



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 November 12, 2013 was called to order at 2:34 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.

The October 15, 2013 meeting of the Commission on Aging was cancelled due to no quorum.

Minutes from the meeting of September 9, 2013: Distributed. A motion to accept the report was made by Treasurer Novachek and seconded by Chairman Barney. All were in favor.

Municipal Agent's Report: Reports for October and November were distributed by Municipal Agent Lisa Plumb. A motion to accept the reports as read was made by Commissioner Negri and Chairman Barney and seconded by Commissioner Menti and Treasurer Novachek, respectively. All were in favor.

Director's Report: Reports for October and November were distributed by Director Lisa Plumb. A motion to accept the reports as read was made by Chairman Barney and Commissioner Negri and seconded by Treasurer Novachek and Commissioner Menti, respectively. All were in favor.

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

Old Business: Director Plumb stated that she is looking forward to Assistant Director Heather Rogalski's return from her eight weeks leave of absence on Monday. She stated that members' assistance was much appreciated in Heather's absence.

- Director Plumb announced that the Christmas show has been cancelled. She suggested having one in the spring. She also stated that the Holiday Fair will be this weekend, Friday and Saturday, November 15 and 16 from 9:00 a.m. to 3:00 p.m. There will be 20 outside vendors. She is hoping for a good attendance.

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TOWN CLERK

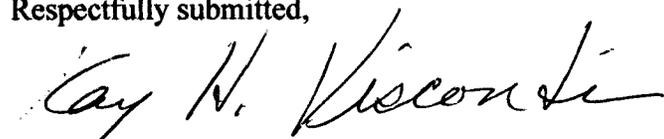
New Business: Treasurer Novachek asked Director Plumb how many people came into the Senior Center daily. Director Plumb stated approximately 120 attend daily. She said that they are running out of room and need more space. Again, she will discuss some of the problems with the back rooms and the damp wall in the cafeteria with the Maintenance Department. She also stated that there are five engineers from a local company that want to do a community service project here at the Senior Center. She would like them to paint the cafeteria. The damp wall will have to be addressed first. A discussion regarding renovations of the Senior Center followed.

- Treasurer Novachek stated that the new budget should be submitted by the beginning of next year and that is something to work on for the December meeting. Director Plumb said she has a "wish list".
- Director Plumb stated that she would like to attend an annual conference at the National Council on Aging in 2014.
- Security of the Senior Center was discussed.
- Director Plumb said that a Christmas party is being planned.

Miscellaneous (Good of the Order): None.

The meeting was adjourned at 3:49 p.m. by Treasurer Novachek. Next scheduled meeting is 2:30 p.m. on **Monday, December 9, 2013.**

Respectfully submitted,



Kay H. Visconti
Secretary, Commission on Aging

BETHEL SENIOR CENTER

Clifford J. Hurgin Municipal Center
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Telephone: 203-792-3048; Fax: 203-744-3812

Commission on Aging
October 15, 2013

OLD BUSINESS

There was an increase in programs effective September 1, 2013. This increase was advertised in June, July and August. There was a smooth transition. Several members commented that this increase was long overdue.

Three members from the BSC attended a Mediterranean Cruise organized by Holiday Travel in September. They had a fantastic time. The cruise plans were well organized.

Lunch & Learn programs were started in September. Past programs averaged an attendance of 0-5 members. Often time the card players, or others present at the time of the lecture, were asked if they would listen to the lecture as a courtesy to the guest speaker. The members were often offended to disrupt their card game, or leisure time, to listen to a lecture they were not interested in. Since we introduced the lunch & learn programs we require that members sign up in advance. We consistently had 47 people attend, 2 weeks in a row. The first 30 members are guaranteed a free lunch. This has been very successful both the BSC, the presenter, and the members.

Spanish class has started and been successful. Members are commenting how much fun the teacher makes each class. It is not a traditional class with grammar and lectures but a class with popular phrases and fun classroom participation.

Members have raved about the new Reflexology class. Members are equally pleased with the new Massage Therapist.

Ann McDonald, a member of BSC, is leading a Book Club at the BSC. Since the renovation to the Bethel Library has been completed the Library staff can now do the book club in the library. We are offering a book club in addition to the library's book club as a convenience to our members.

In September, Zumba was offered on Friday in addition to Monday and Wednesday. There is as much a crowd on Friday as Mon./Wed. averaging 20 participants.

Dancercise and Zumba Gold in the Afternoon were cancelled due to lack of participation.

The SNAP program is being offered to our members twice a month by two different agencies. A few members have signed up.

Six members toured the Bethel Library for an guided tour. After the tour refreshments were served. The people that toured were quite impressed by the renovation.

The Big E trip was sold out and had a waiting list. All enjoyed the trip.

NEW BUSINESS

Heather Rogaski, Assistant, has taken a leave of absence for 4-6 weeks. The administrative part of the job has been difficult in her absence especially with one staff on a cruise during this time and two staff attending a Senior Center planned trip (Lancaster). Several members have offered

to assist volunteering during this time which the staff is very grateful to. Lisa Plumb will give gift certificates and/or pay to those members who have assisted the staff.

The BSC is invited to the New Milford Senior Center for a breakfast with other area Senior Center Directors on October 18. This is a great opportunity to brainstorm together and share ideas and concerns.

The volunteer group that is interested in working at the Senior Center to paint is still getting approval from their Administration. They are hoping to complete the project in the Fall.

The Dog Contest was posted on the bulletin board in the Activity Room. Several members view the photos daily and have observed the many winners in different categories.

New Programs:

Lisa Plumb is looking into having a Weight Watchers program at the BSC.

We are also looking into having a food service take over the daily meal at the Senior Center.

This would be affordable for our members, and a full meal would be served daily including a salad or soup, hot entree, dessert, and milk for a reasonable fee. It has been reported to the Director that many members are going to the Danbury Senior Center daily to participate in the meal program stating the food is good and the price is reasonable. CW Resources is in charge of the program which is state funded. We are hoping to begin the program in November.

BSC will have a baking group make cookie trays for our holiday fair. The fair is scheduled for Friday and Saturday, Nov. 15 & 16.

The staff has begun to organize trips for next year. We are hoping to present the full 2014 calendar of trips and travel plans by December 1.

Two Lunch & Learn programs are scheduled for October: 10/18 Morgan Stanley; 10/25 Selectman, Matt Knickerbocker. It is anticipated each will be popular programs.

There is an OctoberFest scheduled for 10/24 and jhalloween Party 10/31.

There is an Autumn Walk scheduled for 10/22 to become familiar with Bethel's Enchanted Trail.

Upcoming trips

Lancaster Pa. Trip, 10/8-10/10 - 32 attendede. All had a great time.

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

Accidents / Incidents

One member became disoriented during a Tai Chi class. Members and the Instructor acted appropriately to call the Director immediately, 911 immediately, and because the program was held upstairs, alerted staff across the hall in Park & Recreation. The Director of Park & Recreations, Eileen Earle, as well as the Tai Chi Instructor, are certified in CPR and First Aid. The ambulance responded quickly and the Fire Chief Assistant, who was in the Municipal Center at the time of the ambulance call responded immediately. The person was transported to Danbury Hospital and released the same day.

Submitted By: _____ 

Lisa Plumb, Senior Center Director

BETHEL SENIOR CENTER

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Commission on Aging
November 12, 2013

OLD BUSINESS

Heather Rogalski remains on a leave of absence. She is expected to return to work in the next two weeks. During Heather's leave of absence several members have assisted the staff in various ways. Several members were recognized and given gift cards for their assistance that was greatly appreciated by the staff.

The Dog Contest is complete. Several members won prizes and were presented with gift cards for their participation.

Lisa Plumb attended a Senior Center Director's breakfast at New Milford during the month of October. It was a wonderful opportunity to network with other Director's in the area that share similar concerns and challenges. Programs were discussed and explained as well as special events and special programs for seniors. The group was very helpful. Directors from New Milford, Sherman, Roxbury, Washington were present.

The group that is scheduled to do the renovations in the cafeteria are set to go. They forwarded a contract that needs to be signed. The contract was presented it to Matt Knickerbocker, Selectman, for approval. He forwarded it to two other Departments who need to be involved and further paperwork needs to be completed prior to the contract being signed. At the same time, the Maintenance Department is looking at the wall in the cafeteria that is damp and leaking at times. Above the area is another area that has an old bulletin board on it that is bolted to the wall. The board is bowing and may have a water problem. Maintenance is following up on the problem.

CW Resources met at the Senior Center with Lisa, Ana, and Marie. CW Resources is the company that provides food and supplies to all the area senior centers for a reasonable fee.

The representative, Keisha, stated that we would be eligible, food and supplies would be provided and we would begin Nov. 1. The next day she telephoned me after meeting with her Supervisor who informed her that the program which is funded through WCAAA had pro-active budget cuts due to the government shut down and that we were unable to be included in the program. The program is up for review in another two years and we could apply to be considered at that time. I was persistent to speak to their "bosses" and hopeful to change their minds. I was told by "their bosses" that the cuts were made and a hardship on the existing programs. I asked who was next in line for a decision to be made. I was told of the State Representative(s), however he warned me that every agency that was effected by the government shut down has had their budget cut. He explained that the phones are ringing off the hook with existing programs that a new addition to the program would probably not be priority at this time.

NEW BUSINESS

Two programs had to be cancelled due to low attendance: Muscles in Motion and Balance class. Muscles & Motion is taught by Debbie Nicols who teaches a variety of programs at area centers. She will consider a new program in the Spring. Eileen Byrnes teaches the Balance class. It was

popular for awhile but has dropped attendance steadily each week. We have mutually decided to stop the class until the Spring and at that time will consider another class or try the Balance class again. There are several exercise classes offered to members including a new Circuit Training Class. People are trying different classes and at times choose one class over another to change their exercise routine.

We have begun baking cookie trays for our holiday fair. We have 20 vendors participating to date. The fair is scheduled for Nov. 15/16.

Two lunch and learn programs were scheduled for November. We had one lunch and learn program on Thurs., Nov. 7. We learned that several groups that use the Activity Room on a weekly basis had to be displaced because of the lunch & learn program. We decided not to offer lunch & learn programs on Thursday and continue to have them on Fridays.

Our OcktoberFest was held in October and a success. We had German music playing and served a German meal and O'Douls beer.

The Halloween party had 90 members in attendance. People seemed to enjoy the DJ who was new to the Senior Center, although well known in this area. He played music that many danced to. The meal was served timely and people seemed to enjoy the ziti, meatballs, and salad. The Friends of the Bethel Seniors were generous to donate money towards the meal. Their thoughtful donation was unexpected and very much appreciated.

At the Halloween Party there was an incident where one of the members became ill. She seemed to pass out, be unresponsive for a matter of seconds, and came back and was responsive and alert. her son was immediately called and she was sent to the Emergency Room by ambulance. She was admitted for further testing which all showed negative results. She returned to the Senior Center the next week.

The Autumn Walk had 11 members attend. We walked the first section of the Enchanted Trail in Bethel. Participants were all long time Bethel residents who had not heard about the Enchanted Trail and were curious where and what it was. One woman who recently had a knee operation walked in one direction but was unable to turn around and return back. After a discussion and considering everyone's suggestions the woman waited in a safe area and another member walked quickly ahead, retrieved his car and went to pick her up. She was very grateful.

At one of the Lunch & Learn programs in October misinformation was given to a member regarding her insurance. Another agent is assisting the person to straighten out the error. The company that presented the information that was incorrect is scheduled to do another program in Jan. The program will be cancelled until the BSC is assured the staff is trained properly and the error has been appropriately handled.

UPCOMING TRIPS

The entire year of trips, special events and travel plans have been announced in the November newsletter. People are interested and have been calling and signing up for trips and shows. Many are inquiring about Casino trips.

ACCIDENTS / INCIDENTS

One incident, described above, that a woman was in the Halloween Party and fainted and/or was unresponsive. The ambulance and CPR Responder(s) were notified and responded promptly. The woman was transported to Danbury Hospital, admitted and released the next day with no findings of illness.

Submitted By:



Lisa Plumb, Senior Center Director