

COMMISSION ON AGING MINUTES

April 4, 2016

Present: Commission members Helen de Keijzer, Peggy Anderson, Bruce Lorentzen, Don Gumaer, Harvey Bellin, Joy Peshkin and Margarita Shapiro; Senior Center Director Wendy Petty and Program Coordinator Pamela Wilson; Dial-a-Ride Driver Gordon Greene, SWCAA liaison Meta Schoeter; WWHD's Monica Wheeler, and guests Allison Lisbon, Sue Broudy, and Barbara Slaine.

Helen called the meeting to order at 9:18 a.m.

Minutes: March minutes were approved by consensus.

SWCAA: Meta reported on the last SWCAA meeting noting that nutritional support programs available in our area were discussed. Norwalk will be offering a 'how to' program on estate issues and a nurse-led in-home evaluation and fall-prevention program is being started. ITN continues to look for drivers. Easton is beginning a bereavement group. Greenwich will be sponsoring an Alzheimer's fundraiser on April 29th. The Stamford Center is holding a 20th anniversary celebration on the 14th.

Guests Barbara Slaine and Sue Broudy presented a brief overview of the idea of end of life conscious transitioning and mentioned hospice and the International End of Life Doula Association (INELDA) all aimed at supporting both the dying and their caregivers. They invited those interested in learning more about it to attend an Alliance for Conscious Transitioning program in Weston at the Liphe Balance Center in early May.

Dial-a-Ride: Gordon noted a rise in rides for medical appointments and to Center lunches. The new excursion bus has been ordered and is expected in three to four months.

Weston Senior Activities Center: Wendy reported that the Center website is nearly ready to launch. She expressed ongoing concern about the long delivery time of the last newsletter mailing. Lunches at the center continue to grow and are now being attended by 30-40 seniors. The Ice Cream Social will be held again this year.

Westport Weston Health District: Monica reported that there is a free skin cancer screening at the Health District office on May 1st. The WWHD will also be offering a program for rabies vaccinations; a \$20 fee will be charged.

Senior Tax Relief Program Review: Margarita offered to spearhead a committee effort to evaluate Weston's current tax relief programs and will contact Woody Bliss about continuing to work on it. Allison and Harvey also expressed interest. Harvey has done some research and emphasized the need to decide on goals for the programs. What do we and what does the town wish to achieve and who do we/who does the town wish to benefit?

Helen reminded everyone of the upcoming P&Z Public Hearing, which will be considering input on a newly proposed Adult Housing project in town.

The meeting was adjourned at 11:00 a.m.

Respectfully submitted,
Don Gumaer