

## SHERMAN COMMISSION ON AGING

Regular Monthly Meeting Minutes

Monday, 19 March 2018, 6:00 PM

Mallory Town Hall

**Members Present:** Chairman, J.Wey, S.McMahon , E.Hayes, R. Hudson, J. McRoberts, J. Garcia

**Members Absent:** A.Jellen

**Also:** L. Whitney, clerk, S. Berger

**Call to Order:** Chairman, J.Wey called the meeting to order at 6:00 PM

### **Approval of Minutes:**

Motion to approve the minutes of Regular Monthly Meeting of 22 Jan. 2018 with the following changes:

- E.Hayes was not in attendance
- The Senior Center budget -Activity Line- includes an increase that allows for two classes a month
- The Senior Center budget-Transportation Line- includes an increase to add hours.
- "Brain Fitness" a new program introduced at the Senior Center Directors meeting in Feb. helps delay symptoms of dementia.
- The Commission discussed providing a luncheon for the April 13<sup>th</sup> lecture "A Life Less Ordinary" taking place at the Senior Center.
- J.McRoberts **moved to approve** expenditure to provide a luncheon for attendees at the Senior Center hosted lecture.
- **Seconded by** R. Hudson
- **Vote:** Unanimous

**Motion to Approve 1/22 minutes with the above changes by:** J.McRoberts

**Seconded by:** R. Hudson

**Vote for:** unanimous

### **Senior Center/Social Services Report:**

S. Berger walked around the Senior Center with First Selectman, Don Lowe, pointing out current safety concerns: particularly the walkway and the parking lot (which is lacking handrails). J.Wey discussed the crowding problem with the First Selectman at the Senior Center.

Senator MacLaughlin had to reschedule with the Senior Center.

There were 33 people in attendance for the St. Patrick's Day lunch. The Wednesday lunches continue to be well attended. S. Berger is thinking of ordering rectangular tables to

accommodate more people. She has invited the Fire Marshall to visit and evaluate the space and give input on emergency exit procedures.

Thursday, 3/22, S. Berger will attend an ADA conference on "What Senior Centers need to know"

S. Berger thanked the COA for funding the April luncheon.

April 4<sup>th</sup> is National Walking Day. The Senior Center will be meeting anyone interested in walking at the gazebo at Veteran's Field at 9:00AM

#### **Old Business:**

Senior Concert- E. Hayes has spoken to A. Burgasser and reports that he is optimistic and enthusiastic. A. Burgasser will be invited to the next COA meeting.

Possible venue: The pavilion

Possible date: July or August (on a weekend)

E. Hayes will contact J. Wrenn to discuss available dates and R. Byrnes to consult any possible conflicts for the dates under consideration

Rides for the May Budget Vote will be available through the DTC and the RTC. The Senior Center will coordinate the rides and have Absentee Ballots available. S. Berger will invite the Registrar of Voter to the Senior Center to discuss the different voting options.

#### **New Business:**

Changes to the by-laws were discussed. A copy of the by-laws have been emailed to each member (changes are in RED) for review before the next meeting.

On April 13<sup>th</sup> the COA will fund a luncheon at the Senior Center. S. Berger will contact the IGA for food choices and pricing.

New Milford Adult Ed. Is offering a course on "Mental Health First Aid" on 24 April 2018 and 26 April 2018 from 5-9 PM. S. McMahon endorsed this course.

The New Fairfield Senior Center is hosting a Conversation on Advance Care Planning on 24 March 2018 from 10 AM- 12 PM

#### **Comments by Commissioners:**

E. Hayes asked if there was any feedback on the Senator's visit. J. Wey reported that she got good feedback regarding the visit.

#### **Adjournment:**

**R. Hudson moved to adjourn the meeting at 7:00 PM**

**J. McRoberts seconded the motion**

**Meeting was unanimously adjourned**

The next meeting will be 16 April 2018 at 6:00 PM

Respectfully submitted by,

Linda Whitney

19 March 2018