



RECEIVED  
FEB - 3 2009  
TOWN CLERK'S OFFICE  
DARIEN CT.

COMMISSION ON AGING

TOWN HALL

DARIEN, CONNECTICUT 06820

Meeting: January 21, 2009.

The meeting was called to order at 9:05 AM.

Present: Joseph Pankowski, Jennifer Geddes, Mary Giarratana, Norman Guimond, Ron Heinbaugh, Karen Joelson, Mary McCarthy, Pat Morgan, Amy Squyres, Robin Woods.

Correction: At the November meeting the Board passed a resolution to thank the Selectmen for their work, time and help. However, incorrectly, I put it into the December minutes.

The December meetings' minutes were accepted.

Jennifer Geddes stated that she spoke to Nancy Zengo regarding the budget, about possibly having more programs at the center, also about monies for emergencies. However, you cannot budget for emergencies. They are trying to schedule a program, possibly on a Monday in March, either at the Senior Center or at the library, on taxation, reverse mortgages, liens. An exact date/time/place are needed for the program.

It was suggested that Linda Santarella, when in attendance at the meetings, should be listed as Selectmen's liaison, so as not to be assumed to be COA Board member.

Treasurer's Report: None.

Senior Center Report: Ron Heinbaugh handed out copies to the members.

- Wellness Program started off well with 13 people in attendance. At 12:30 PM on Wednesday – ‘Why can’t I loose weight’ / ‘Why diets don’t work,’ will be the subject. Thursday at 12:30 PM will have a guest nutritionist speaker.

- All the work that was requested at the center has been completed, except for replacing tiles in several places and paving cement on the walkway outside the main door, to make the walkway even. Pat D’Arinzo has been on top of everything from the start.

- Class attendance has been pretty good even though the weather has not.

- The Senior Center, with the help of Gene Coyle raised monies for the Marine Vets who have been wounded. We are able to supply them with several hand games used for therapy. These will be presented on Thursday, February 26<sup>th</sup> at the Hospital for Rehabilitation in Rocky Hill.

- Hoping to start a ceramic class again, and we have a kiln.

- Looking into an antique class for those who are interested in all types of antiques.

Also handed out were copies of ‘Fees for Mondays Entertainment / Speakers for the year 2008.’ We have asked for a raise for our programs. Karl Kilduff spoke to me about the amount of \$4000 increase and to what use this will be put. Our programs that we pay for have almost all increased and I’m sure will ‘all’ increase in the near future.

- Happy New Year to all !

4<sup>th</sup> / 5<sup>th</sup> Days at the Senior Center: Carolyn Lewis’ report is as follows –

- The Classic Movies series continues and is being enjoyed by the seniors. Older actors and actresses include William Powell, Myrna Loy, Marilyn Monroe and Rex Harrison, and others.

- The Wellness Program lecture series continues. The program is made possible through a grant from the State Dept. of Social Services. Focus is educational and helps seniors live healthier lives through diet and exercise. This is a 4 month program, meeting held twice a week through April.

- Ongoing discussions have begun this month with the Curriculum Committee of Norwalk Community College’s Lifetime Learner’s Program regarding spring classes which will be held at the Senior Center.

- Elizabeth Hall, a new dance instructor, will lead our Friday ‘Dance for Health’ class. She currently performs with the Darien Art Council’s

Adult Group. She is a classically trained dancer and has taught fitness classes over the past 15 years. Under her direction, she will teach a combination of dance movement techniques and aerobic exercise.

Karen Joelson suggested that the senior centers 'monthly activities calendars' should also be placed at the Town Hall and Library. This would allow seniors to become aware of programs they might not know about.

Old Business: Jennifer Geddes contacted FEMA. They stated that they don't have senior programs.

Senior Center is listed as a Place of Refuge during emergencies ( ice storms, floods, cooling off in the summer. )

Seniors are concerned about taxes, abatements, etc. Jennifer Geddes spoke to and surveyed neighboring towns ( New Canaan, Wilton, Norwalk, Greenwich ) and will give a further report at the next meeting.

Norman Guimond reported that he spoke to a vendor regarding the seat lift and the platform lift at the Senior Center. They require state approval. Questions were asked about training on how to use the lifts. There is insurance consideration if seat lift is installed. Joseph Pankowski will have more discussion at the February meeting regarding which lift to obtain. ( \$30,000 or \$60,000 ). He would be willing to speak to the Selectmen.

New Business: The Board of Health needs a representative. Jennifer Geddes was voted in as our rep.

The meeting was adjourned at 10:15 AM.

Respectfully submitted,

Dorothy Matteis.