It did not interfere with the Senior Center programs and was very successful.

Yankee tickets were donated to the Senior Center as a fundraiser. The raffle was registered with the State of CT. The profit from the ticket sales were \$ 590. which will be given to the Friends of the Bethel Seniors.

August: It was announced that the fees for programs would be increased in September. The increase would go to the instructors that have not received an increase in several years. Upon my hire many of the instructors had approached me stating they did not receive an increase in several years and felt they deserved an increase. The original increase stated in the newsletter was \$1. and \$ 2. to make all the programs uniformly \$3./class. A few members approached staff stating they thought it was unfair to have such a big jump from 1 to three dollars. The staff met and considered the members concerns and changed the increase to \$1. per class. Members were satisfied with this and appreciated the change from the result of their expressing their concerns. The Grandparents Day celebration was held Aug. 23. The attendance was down from other years. Members stated their grandchildren are growing or grown up and no longer able to attend. Also having the Grandparents Day later in the month, some people may have been vacationing or some members joining their families as they bring their grandchildren to college. It was recommended we have the Grandparents celebration at another time and possibly do it differently focusing on the Grandparent rather than the grandchildren.

NEW BUSINESS

New programs

September is National Centenarian month. We are having a social on 9/23 to honor those Bethel residents and members 100 years and older.

A group from the BSC are going on a Mediterranean Cruise Sept. 14.

Lunch & Learn Programs are planned for Sept. This is the first time we are planning these lectures which include a free lunch by the lecturer. Featured in Sept. are Bankers Life & Casualty and Hearing Aid Specialists. We are hopeful the free lunch will attract more participants than the lectures alone which were poorly attended in the past.

Massages and Reflexology will be offered in September for a fee. People were impressed by the presentations at the Senior Information Fair and expressed their desire to have them come on a regular basis at the BSC.

First Selectman Candidate, Al Vargas will speak on his platform 9/24.

Spanish Class will begin in September to be held at 10 am every Monday by Monica Logan.

A new Book Club will be started at the BSC led by Ann McDonald. Now that the library has finished their renovations they are able to hold the book club at the library. The BSC would like to continue to have a book club at the BSC for a convenience for our members.

Zumba has been extended to Friday as well as Mon. & Wed. per request of our members. We will also offer a new afternoon Zumba class.

Two different companies will visit to explain about the SNAP program. Each will visit the BSC on a monthly basis providing an opportunity for members to sign up for the SNAP program, if they qualify. This will be a great convenience for our members and will get the work out about assistance programs that are available for members that may not realize they qualify.

We will have a tour of the newly renovated Bethel Library on 9/19. Refreshments will be provided after the tour by the BSC.

BSC is offering a new art class titled, "Oil 101" by Adele Moros. This will be a 6 week course. Gift Certificates are now available for purchase. Gift Certificates may be applied to programs, trips, lunches, or the gift shop.

Lisa invited the other area Senior Center Directors to breakfast in July at the BSC. 6 area Directors attended and shared ideas on their concerns, programs, meals, etc...

The BSC did a fundraiser selling bracelets with the slogan, "I support Sandy Hook". The money collected, \$261.25 was given to the Newtown Senior Center in support of them during the 12/14/12 tragedy. The Senior Center is located next door to the Sandy Hook school and was closed for a few weeks following the tragedy.

Upcoming trips

Big E Fair 9/18 - *Sold Out!*

Lancaster Pa. Trip, 10/8-10/10

White Christmas, Westchester Dinner Theatre, 12/12, *Sold Out!*

Volunteer Program

A group has approached the staff at the BSC to do a volunteer project at the BSC as part of their company's community service program. Two individuals visited the BSC, met with Lisa Plumb and toured the BSC. A few projects were discussed. The group will present the ideas to their Administrators and decided on a project.

Accidents / Incidents

None.

REQUESTS

Lisa Plumb presented to the Friends of the Bethel Seniors a "wish list". The Friends of the Bethel Seniors generously reimbursed the Senior Center for a trip that was "short" funds and the money was taken out of the petty cash account. The Friends of the Bethel Seniors also agreed to purchase a vacuum and raffle container.

Submitted By: 

Lisa Plumb, Senior Center Director