

NEWTOWN COMMISSION ON AGING

Regular Meeting

Monday, January 22, 2024

Newtown Senior Center

8 Primrose Street, Newtown, CT 06470

Called to order at 4:00pm

THESE MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

Present: Bill Darrin, Barbara Bloom, LeReine Frampton, Patricia Bailey, Micheal Stern, Judit DeStefano, Claire Theune via telephone

Absent: Ziao Han, Tricia Gogliettino, Anne Rothstein, Stephen Riccitelli

Also Present: Director of Human Services Natalie Jackson, Director of Nunnawauk Meadows Mary Salley, 2 members of the public and one member of the press

Public Comment: None

Minutes: P. Bailey moved to approve the minutes of the 12/18/23 meeting. L. Frampton seconded, all in favor.

L. Frampton moved to add purchasing shuffleboard for the senior center onto the agenda. B. Darrin seconded, all in favor.

Director of Human Services: Natalie Jackson reviewed her report (att.).

Treasurer's Report: There is no change – B. Darren moved to approve the Treasurer's Report (att.), P. Bailey seconded all in favor.

NEW BUSINESS

Shuffle Board – One of the goals/efforts of is to bring more men into the center. There are pool tables that help. One suggestion was a shuffleboard table. It would be in the game room. L. Frampton moved to approve up to \$3000 to purchases a shuffle board table. B. Darrin seconded, all in favor.

Review and discussion of AARP opportunity – Discussion regarding the many options for the grant. Some items discussed were purchasing ramps, hand rails and those types of safety equipment. Help with computers and tablet lending as well as additional improvements to the planned patio. J. DeStefano clarified that the project needs to be completed by December 15th so if they chose a service, that service would end. This would need to be a project that would need to be completed in a short amount of time and there will not be ongoing cost incurred. The grant is due March 6th.

Formation of group to prepare proposal - Anne Rothstein, Bill Darrin, Barbara Bloom and Pat Bailey will be part of the group.

Members Comments: None

Having no further business, the meeting was adjourned at 4:55pm.

Respectfully Submitted,
Arlene Miles, Clerk

Attachment: Report from Director of Human Services and Treasurer's Report



Department of Human Services

Supporting a high quality of life for the Newtown community through services, programs and information that promote mental, physical and social well-being.

Commission on Aging Report: January 22, 2024

Greetings Members of the COA,

Happy 2024! I hope all enjoyed a wonderful holiday season and that the New Year is off to a great start! We have been busy at the Senior Center since our last meeting. Some highlights I would like to share include:

The Senior Center/COA holiday cookie distribution on Christmas Day

As discussed at our last meeting, this year we decided to bring back a cookie distribution that we did during COVID with the Newtown Police. The Department of Human Services identified 25 senior households which includes residents who were homebound or we knew would be alone on Christmas Day. We purchased 25 tins of cookies and included a label wishing them warm holiday wishes from the NSC and COA. The Newtown Police then delivered the cookies on Christmas Day. It was a great success, bringing some surprised recipients to tears and the officers working on the holiday some wonderful feelings of holiday cheer. (see photo below)

The Senior Center New Year's Celebration

On January 5th we hosted the *Down Home New Year Country Fair*. Despite the winter chill we brought sunshine and promise of 2024 to the Senior Center. The event was enjoyed by over 60 members and included a delicious country inspired meal with all the fixin's, and entertainment by our very own DJ and MC, Matt Ames. (see photos below)

Java with Jeff at the Senior Center

Last week we hosted our first *Java with Jeff*. It was a time for senior residents to meet with our newly elected First Selectman for coffee and conversation. Members asked some insightful questions and had the opportunity to get to know a little more about Jeff's vision for Newtown, as well as him personally. In our February newsletter we will be including a recap of the event with his additional follow-ups to their questions. We look forward to continuing these visits with Jeff.

Socializing with the Social Worker

Human Services' newest addition, Care Navigator/Social Worker Alexa Griffin, has begun monthly visits to the Senior Center for *Socializing with the Social Worker*. While many of the calls for support and resources from senior residents come directly into the main number for our social services programs at our 28 Trades office, we obviously get requests for assistance coming into the Senior Center. We wanted to offer a time that members had the opportunity to meet with our Social Worker in their safe and comfortable Senior Center environment. This month Alexa had the opportunity to meet with several residents and she looks forward to being back in February.

There are two grants that have become available for application from the Senior Center/Human Services. One is through WCAAA. I am currently in communication with the President of FONS, John Boccuzzi, on this one as we were successful in winning last year's grant which allowed for increased programming at the Senior Center. The second is through AARP with the award ranging from \$5-50,000. COA and FONS has begun brainstorming project ideas. I look forward to this continued conversation and hopefully putting together a successful grant application.

Finally, I am excited to announce that I have been asked to join two collaborative councils, the Community Council with Nuvance and the United Way Community Council. I have my first meeting with both groups coming up. I look forward to sharing more about how these partnerships will benefit our community at our next meeting.

Respectfully submitted,

Natalie

Natalie Griffith, LCSW
Director, Newtown Human Services

****Please see attached: Connecticut State Plan on Aging- Full schedule for all "Community Conversations"**

*****Please see attached: AARP Free Income Tax Help, CH Booth Library**

Scenes from the Newtown Senior Center New Year's Celebration



Senior Center/COA Cookie Distribution with the NPD- Christmas Day 2023



*Sending Warm Holiday Wishes
Your Way!*



*- The Newtown Senior Center
& Commission on Aging*



**The Connecticut Department of Aging and Disability Services'
Unit on Aging wants to hear from you!**

The Connecticut Department of Aging and Disability Services' State Unit on Aging (SUA) is updating the strategic plan around services for aging people in Connecticut, with an emphasis on supports funded by Older Americans Act dollars. To ensure the plan includes priorities important to residents, we have set up several community conversations across Connecticut.

Join us for one of these in-person or virtual discussions to hear about the plan, and to give us feedback about supports and services and how to improve the quality of life for residents.

Older people, caregivers, network professionals and advocates are all invited to attend and participate in any one of these events. Your participation is crucial to putting together a valuable plan of action for the next three years.

Community conversations are generously going to be hosted at Senior Centers across Connecticut. Light refreshments will be served at each event.

Registration for the in-person discussions is requested. To register, email us at agingstateplan@ct.gov or call 860.424.5111 or toll free 866.218.6631 and speak with a State Unit on Aging staff member.

If you require any reasonable accommodation, we ask that you request this at least three days prior to the event you plan on attending by emailing or calling as well.

The **first conversation** will be held at
Milford Senior Center located at
9 Jepson Drive, Milford, CT 06460
on Thursday January 18, 2024
from 1:00 to 3:00PM



The **second conversation** will be held at
Thrive 55+ Active Living Center located at
102 Newtown Road, Groton, CT 06340
on Tuesday January 23, 2024
from 11:00AM to 1:00PM



The **third conversation** will be held at
Windsor Senior Center located at
599 Matianuck Avenue, Windsor, CT 06095
on Friday, February 2, 2024
from 9:30 to 11:30AM



The **fourth conversation** will be held at
Rocky Hill Senior Center located at
55 Church St Rocky Hill, CT 06067
on Wednesday, February 7, 2024
from 10:00AM to 12Noon.



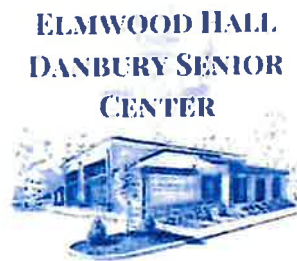
The **fifth conversation** will be held at
Quinebaug Valley Senior Center located at
9 South Main Street Brooklyn, CT 06234
on Thursday, February 15, 2024
from 1:00 to 3:00PM



The **sixth conversation** will be held at
the Baldwin Center located at
1000 West Broad Street, Stratford, CT 06615
on Friday, February 16, 2024
from 1:00 to 3:00PM



The **seventh conversation** will be held at
Elmwood Hall - Danbury Senior Center located at
10 Elmwood Place, Danbury, CT 06810
On Wednesday, February 21, 2024
from 1:00 to 3:00PM



The **eighth conversation** will be held at
Sullivan Senior Center located at
88 East Albert Street, Torrington, CT 06790
on Monday February 26, 2024
from 1:00 to 3:00PM



The **ninth and final conversation** will be virtual
on Monday, March 11, 2024
from 1:00 to 3:00PM.

You must register for this event by typing the URL into your browser
field or clicking on this link:

[https://us02web.zoom.us/meeting/register/tZUlcu2sqDIjHtHCviUYcWV
oaV8jEozbSSmC](https://us02web.zoom.us/meeting/register/tZUlcu2sqDIjHtHCviUYcWVoaV8jEozbSSmC).

*Even if you cannot make it to an in-person or virtual
session, you can still tell us what is on your mind!*

Check out our webpage dedicated to the State Plan at
<https://portal.ct.gov/ADS-SUAstateplan>
or by scanning the QR code below:



AARP Tax-Aide

A service of the AARP
Foundation
in cooperation with the IRS

Free Income Tax Help

Offering Tax Return Preparation by AARP/IRS Certified Tax Volunteers
and E-File

WHERE:

**Cyrenius H. Booth Library
25 Main St., Newtown, Ct**

Hours:

**By Appointment Only
From 9:45AM to 12:45PM**

Call the Cyrenius H. Booth Library for an appt. at (203) 426-4533

**Each Thursday
Feb 1st until April 11th, 2024**

WHAT TO BRING:

- **Photo Id or other type of Identification**
- **Social Security Card and Statement (SSA 1099)**
- **A copy of your 2022 tax return and/or last year's AARP envelope**
- **All tax forms received for tax year 2023 (W-2, 1095, 1099)**
- **End of year investment tax statements (INT, DIV, Stocks, Bonds)**
- **List of Itemized Deductions (Medical, Donations, Taxes)**
- **Any other tax documents you might have**
- **IRS PIN if issued, Cancelled Check for Direct Deposit**

By Appointment only.

(No Tax Session if the Newtown schools are closed due to weather)

Website for the public: www.aarp.org/taxaide

*2.5 Million People Served
Annually!*

AARP™
FOUNDATION

People that were active between 12/19/2023 and 01/19/2024

Age Range as of 01/19/2024	Count	Percent
Ages 60-64	1	5.0%
Ages 65-69	7	35.0%
Ages 70-74	2	10.0%
Ages 75-79	3	15.0%
Ages 80-84	4	20.0%
Ages Below 55	1	5.0%
Ages Over 85	2	10.0%
Totals	20	100%
City/Town	Count	Percent
In Town	16	80.0%
Out of Town	4	20.0%
Totals	20	100%

Current Members

Resident	524
Non Resident	102
Total	626

Event Occurrences from 12/19/2023 to 01/19/2024

Category	Event	# of Events	Hours Scheduled	Unduplica
F - Class/Workshop				
		1	1.08	5
	Art Class (Tuesday 10:00 AM)	5	10	21
	Knitting	5	5	21
	Sewing Crew	1	1.5	3
	Spanish Class (Thursday 10:30 AM)	5	5	12
	Total	17	22.58	52
F - Health/Fitness				
	Broadway Burn (Friday 10:30 AM)	4	4	13
	Chair Pilates (Thursday 9:00 AM)	5	5	24
	Chair Yoga A (Monday 2:30 PM)	1	1	13
	Chair Yoga B (Thursday 1:00PM)	4	4	37
	Deep Stretch (Wednesday 9:00 AM)	4	4	17
	Fit and Fabulous	5	5	25
	Flex, Fit & Tone (Tuesday 10:00)	5	5	35
	Floor Yoga	9	5	29
	Kevins Line Dance Exercise (Thursday 10:30 AM)	5	5	25
	Line/Country Dancing (Wednesday 10:30)	4	4	22
	Move and Groove	4	4	20
	Tai Chi (Monday 10:00AM)	1	1	15
	Zumba (Monday 1:00 PM)	1	1	13
	Total	52	48	141
F - Nutrition				
	Daily Lunch	6	6	20
	Meditation with Indra	1	1	8
	Total	7	7	27
F - Rec./Entertain				
	Billiards	20	100	14
	Total	20	100	14
F - Social Activity/Event				
	Lunch and Learn	2	2	28
	Matts Ballroom	5	5	12
	Poker	5	15	8
	Special Event	1	1	19
	Special Event Hearts for Hope	1	1	3
	Total	14	24	55
F - Socializing				
	Socializing & Just Visiting	21	178.85	31
	Total	21	178.85	31
F - Special Events				
	Java With Jeff First Selectman	1	1	15
	NEW YEAR PARTY	1	2	42
	Speaker	2	4	14
	Speaker AM	1	1	9
	Total	5	8	59
F - Special Groups				
	Current Event Talk	1	1	5
	Parkinson Support Group	1	1	1
	Silver Tones	1	1.5	4

Speaker 1:00PM	1	1	6
Womens Discussion Group Chicken Soup for the	1	1	11
Total	5	5.5	19
Grand Totals	146	398.93	252

Event Statistics from 12/19/2023 to 01/19/2024

Category	Duplicated	Unduplicated	60 and Over Guests	Under 60 (Hours	
F - Class/Workshop	16	5	0	0	22.08
F - Health/Fitness	48	11	0	0	44
F - Nutrition	6	4	0	0	6
F - Rec./Entertain	5	2	0	0	25
F - Social Activity/Event	11	6	0	0	11
F - Socializing	17	4	0	0	144.78
F - Special Events	9	6	0	0	13
F - Special Groups	4	3	0	0	5
Total Event Signins	116	20	0	0	270.86

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST FUND	BALANCE
7/1/23	Beginning Balance				46,350.98
7/25/2023	Knotts Trust 12-31-22 Deficiency w/d- 200-22			30.50	46,381.48
7/25/2023	Qrtly Distribution Knotts Trust 200-33			590.00	46,971.48
8/31/2023	Donation- Anne Rothstein- 220-9		2,000.00		48,971.48
10/27/2023	Qrtly Distribution Knotts Trust 200-96			590.00	49,561.48