

**TOWN OF DARIEN  
COMMISSION ON AGING  
REGULAR MEETING  
MAY 15, 2013**

**ATTENDANCE:** Joe Pankowski, Chair; Jennifer Geddes, Ron Heinbaugh, Amy Squyres,  
Ray Slavin Robin Woods, Mary McCarthy

**STAFF:** Olive Hauser, Director of Social Services; Beth Paris, Senior  
Center Coordinator

**CALL TO ORDER.**

Mr. Pankowski called the meeting at 9:00 a.m. A quorum was present.

**APRIL MEETING MINUTES.**

**\*\* MS. GEDDES MOVED THE MARCH 20, 2013 MINUTES.**

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

The following correction was noted:

Page 3, paragraph 2, line 1, please change the following from: "impacted by the health care." to  
"impacted by the health care law."

**\*\* THE MOTION TO APPROVE THE MARCH 20, 2013 MINUTES AS CORRECTED  
PASSED UNANIMOUSLY.**

**HUMAN SERVICE REPORT.**

Ms. Hauser presented her report (See Attached).

Ms. Hauser had many handouts, including one flyer on staff training for handling Mental Health  
Emergencies. This particularly event is open to all although the flyer refers to "Staff".

Aquarion Water is offering a \$50.00 rebate to the first 1,000 clients who are eligible for the  
rebate.

The Homestead Closet is now being restocked twice a month.

Ms. Geddes has been nominated for the Human Services Committee. There will be an event  
honoring her.

Ms. Hauser then spoke about the penny jar that the Human Service Department has Senior Center. Staff often would toss loose change into the jar. The Patch reporter happened to notice the jar and mentioned it in a story. Several significant donations have been received.

### **SENIOR CENTER REPORT.**

Ms. Paris presented her report (See Attached).

The Life Time Therapeutics program with two physical therapists was very successful. Last month there were 7 people; this month there were 14 people.

The Second Annual Bingo Extravaganza has been scheduled for June 10<sup>th</sup> at 12:30 p.m. There are only 100 seats; so early sign up is advised. There will be goody bags for all and a boxed lunch will be available at 12:00 Noon for \$4.00

The last Art Show and Sale at the Edgerton property will be on June 2nd and 3rd. There will be stone carving, artwork, jewelry, and quilts along with other art mediums available to view or purchase.

A schedule for Edgerton is being done through to December. Ms. Paris said that there currently 12 regular programs that happen every day. The special events listed in the newsletter are all additional. The wood working staff have managed to locate parts for three different machines and repaired them for the woodworking classes.

The Commission on Aging has been restored by the State. There was very strong support from all over the State. (See attached)

### **OLD BUSINESS.**

Mr. Pankowski said that two letters had been received from the representatives about the Commission on Aging. While the Commission on Aging has been restored to the budget, the Renter's program is still in trouble.

Ms. Woods reported that the BOE had moved to 35 Leroy. There were no major glitches. The asbestos remediation is beginning at the former BOE space. The target date for the Senior Center to move in is for October.

### **NEW BUSINESS.**

Mr. Heinbaugh asked if it was mandatory to have a meeting in July. Mr. Pankowski said that one of the roles was to listen to Ms. Hauser and Ms. Paris. He said that it would be important to

keep on top of issues particularly as the building retro-fit is now underway. Mr. Pankowski said that he felt that it would be important to have the eleven meetings as scheduled.

Ms. McCarthy asked if it would be possible to tour the retro-fitted area. Ms. Woods will look into this. Ms. Paris informed the Commission that she had just been invited to review the plans. Ms. Paris said that it will be important to have the elevator upgraded and have the staff trained to be able to open the doors. It is critical to have regular maintenance on the elevator. Ms. Woods said that the elevator at 35 Leroy also has issues. Mr. Pankowski suggested that perhaps having the contractor for 35 Leroy come and inspect the elevator in the BOE building would be a good way to handle the matter. Ms. Hauser said that it would be important to have the ADA issues resolved before the move.

Mr. Pankowski said that once the seniors move to the Mather Center, the question will become what to do with Edgerton. The Board of Selectmen will have to discuss this in the fall. Mr. Pankowski said that as the Commission on Aging should advocate for seniors. Ms. Hauser commented that many seniors are leaving town because they can't downsize. Discussion followed.

**ADJOURNMENT.**

- \*\* MR. HEINBAUGH MOVED TO ADJOURN.**
- \*\* MR. SLAVIN SECONDED.**
- \*\* THE MOTION PASSED UNANIMOUSLY.**

The meeting adjourned at 9:42 a.m.

Respectfully submitted,

Sharon L. Soltes  
Telesco Secretarial Services

Commission on Aging Meeting  
Wednesday, May 15<sup>th</sup>, 2013  
Human Services Report

1. The Heights of Darien is now open. Some displaced residents have now moved into their new homes on Allen O'Neill Dr., more will follow this month and next. All the reviews have been great. The homes are all electric. This will be a significant change for everyone. The houses were heated with oil and the apartments' heat was included in the rent.
2. Ali Ramsteck completed the two day Mental Health CPR training. She was very pleased with both the instructor and the course itself. She highly recommends it to everyone.
3. Inta Adams attended Terri Wood's presentation at the library, on the Affordable Care Act or "Obamacare". It was very informative and well attended. They discussed CT's new ACCESS program which will manage the changes in medical coverage as required by the federal government. Kevin Counihan, who developed MA's health care plan, is the CEO of ACCESS CT. Kris Crain from SWCAA attended with Inta.
4. We are seeing more and more seniors in to discuss the Medicare Savings Plans. Please share this flyer with anyone you think would be eligible.
5. Aquarion water is giving the first 1000 eligible customers who apply a \$50 rebate on their water bill. Please share this with anyone who you believe would be eligible. We have been sending them to our clients along with the documentation we have that would qualify them.
6. The Home Goods closet is being refilled on an average of twice a month. As I previously reported our statistics shows that nearly 50% of those using the closet are seniors. If you are interested in donating to the closet, please see the sheet of needed goods I handed out to you.
7. Jennifer Geddes has been nominated as the Human Services Commission volunteer of the year for her work as your liaison to our commission and for her unwavering support of our office and programs.
8. We collect coins in a jar in the office. The Patch told its readers about the jar and we then received some significant donations. This money will go into our gifts and donations fund and will likely be used to buy home goods for our closet.

Respectfully Submitted,  
Olive Hauser  
Director

**Darien Senior Activities Center**

Commission on Aging Report

May 15, 2013

Respectfully Submitted: Beth Paris, Coordinator

May is Older American Month's we have published information available at the Center for folks to read and become familiar with what it means. We continue to working toward the goal of becoming a NCOA certified focal point.

Our Health and Wellness lectures are weekly this month and 2 are offered with a complementary lunch as part of the presentation "Healthy Weight Healthy You by Barbara Schmidt, MS, RD, CD-N from Norwalk Hospital and Exploring Sleep Disorders with a Doctor from the Sleep Clinic of Stamford Hospital. Lifetime Therapeutics offered its first Stretch and Balance Class last month - it was so successful they want to make it a monthly program.

In the entertainment area we are again offering weekly opportunities from music, crafts, makeup tips and amusing discussion groups. Darien Garden Club closed out their season with wonderful spring bouquet project-they will return in October.

**Monthly Caregiver Educational Support Group: 8**

**Caregiver Options Counseling: 6**

**Referrals to Human Services:5**

**AIP+Gallivant Assist:-20**

**Highlighted Programs for May:**

1<sup>st</sup>: Darien Garden Club Spring Flowers

2<sup>nd</sup>: Spring Fling featuring "Sophistications"

3<sup>rd</sup>: AARP Chapter 972 Meeting

6<sup>th</sup>: Blood Pressures

6<sup>th</sup> Nutrition Life Style Specialist Barbara Schmidt, Norwalk Hospital- *Complimentary Lunch*

7<sup>th</sup> Historical Series "Panama Canal Art Gottlieb LCSW

8<sup>th</sup>: Hope Street Pharmacy Presents: "Allergy Awareness"

14<sup>th</sup> Lifelong Therapeutics: Stretch Balance and Tone Class

16<sup>th</sup> Friendship and Flowers with Cookie Martini

17<sup>th</sup> Crafts with Kim

17<sup>th</sup> Ask a Lawyer

20<sup>th</sup> Remembering, Reminiscing, Reflections

21<sup>st</sup> Caregiver Educational Support Group "Great Lessons on Stress"

23<sup>rd</sup> BINGO Plus with Pam James

28<sup>th</sup> Spring Make-Up Tips with Darien CVS Cosmetologist

28<sup>th</sup> Darien Library Presents: Americas'Patriotic Songs

29<sup>th</sup> Senior Songsters

**Ongoing Works in Progress:**

Program Planning Fall/Winter

Trend Research

Furniture/Equipment Needs Mather

Assessing Movable Items

Staff Meeting Development

June BINGO Extravaganza

June Art Show multi media

**Building Issues:** Procedures for shutting heat for the spring/summer, bocce court remediation, need to start sorting and determine what can and will move to the new location...

**Meetings:** April 29<sup>th</sup> Darien Report Card with Stamford Hospital Survey; May 2<sup>nd</sup> Furniture needs assessment meeting with Sue Swiatek; May 8<sup>th</sup> SWCAA Advisory; May 9<sup>th</sup> Presentation Human Development Class Ludlow High; May 15<sup>th</sup> COA meeting; May 31<sup>st</sup> SWCAA Senior Center Advisory