

**Commission on Aging
Date: July 12, 2023
Location: Heritage Center**

Present: COA Commissioners: Ruth Moran (chair), Sarah Atwood, Hilda Rhodes, Sarah Cummings, Sal Armato, Kathleen Brandt, Garner Lester, Peter Cody, Peggy Zamore, Mary Dale Lancaster

Staff: Angelica Fontanez, Michelle Stillman

Members of the Public: Tina Armato, Douglas Renfield-Miller.

Meeting called to order: 9:02 am.

1. Approval of the Minutes: Sarah Atwood, Sarah Cummings

2. Public Comments: Doug R-M asked for suggested topics for future Blast editions. One suggestion: How to deal with seniors who are no longer safe drivers.

3. Social Services Report: Angelica Fontanez. Summer tends to slow down, but busy with grant for van (supplements Mike's salary) – includes working with various town departments. Peggy Zamore – Farmer's market in Danbury – vouchers available for clients from Redding. Grant through ARPA (23K) for Senior Center – must work with finance department. All towns in CT recently given grant for senior centers – limited amount it can be applied to – must be Covid related – must be one larger project. Would like to use funds under rubric of Wellness. Van: Right now monthly van rent is paid by Trust and Agency. Query whether appropriate for Trust and Agency account to pay for monthly van. Query again re: purchasing van with 4-wheel drive. Expensive monthly rental for a van that may not be appropriate for our roads and with an uncertain delivery date. Discussion re: how best to use 23K. Portable electrified cart with computers? Brain Rules for Aging Well book recommended by Kathy Brandt, e.g., could be used for classes. As could memory classes. Lots of discussion re: potential programs, including weekly lunches. Weekly lunches likely very popular, but would need a person to run them.

4. Director of Programming: See report. Attendance for summer is decent. Cook-out, Mozart and Elder Law Attorney programs coming up. CPR program was excellent, would love to run this type of program twice yearly. Thank you to Garner Lester for arranging this. Garner informed the COA that resources of Wilton Y can be accessed, e.g., Arthritis prevention pool classes. Special program through the Heritage Center could run through Y. Will check if Y membership is required for special programs. Check senior discounts. Silver Sneakers, and certain Medicare Advantage programs may cover membership.

5. **Chair's Report:** Could there be a weekly food truck? Setting is perfect, but need research. Sarah Cummings: Food trucks generally want to have a guarantee x \$ per visit. Unless larger attendance is guaranteed, this might be an uphill battle. Building Maintenance – dead cherry trees outside of building. AC – not working well – both sides of buildings have different temperatures that suit no one. Often very hot or cold on one side or other. This is a health Issue. System is antiquated.

5. **Old Business:**

- New chairs and table and quilt in lobby. Thanks to Ruth and Sarah Atwood. Fire Department gave approval to signs and quilts. Put picture in Sentinel – Deborah DeRosa.
- Signage: Sal Armato described the proposed signage for the Heritage Center: plastic with a bracket, readable from at least ten feet.
 - Wording on two sides of sign: Multipurpose Room, Arts & Crafts Room, Lounge, Office & Social Services. Signs will be 2” x 12”.
 - Wording on one side of sign: Community Room, Heritage Center (with arrow), Park and Rec (with arrow)
 - Signs to project out with brackets in rose gold. Sal and Tina Armato will determine the color of the signs
- Mark Twain Library (MTL): Discussion group coordinated between MTL and Kathy Brandt and Jean Rexford. A discussion group focused on senior issues and entitled **Sour Grapes or Fine Wine** will be led by Kathy, Jean and Elaine Sanders every other Thursday at 1:30. The first meeting will be September 21, 2023 at the MTL, pending confirmation of the date by the library. The discussion group is open to all; registration will be through the Mark Twain Library.
- Alternate Members: The Commission is looking for new alternate members. They must be registered as Independents, Unaffiliated or Republican. Submit suggested name(s) to Ruth Moran who will speak with the individuals and bring the results to September meeting of the COA.
- Produce from local gardens may be delivered to the Redding Grange Thursdays from 8 am – 12 pm. Food will be distributed to the Danbury Food Pantry the next day.

6. **New Business:**

- Phones at the Town Hall are down, owing to a fire at the NJ headquarters. Fire and Police department are functioning.
- Next meeting will be at the Gilbert and Bennett management office in Georgetown. A lunch at Lombardi's will follow the meeting. Ruth will confirm.

7. **Meeting adjourned:** 10:06

Next Meeting: Wednesday, September 13th at 9 am at the Gilbert and Bennett Management Office in Georgetown.

Minutes taken by Mary Dale Lancaster, Sarah Cummings