

## **NEWTOWN COMMISSION ON AGING**

### **Regular Meeting**

**Monday, February 26, 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, zoom, Claire Theune, Anne Rothstein, zoom, Xiao Han, Tricia Gogliettino

**Absent:** Stephen Riccitelli, Lia Levitt

**Also Present:** Director of Human Services Natalie Jackson, Director of Nunnawauk Meadows Mary Salley, 1 member of the public and one member of the press

**Public Comment:** none

**Minutes:** W. Darrin moved to approve the minutes of the 1/22/24 meeting. L. Frampton seconded, all in favor.

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

**Treasurer's Report:** There is no change - W. Darrin moved to approve the Treasurer's Report (att.), P. Bailey seconded, all in favor.

**Old Business:** Natalie Griffith spoke about the two grants, due beginning of March. AARP flagship grant to add enhancements to complement the AARPA grant already awarded to build a patio at the Newtown Senior Center. The WCAAA Grant to be submitted by FONS for a nutrition program at the Senior Center.

Anne Rothstein asked about soliciting donations from the community for the patio project and if there were any suggestions for donations from local businesses. Anne Rothstein is willing to write letters asking for donations from local businesses.

Discussion of the Chore Services Beverly Bennett-Shaedler the FONS member and coordinator for Chore Services. *She wants to get the word out about Chore Services. She also invited COA to join the FONS meeting 4/11/24. She suggested that COA & FONS brainstorm how to find the seniors that are really in need. Anne Rothstein asked if everyone was willing to explore to widely distribute something about Chore Services.*

*N. Griffith asked about the results of the Facebook poll. J. Destefano said there was not a lot of response. She will report out on that at the next meeting.*

**No new business:**

**Members Comments: None**

Having no further **business** the meeting **was** adjourned at 4:41pm.

Respectfully Submitted,

Wendy Devereaux

**Clerk**

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

## 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
2/20/2024	Qrtly Distribution Knotts Trust 200-177			656.25	50,217.73
2/20/2024	Donation- Anne Rothstein 220-179		2,000.00		52,217.73



## 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: February 26, 2024

Dear Members of the COA,

Thank you for your support and the vote to purchase a shuffle board table for our Senior Center. The table has arrived and has been assembled. The wood is acclimating to the environment and will be ready for use later this week. Members are EAGER to get playing!

I would like to welcome Wendy Devereaux to our meetings as our new clerk. A member of our Human Services team and Senior Center staff, it's great to have Wendy in this role with the COA. I would also like to thank Beverly Bennett Schaedler for joining us today. Bev is a member of the Friends of Newtown Seniors Board (FONS) and runs the FONS Chore Services program. Chore Services plays a critical role in Human Services' efforts to support our senior residents, often involving assistance to help them to age in place. Bev will be sharing more about the work she does for the senior community through Chore and how COA and Chore Services can support each other.

As shared at our last meeting we are currently in the throes of two grant applications. Both grant applications are due early March. The WCAAA grant will be applied for by FONS to create a nutrition series at the Senior Center. We are working with Sean Fitzpatrick (Executive Director of Real Food CT), Judy Prager (Nutritionist/Wellfed CT), and Vicki Boccuzzi (FONS/Senior Center member) to design a program which will include an educational component and cooking demonstrations. The second grant is the Flagship Grant through AARP. The committee formed at our last meeting, consisting of members of COA, FONS, and DHS agreed to pursue the grant for enhancements to the patio project. If awarded we will look to these additional funds to connect the new front patio with the back patio area already established and add fencing to aid in privacy and safety, as a barrier from the parking lot.

I am including several attachments to this report which I believe are important to share and to ask COA to assist in spreading the word:



- St. Patrick's Day Celebration announcement- @ the Senior Center on March 18th
- Invitation to the FONS 2024 Membership Dinner- @ the NCC on April 11<sup>th</sup>
- Bring Me Back Home Registry, information about this new program through CT
- CT Statewide Respite Care Program
- Upcoming Nuvance Virtual Health Seminar (an example of the information coming to us through the Nuvance Community Council connections)
- Invitation from the NHS Drama Club to all Newtown residents 65+ for dinner and free performance of their spring musical

Calling all Billiards players—our annual tournament is March 22<sup>nd</sup>! We've had a huge response from players this year and thanks to a very generous donation, facilitated by one of our esteemed pool players and tournament leader, the prizes for the tournament winners are gift certificates from Newtown Hardware! Hope some of you can come to cheer on our players!

Respectfully submitted,

*Natalie*

Natalie Griffith, LCSW  
Director, Newtown Human Services



Join us for a great time with  
authentic Irish cuisine and entertainment! Brought to you by the  
Newtown Park and Recreation Center and the Newtown Senior Center

# St. Patrick's Day Celebration



*March 18th*

Great Authentic St. Patrick's Day Menu!



LIVE IRISH MUSIC  
PROVIDED BY  
DEAN SNELLBACK

**\$10 per person, get your tickets at  
the front desk! Doors open at 12:00**





Please Join Us For  
The Friends Of Newtown Seniors (FONS)  
2024 Membership Dinner

# You Are Invited

APRIL 11 2024

5:00 PM TO 7:00PM

## NEWTOWN COMMUNITY CENTER

*Learn about FONS' mission and accomplishments,  
goals/plans for the future, and share your thoughts  
on how we can enhance our services for  
Newtown seniors*

***Wine, Cheese, Buffet Dinner & Dessert  
with Door Prizes***

Kindly RSVP by April 1, 2024  
Email: [info@friendsofnewtownseniors.org](mailto:info@friendsofnewtownseniors.org)  
Call: 203-430-0633



# BRING ME BACK HOME REGISTRY

## ***What is the Bring Me Back Home Program?***

Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as dementia or autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

## ***How can we register?***

To sign your loved one up for Bring Me Back Home, visit [ct.gov/BMBH](http://ct.gov/BMBH) or scan the QR code below.

## ***How does Bring Me Back Home work?***

A family member or guardian registers their person with cognitive challenges through the link above, or in person at your nearest police department. This information is then part of the statewide Bring Me Back Home registry. When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program. Law enforcement officers will have access to the confidential and secure information and respond appropriately.

## ***Who is eligible?***

All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

## ***Why is this important?***

Wandering can be dangerous and life threatening. If not found within 24 hours, there is a much higher probability individuals may suffer serious injury or death.

For example, according to the Alzheimer's Association, 6 in 10 people living with dementia will wander. Alzheimer's disease, and other forms of dementia, can cause people to lose their ability to recognize familiar places and faces. This can happen at any stage of the disease and at any time of the day or night, this risk weighs heavily on caregivers and family.

## ***Questions about dementia and wandering?***

The Alzheimer's Association Connecticut Chapter offers a 24/7 Helpline: **(800) 272-3900**, providing information and resources for all affected, or visit their website: [alz.org/ct](http://alz.org/ct) | [alz.org/safety](http://alz.org/safety).



ALZHEIMER'S ASSOCIATION





Are you caring for someone with a diagnosis of  
**Alzheimer's Disease or dementia?**

Are you burnt out? Overwhelmed? Run down?  
In need of relief?

If so, you may be eligible for the  
**Connecticut Statewide  
Respite Care Program**



Please visit our website at [WCAAA.org](http://WCAAA.org) or  
give us a call at 203-757-5449 Option 6  
for more information







Join us for a seminar for  
members of the community

# Carotid artery disease

Diagnosis, treatment and management  
options

**Kathleen O. Maxfield, MD**

*Vascular Surgeon*

*Nuvance Health Medical Practice - Vascular Surgery, Danbury*

**Tuesday, March 5**  
**7–8 pm**

**This is a virtual health seminar presentation.**



**To register:** Please snap the  
QR code or call:

(203) 762-8384 ext. 209.

TTY/Accessibility: (800) 842-9710

**You will receive a confirmation email with information  
on how to access the seminar.**



Nuvance Health employees can earn **Vitivite Health points**  
for attending this seminar.





Newtown High School Drama Presents  
the 2024 Spring Musical:

# **URINETOWN** the musical

**Free Performance &  
Buffet Supper for Seniors!**

Newtown Residence only 65 and up

**Wednesday March 13, 2024**

**Supper at 5pm – Show at 6pm**

**Newtown High School Auditorium**

Sponsored by Newtown HS PTSA

**To RSVP Please Call**

**(203) 426-7647**

**By Friday March 8th**

**People that were active between 01/19/2024 and 02/19/2024**

<b>Age Range as of 02/19/2024</b>	<b>Count</b>	<b>Percent</b>
Ages 60-64	2	10.5%
Ages 65-69	7	36.8%
Ages 70-74	2	10.5%
Ages 75-79	2	10.5%
Ages 80-84	2	10.5%
Ages Below 55	1	5.3%
Ages Over 85	3	15.8%
<b>Totals</b>	<b>19</b>	<b>100%</b>
<b>City/Town</b>	<b>Count</b>	<b>Percent</b>
In Town	16	84.2%
Out of Town	3	15.8%
<b>Totals</b>	<b>19</b>	<b>100%</b>

**Curent Members**

<b>Resident</b>	567
<b>Non-Resident</b>	104
<b>Total</b>	671

**Event Statistics from 01/19/2024 to 02/19/2024**

<b>Category</b>	<b>Duplicated</b>	<b>Unduplicated</b>	<b>60 and Over Guests</b>	<b>Under 60 (Hours)</b>	
F - Class/Workshop	13	6	0	0	17.08
F - Health/Fitness	62	10	0	0	62
F - Nutrition	7	4	0	0	7
F - Rec./Entertain	15	3	0	0	75
F - Social Activity/Event	17	6	0	0	17
F - Socializing	18	5	0	0	153.3
F - Special Events	8	6	0	0	12
F - Special Groups	4	2	0	0	4.67
F - Trips	2	2	0	0	12
P - Health Screenings	1	1	0	0	2.42
P - Health/Fitness	3	3	0	0	3.33
P - Special Groups	1	1	0	0	1.33
P - Trips	1	1	0	0	3.17
<b>Total Event Signins</b>	<b>152</b>	<b>19</b>	<b>0</b>	<b>0</b>	<b>370.3</b>



**Event Occurrences from 01/19/2024 to 02/19/2024**
**Category Event**
**F - Class/Workshop**
**# of Events Hours Scheduled Unduplicated**

	2	2	5
	4	8	19
Art Class (Tuesday 10:00 AM)	5	5	24
Knitting	4	6	5
Sewing Crew	4	4	13
Spanish Class (Thursday 10:30 AM)	1	1	8
Theater Program	2	2.08	7
Wendy Crafts	22	28.08	67
<b>Total</b>			
F - Health/Fitness	5	5	19
Broadway Burn (Friday 10:30 AM)	4	4	25
Chair Pilates (Thursday 9:00 AM)	4	4	32
Chair Yoga A (Monday 2:30 PM)	4	4	44
Chair Yoga B (Thursday 1:00PM)	4	4	22
Deep Stretch (Wednesday 9:00 AM)	4	4	29
Fit and Fabulous	4	4	28
Flex, Fit & Tone (Tuesday 10:00)	8	8	36
Floor Yoga	4	4	22
Keveins Line Dance Exercise (Thursday 10:30 AM)	3	3	19
Line/Country Dancing (Wednesday 10:30)	4	4	20
Move and Groove	2	2	27
Pilabolus	4	4	26
Tai Chi (Monday 10:00AM)	4	4	24
Zumba (Monday 1:00 PM)	58	58	177
<b>Total</b>			
F - Nutrition	5	5	24
Daily Lunch	1	1	9
Meditation with Indra	6	6	31
<b>Total</b>			
F - Rec./Entertain	23	115	19
Billiards	23	115	19
<b>Total</b>			
F - Social Activity/Event	1	1	5
Book Club	5	5	39
Lunch and Learn	3	3	12
Matts Ballroom	4	12	10
Poker	3	3	20
Special Event	16	24	62
<b>Total</b>			
F - Socializing	22	187.37	34
Socializing & Just Visiting	22	187.37	34
<b>Total</b>			
F - Special Events	1	1	19
	1	2	45
Party Hearty Dance	1	1	8
Speaker	1	1	9
Speaker AM	4	5	63
<b>Total</b>			
F - Special Groups	1	1	1
Parkinson Support Group	2	3	7
Silver Tones	1	1.67	10
Speaker 1:00PM	4	4	16
Womens Discussion Group Chicken Soup for the S	8	9.67	27
<b>Total</b>	168	451.21	291
<b>Grand Totals</b>			