

## COMMISSION ON AGING MINUTES

January 5, 2015

**Present:** Commission members Helen de Keijzer, Nina Daniel, Laura Smits, Bruce Lorentzen, Don Gumaer and Margarita Shapiro; Senior Center Director Wendy Petty and Program Coordinator Pam Wilson; Social Services Director Charlene Chiang Hillman; SWCAA liaison Meta Schroeter and Gordon, Dial-A-Ride. Guests: Woody Bliss and Monica Wheeler from the Westport/Weston Health District (WWHD).

Meeting convened at 9:15.

**Minutes:** The December 2014 minutes were reviewed and approved by consensus with changes as noted. Laura will make corrections.

**Commission Business, Election of Officers:** Helen will continue as Chairman, Bruce will continue as Vice-Chair and Laura will remain Secretary. M/S/P. Helen reviewed the 2015 meeting calendar. It was decided that the September meeting be changed to Tuesday, September 8<sup>th</sup> instead of Monday the 7<sup>th</sup> due to a conflict with Labor Day.

**SWCAA:** Meta reported that SWCAA's move to their new headquarters is now complete. The meeting was small due to the holidays. Towns have reported an increase in seniors' need of fuel and food assistance. Westport Senior Center has expanded their hours to meet the demand for more exercise classes. ITN is celebrating their 4<sup>th</sup> year in business and now average 340 rides a month

**Dial-A-Ride:** Gordon distributed his reports for November and December as well as a breakdown of categories for rides during 2014. He stated that ridership is down. A discussion ensued about possible causes: people driving themselves, some may now have help in their homes, etc. Pam suggested that people may call for the first time and if Gordon cannot accommodate them due to previous commitments, they may give up. Discussion ensued. On another topic, Nina asked Gordon if it was possible to use the van for the May 3<sup>rd</sup> House Tour being organized by the Weston Historical Society. Gordon stated that because the event is on a Sunday he would need permission from the union. Nina will follow-up with Gordon.

**Friends:** Woody thanked everyone for their past support and reviewed the year. The friends raised \$33,000 during 2014. The Car Show raised \$25,000 (net after expenses); there were additional donations of \$7,000, including an estate gift. Expenses included \$6,500 on programs (trips, etc.) and \$2,000 on special events such as the holiday party. Woody stated that in 2014, the Friends spent money on programs and an increased number of trips from 1 in 2013 to 3 in 2014.

**Health District Report:** Monica Wheeler reported on various programs offered by the WWHD including one offered to Weston seniors, the "Homebound" program, whereby a nurse visits the home to do vitals, etc. This is a safety net program, intended to supplement regular doctor visits and help seniors in-between doctor's appointments. The district has hired a part-time nurse to provide this service—so far 1 Weston resident and 20 Westport residents have used it. Helen

suggested developing a blurb raising awareness of available WWHD programs for the Newsletter. Monica stated that the district also has a weekly blood pressure drop-in clinic on Monday morning. There are also clinics that provide vaccinations for shingles, pneumonia and the flu. On February 12<sup>th</sup>, the district is participating in the Livewell program for diabetes and diabetics. Bruce asked if dental care programs are available. Monica responded that they do not have a program for that, but recommended the Fones dental school. Helen asked if we could have Russell Levine do a program at the senior center about drug interactions. Pam suggested March as a possible date for this and Monica will work with her on this and other programs.

**Social Services Director:** Charlene reported that 57 households including 22 senior households were helped with holiday giving this year. Her senior household caseload includes 35 in financial need as well as 47 others. Helen asked if the Youth Services Director interacts with Charlene's office. Charlene stated that Michelle Albright deals mostly with the schools there is little overlap between their offices. Charlene stated that she is having a problem with the Meals on Wheels program. The vendor that the town has contracted with no longer wants to serve meals in Weston due to the small number of households that use the service. There are currently only 4 stops serving 5 people, down for different reasons: some have moved, others have hired help to do the cooking. This vendor wants to charge \$25 per day—which is very high. Meals on Wheels cannot work with the schools because the schools are closed in the summer and on holidays. Charlene has explored various options, it is a challenge—she will continue to work with Tom Landry to find a solution.

**Senior Center Director:** Wendy reported that they are almost finished with the renovation—they will be putting the first floor south-facing room project on hold. Helen hopes to see A/C for all south-facing classrooms in the capital budget. Café style furniture is on order for the main room and office furniture, etc. for the others. Pam and Wendy have cleared out the areas of clutter and everything has been cleaned. The Friends have authorized up to \$20,000 to complete the project. The ribbon cutting and the open house will be two separate events. Discussion ensued.

**Communications:** Helen will contact the graphic designer to work on a logo that incorporates both “The Weston Senior Center” and “The Hub”. Newsletter: Helen asked Wendy if she and Pam had looked into the cost of inserting an extra sheet such as the *Community Help Sheet* in the Newsletter. Discussion ensued. Wendy suggested that if/when the Friends do a fund-raising mailing they include the info sheet, which includes emergency numbers, with their mailing.

**Mission Statement:** Helen distributed a paper with possible mission statements for the Center as well as examples from other towns. She asked the Commission to review the information, which will be discussed at a future meeting.

Meeting adjourned at 10:55 a.m.

Respectfully submitted,

Laura Smits