

**TOWN OF DARIEN  
COMMISSION ON AGING  
REGULAR MEETING  
OCTOBER 15, 2014**

**ATTENDANCE:** Joe Pankowski, Chair; Mary McCarthy, Amy Squyres, Arden Anderson-Broecking, Ron Heinbaugh, Robin Woods

**STAFF:** Beth Paris, Senior Center Director

**CALL TO ORDER.**

Mr. Pankowski called the meeting to order at 9:02 a.m. A quorum was present.

**APPROVAL OF MINUTES.**

**September 17, 2014.**

**\*\* MR. HEINBAUGH MOVED THE MINUTES OF SEPTEMBER 17, 2014  
\*\* MS. SQUYRES SECONDED.  
\*\* THE MOTION TO APPROVE THE MINUTES OF SEPTEMBER 17, 2014 AS  
APPROVED PASSED UNANIMOUSLY.**

**SENIOR CENTER REPORT.**

Ms. Paris presented her report. (See Attached.)

Ms. Squyres asked about the lunch policy. Ms. Paris said that 55 was the age limit and the focus is for Senior Center. There has been an increase of people meeting for lunch at the Center.

Ms. Woods asked about making an appointment for a flu shot. Ms. Paris said that they did not need one but more people were anticipated, so additional nurses were being scheduled and she was planning on using additional space for the program.

Ms. Squyres said that the open house was terrific.

Ms. McCarthy asked when the Thanksgiving lunch. Ms. Paris said that it was scheduled for the 19th.

**HUMAN SERVICES REPORT.**

Mr. Pankowski announced that Ms. Hauser was not able to attend the meeting.

**OLD BUSINESS.**

Mr. Pankowski said that the letter that had been sent to the Chairman of the House about CL&P increase rates. To date, there has been no response to that letter.

### NEW BUSINESS.

Mr. Pankowski said that for the past several years there has been efforts regarding physician assisted termination of life. He asked if the Commission should consider sponsoring a forum on this issue. Connecticut does not have Physician Assisted suicide but it will become an issue in the future.

Ms. Squyres asked what brought this to his attention. He said that he felt that this would be more of a topic this legislative session in Hartford. Ms. Woods suggested that perhaps partnering with the League of Women Voters on this issue would be advisable. Discussion followed.

Mr. Pankowski said that he would reach out to the LWV to see if they are willing to do something on this. He said that the point would be education. Ms. Squyres said that she would not feel comfortable with the Commission co-sponsoring it. Ms. Paris said that one of the sponsors, Dr. Gary Blick, had done an informational presentation on what the legislation was and more importantly, what it was not. She said that his presentation was very professional and very calm. Ms. Paris explained that Dr. Blick was an immunologist and that the issues in medical ethics have changed in the past years. There is compassion and a long process attached to the process. Mr. Pankowski said that the challenge would be if there are safe guards and what forms they would take.

Ms. McCarthy asked about the Senior overlay zone. Mr. Pankowski said that there would be a few units that will be affordable per State law. Mr. Pankowski said that the Board of Education was doing a study on their facilities. Ms. McCarthy asked if this would be beneficial. Ms. Anderson-Broecking said that 'affordable housing' was a misnomer and went on to speak about Old Town Houses residence. She said that if the current tenants were moved out, they would have the right of return, but the question remains as to whether or not the rent will be the same when the renovations are completed. Discussion followed about the issue of affordable housing.

### ADJOURNMENT.

**\*\* MR. HEINBAUGH MOVED TO ADJOURN.**

**\*\* MS. WOODS SECONDED.**

**\*\* THE MOTION PASSED UNANIMOUSLY**

The meeting adjourned at 9:40 a.m.

Respectfully submitted

Sharon L. Soltes

Telesco Secretarial Services

Town of Darien  
Commission on Aging  
Regular Meeting  
October 15, 2014

## **Commission On Aging Report**

### **Darien Senior Program**

October 15, 2014

**Respectfully Submitted:** Beth Paris, Director

#### **October Highlights:**

On October 3<sup>rd</sup> a day with no special entertainments, lunch or learns or specials we had in attendance throughout the day 170 participants. Since we have been in the Mather Center we have had days as big as 244 when there is "extra" programming scheduled. All of our regular classes are enjoying increased participation and most of our exercise classes have had to add another day. We have also seen and increased amount of socialization where friends are meeting for coffee and as well as lunch.

There is a need to reset and set the Center daily. The Café extension is being utilized at least 3 times a week as a classroom. Health and Wellness lectures are now averaging about 45 participants per event. Membership cards are being filled out daily. Staff is doing double duty interacting with all these folks. We have a strong volunteer group with back up covering the Welcome Desk from (9-12:00.) We are looking to cover the desk for a second shift from 12:15- 2:30 for signs INS to afternoon activities and for general information. The **Program Description Booklet** developed by staff is a great help as folks can get some of their answers satisfied by reading it!

The Woodshop is taking in projects and ready for operation. The Woodshop Safety Manual is complete and waivers are being signed by participants.

Program Days in October: 22

Monthly Caregiver Educational Support Group: 8

Referrals to Human Services: 7

At Home in Darien Referrals: 6

Caregiver Options Counseling: 7

Parks & Recreation regarding Mather's evening use : 12

#### **Highlighted Programs:**

1<sup>st</sup> Visiting Nurses and Hospice of Fairfield County present "Learn More Breath Better" Complimentary Lunch & Learn

6<sup>th</sup> Blood Pressure Screening

6<sup>th</sup> Ridgefield VNA presents "Treasures in the Attic" Complimentary Lunch and Learn

7<sup>th</sup> VITAS Innovative Hospice Care presents "what is Hospice?" Complimentary Lunch & Learn

7<sup>th</sup> Art Gottlieb LCSW Historical Lecture : Battle for Leyte Gulf

8<sup>th</sup> Garden Club of Darien Flower Arranging Class

8<sup>th</sup> Ct Pharmacy presents: "Medical Side Effects-Real or Imagined"

13<sup>th</sup> CLOSED FOR COLUMBUS DAY

14<sup>th</sup> October FEST!

14<sup>th</sup> Intro to I-Pad Class Begins (5 Week Class)

15<sup>th</sup> Let's Talk with Amanda Geffener

16<sup>th</sup> Flu Shots 9:30-11:30

**Highlighted Programs (continued)**

16<sup>th</sup> BINGO PLUS with Pam James

17<sup>th</sup> Ask a Lawyer (by appointment only)

20<sup>th</sup> Fairfield University Nursing offers Free Cardiovascular screening ( appointment preferred)

21<sup>st</sup> STAMFORD Hospital Complimentary Lunch and Learn "Vaccines"

22<sup>nd</sup> "Maxine, Queen of Crank" humor with Cookie Martini

27<sup>th</sup> Park Street Singers

28<sup>th</sup> Blue Notes

29<sup>th</sup> Newplicate Bridge begins with Karen Barrett

31<sup>st</sup> Celebrate Halloween with Trivia and Brain Twister!

**Ongoing works in Progress:**

Winter/Early Spring Program Scheduling

Waiver Woodshop Donation Program

Planning connecting with Collaborators

Orientation Daily Tours continue

Daily Statistics

Newsletter

Budget planning

**Building Issues:** Cleaning Service is not able to manage cleaning needs for the building use.

Day/Afternoon Building attendants are doing regular cleaning duties as well as managing paper supply needs in rest rooms throughout the day.

**Meeting Attendant:** Oct 7<sup>th</sup> Department Head Quarterly Report Meeting; October 15<sup>th</sup> COA Meeting; SWCAA Oct 16<sup>th</sup> Advisory Council Meeting; Oct 12<sup>th</sup> Senior Center Director Meeting;