

TOWN OF ENFIELD
Commission on Aging
Minutes for Wednesday, February 12, 2020

Present: David Goyette, Chairperson; William St. George, Secretary; Timothy Slade, Treasurer; Marlene Hoginski; Muriel Capocci; Pat Linehan; Howard Florian; Lori Unghire, Town Council Liaison; Bill Kiner, Town Council Liaison; Jennifer Switalski, MSW - DSS Social Worker, Staff Liaison.

Absent: Alice Egan, Vice-Chairperson; Michael Arnone, Jr.; Judy Kilty; Kathleen Tallarita..

Guests: Shelia Grady, Senior Center Manager.

I. Welcome

David Goyette, Chairperson, called the meeting to order at 2:07pm.

II. Secretary's Report

Will St George reported. A motion to accept the minutes, as presented, made by Tim Slade and seconded by Howard Florian passed - (5-0-2).

III. Treasurer's Report

Tim Slade reported. David Goyette asked for information on the way(s) the town would facilitate the purchases of supplies for the Symposium project. He said he wanted to avoid commissioners paying out-of-pocket, which in some cases happened last year. Pat Linehan needs paper goods and incidental supplies; the plan is a purchase from staples. One method is the purchase order process, which the commission is well aware of, the second method is the accompaniment town staff who would pay by card. Jennifer Switalski said she would look into the second-preferred method. A motion to accept the report, as presented, made by Will St George and seconded by Pat Linehan passed – (7-0-0).

IV. Committee Reports

A. Senior Minor Home Repair Program (Helps Seniors Stay In Their Homes)

Tim Slade reported. Program Season - {see Commission on Aging Calendar.}.

(Storage): They looked at two spaces at the Town Annex for potential use as a tool/supply storage site and base of operations (gathering to go to job sites.) They met with Ken Kido who showed them the spaces. The chosen space will have electric installed by the town. Tim stated the space meets all of the project's needs. They will need to replace moldy tool bags. **(SRP Volunteers):** Dave and Tim updated the commission. They interviewed two potential volunteers, have accepted one and are waiting for the required background check clearance. The volunteer count is now at 8, the desired outcome. The press releases done by Shelia Grady and DSS staff will still be seen in the papers. Tim expressed gratitude for the excellent support provided by Melissa Torres-Newman and the rest of the DSS staff. David Goyette praised Tim's work and dedication and said he had saved the project by 'stepping in' when he did. **(Volunteers):** A broader discussion began on volunteers for Commission Projects and for the Town in general. Lori Unghire, Town Council Liaison updated the commission on the desire to volunteer expressed by New Day Church. Jennifer Switalski and others added additional information. The experience of enthusiastic volunteer beginnings followed by backing out as the commitment or other requirements are learned, lead to a conclusion that there are different categories of volunteering. This is a useful insight for the ongoing volunteer recruitment.

B. Symposium (An Annual Topic-Focused Discussion between Senior Service Providers)

{8th Annual Symposium: "Let's Start Talking – Mental Health and Seniors" April 28, 2020

{see Commission on Aging Calendar} Pat Linehan reported. Pat outlined the project task schedule {see Calendar}. She is currently approaching various panelist candidates. Jennifer Switalski listed the series of candidates and candidate organizations she had provided. She suggested having one panelist who will tell their personal story – this being a mechanism to heighten participants' interest. David Goyette, Chairperson stated Jenn had been coming to committee meeting, which has been a big help with the project.

The Symposium will cover topics consisting of the most prevalent mental health issues in older adults. They are: Addiction; Depression; Anxiety; and Eating disorders. Some discussion on the Opioid epidemic occurred. Lori Unghire, Town Council Liaison, described a current and related concern in Washington, D.C. – the increasing usage of "CBD Oil", which is 0.01% THC.

C. Isolated Seniors (Symposium Focus Group) (Friendly Caller Program in Development)

David Goyette reported. (**Volunteers**): Dave and Mike Arnone, Jr. met with the volunteers recently. For the upcoming segment they have enough 'call recipients' volunteers but need more 'calling' volunteers. It is difficult to find 'calling' volunteers because of the length of time commitment: four weeks training followed by twelve weeks of calling (each at once per week). Jenn stated the twelve-week calling cycle is based on insurance protocols, which approve therapy on a twelve-week cycle. Each caller has six to eight people to call each week. Dave said Jennifer Switalski's attendance at the meetings has contributed much to the project. (Location): Dave reported the MOU with the pastor at the current project location will expire this summer. They are hoping to move the project location, before the MOU expires, into the Food Shelf building, which is to be vacated.

D. TV Show "Senior Living - SLTV" (Symposium Focus Group) Senior Media Project - (Public information about aging and living as an older American)

Pat Linehan reported. The most current show was taped yesterday. It featured guest Bill Mcloskey speaking on "The Risks of Retirement." On the next episode Mike Helechu hosts a discussion with the new Director of Social Services, Cynthia Guerreri. Pat acknowledged the contributions of host Dr. Martha McLeod and volunteer coordinator Tim Slade. Tim stated we have a new public access volunteer at the tapings and announced the retirement of Cox employee Sandy Zukowski. Dave stated he asked Cox about getting closed captioning for the show. They said Public Access does not have a means to do that. The normal project schedule is show taping on the second Tuesday of the month and the committee meeting on the third Tuesday. Shelia Grady discussed the unsuccessful attempt to show SLTV episodes on the Senior Center TV. Some technical discussion ensued. Maureen, of the Friends of the Senior Center, expressed an interest in curing the problem by purchasing necessary accessories or a new device.

To watch episodes of Senior Living online either (A) go to www.patv15.com Enfield/Programming Schedule, put Senior Living in the search and click on any program to begin watching or (B) go to <http://patv15.com/index.php>, click on "Enfield" then "Enfield Programming Schedule" then "see entire schedule", find a day with Senior Living listed and click on Senior Living.

E. Transportation Survey (Symposium Focus Group) (A Survey of Enfield Resident Demographics, Transportation Usage & Attitudes) Will St George and Jennifer Switalski reported (**DSS & CoA Committee**): Will met with Cynthia Guerreri, Jennifer Switalski, and Annette Orlandi. They discussed the history of and the present state of the survey project. Discussion turned to the yearly ridership survey done by the transit department. The potential for combining the two survey efforts is under consideration. Will stated when DSS had ended their involvement with the survey several years ago, it impacted the viability of the project. Will expressed gratitude for their enthusiastic involvement to Cynthia Guerreri, Jennifer Switalski, and Annette Orlandi; he stated the re-involvement of DSS has made the project viable and of use to the town. Jennifer asked the commission for input during the development of the survey, so that, the commission gets what it wants from the effort.

F. Grandparents Raising Grandchildren (A Support Network for Parenting Grandchildren Due to Death, Addiction, or Other Circumstances) No update this month.

G. Triad (A National, State, and Town Program of Senior Safety)

Marlene Hoginski reported. The group is negotiating to 'piggy-back' on the Senior Center table at the Enfield Home Show, to save on the \$200 fee for Non-profits. They have setup an informational face book page for the show – it is closed to commenting.

H. Blue Book (A Resource Book of Essential Services for Seniors)

David Goyette reported. Jennifer Switalski stated the proof has been extensively reviewed by Robin at DSS and is currently being reviewed by Director Cynthia Guerreri. The commission discussion supplied a varied list of distribution points – sites or operations/programs where citizens can get a 'Blue Book'.

I. A Holiday Gift Program (Nursing Home Residents without Social Connections)

Nursing Home Project {Seasonal}

J. CHOICES (A Federal Program - SHIP - State Health Insurance Assistance Program)

(State certified counselors educate and assist citizens with Medicare and related insurance.)

Will St George reported. He reminded the commission of prior reports that the NCAAA seemed under-funded for staff. Will stated he is volunteering at the NCAAA in Hartford two to three times a week to help them with

returning phone calls; catching up on the backlog. There was some discussion on CHOICES counseling difficulties using the equipment provided by the town. Jenifer believes the yearly CHOICES training is targeted for May. Will created “Enfield CHOICES – Medicare Minute” flyers for public information and CHOICES ‘outreach.’ For further information, *{see Inclusions: Commission on Aging Choices Report; and the “Medicare Minute” flyers}*

VI. Regular Reports and Topics

A. DSS Report

Jennifer Switalski reported. (**ADC**): David Goyette asked for an update on the Adult Daycare Center. Jennifer stated she had met with all the clients and all of the caregivers. All clients are transitioning successfully, most to the Felician Sisters. The Center will close on March 31st. (**Grants**): Jennifer answered last month’s question from the Commission, “does the town have a designated grant writer?” The answer: “No”. Jennifer reported that DSS intends to apply to the NCAAA for continuation of the grants for the Senior Repair program, Grandparents Raising Grandchildren, Isolated Seniors, Isolated Seniors “Friendly Caller” program, and Outreach. Jennifer Switalski will be taking on the grant writing with Cynthia Guerreri’s guidance; the deadline for the applications is March 20th. She has a preliminary meeting setup with the NCAAA. She is investigating the feasibility of consolidating some or all of the grants into one grant. (**Reporting Requirements**): Discussion ensued about report-back requirements that come with the grants – details to be worked out. Jennifer stated that Pam Brown will be gathering the data for these grants going back from the beginning of the Federal funding year, October 1, 2019 through present and future activity.

VII. Old Business

A. Grants Covered under VI. A.

B. Senior Groups

i. Senior Center Advisory Board

No update

ii. Friends of the Senior Center

Marlene Hoginski reported the group is meeting tomorrow 02/13/2020.

C. Senior Center Focus

Shelia Grady reported. Members have been asking for ‘new’ events and the Center has many new programs planned for the year. She gave examples. A “seated yoga” class is scheduled. They are enthusiastic about the “play production” event. The director has eleven years of experience guiding seniors through a stage play production. The theme of the play is “Town Council Meeting”. Volunteer thespians are still needed. *{see Commission on Aging Calendar}*

VI. New Business

VIII. Adjournment: A motion to adjourn made by Will St George and seconded by Marlene Hoginski passed (7-0-0).

David Goyette adjourned the meeting at 3:19pm.

Next meeting: Wednesday, March 11 2020 at 2pm at the Enfield Senior Center.

Inclusion(s):

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| (1) Commission on Aging Calendar | (single sided) |
| (2) Commission on Aging Choices Report, February 2020 | (double sided) |
| (3) Flyer: “Enfield CHOICES Medicare Minute –
Opioid Addiction and Treatment - What Medicare's New Coverage Can Do” | (single sided) |

Respectfully Submitted by Will St George, Secretary

Cc:

Christopher W. Bromson, Town Manager, Bill Kiner, Council Liaison, Lori Unghire, Council Liaison, Jennifer Switalski, MSW - DSS Social Worker, Staff Liaison, Cindy Guerreri, Director, Department of Social Services, Shelia Grady, Senior Center Manager, Mary Keller, Deputy Director of Recreation Services, Marguerite DuPrey, ‘Commissioner Emeritus’

32 Woodside Park, Enfield, CT. 06082.

Commission on Aging Calendar**February 12, 2020**

<u>Date</u>	<u>Time(s)</u>	<u>(Action)/Location</u>	<u>Project/Event/Group</u>
Thursdays	6:30pm	Cox Public Access Chanel 15	Watch SLTV – “Senior Living”
Fridays	9:30am		
02/13/2020		Senior Center	Friends of the Senior Center meeting
02/24/2020		<i>Save the Date- Mail-out</i>	8 th Annual Symposium
02/26/2020	6:30pm	Enfield Central Library	"Caring for Your Aging Parents"
03/02/2020		<i>DSS begins taking requests</i>	<u>Senior Repair Program</u>
03/10/2020	<u>10:00am</u>	<u>Senior Center</u>	<u>TRIAD meeting</u> (2 nd Tuesdays)
03/10/2020	1pm est. <u>2:00pm</u>	<i>Crew arrival; Cox Studios</i> <i>Taping; Cox Studios</i>	<u>SLTV (“Senior Living”) – Show Taping</u> (2 nd Tuesdays)
03/11/2020	12:30pm	Senior Center	Committee meeting - Symposium
03/11/2020	2:00pm	Senior Center	<u>Commission on Aging meeting</u> (2 nd Wednesdays)
03/16/2020	6:00pm	Cox Studios	Sandy Zukowski Retirement Diner
03/17/2020	12:30pm	Senior Center	<u>SLTV – Committee meeting</u> (3 rd Tuesdays)
03/20/2020		NCAAA / DSS	Grant writing deadline
03/31/2020		<i>Invitation- Mail-out</i>	8 th Annual Symposium
03/31/2020		<i>Start of Home visits</i>	<u>Senior Repair Program</u>
04/01-29/20 29 th .	1 - 2:00pm	Enfield Central Library	“Healthy Brain” Series: Wed. April: 1 st , 8 th , 15 th , 22 nd , Register 860-763-7511
04/28/2020	8am to 12pm	Asnuntuck College	<u>8th Annual Symposium</u> <i>“Let’s Start Talking – Mental Health and Seniors”</i>
06/26/2020	2pm & 6pm 5pm	Senior Center Senior Center	Stage Production with Town Residents Pre-show Dinner
07/11/2020			National Volunteer Day
10/31/2020	(tentative)	<i>End of Home visits</i>	<u>Senior Repair Program</u>