

**Town of Sherman  
Commission On Aging**

Regular Monthly Meeting Minutes  
Monday, 18 November 2019 6:00 PM

**Members Present:** Chairman—J. Wey, R. Hudson, S.J. McMahon, J. McRoberts, C. Sperling

**Members Absent:** L. Arnold, J. Garcia, E. Hayes, A. von Plachecki

**Also:** S. Berger - Sherman Senior Center; M. MacKinnon - clerk

**Call to Order:** Chairman, J. Wey called the meeting to order at 6:07 PM

**Approval of Minutes:**

**Motion to approve** the revised minutes of the 21 October 2019 regular monthly meeting by J. McRoberts

**Seconded by:** R. Hudson

**Vote for:** unanimous

**Senior Center / Social Services Report by S. Berger:**

- There will be a SPTO Thanksgiving luncheon at 1:30 PM; 71 have RSVP'd. R. Hudson asked to be added to RSVPs. Some meals will be delivered. For those who are able to walk, please park in lower parking lot behind the library to the left.
- The holiday party will be Dec 11th at Dagwoods in New Milford; all inclusive \$25
- Chair yoga will increase to twice monthly in January 2020.
- Senior Tech Camp is tentatively set to begin February 25th, during school hours.
- There were 24 responses to an informal flyer surveying Seniors' program interests. Notable responses were: go to movies a few times a year and screen virtual travel videos.
- Revive TED Talk programs Art Jellen was running. A volunteer will be sought for this somewhat labor intensive program.
- Purchase of an Apple TV is being considered to offer YouTube and other videos.

**Old Business:**

No report from Feasibility Committee.

2020 Calendar of meetings: approved. The dates will be circulated via email and a printed copy will be distributed at January meeting.

Directory of Sherman Resources—J. Wey still trying to track down original template. Christine provided a PDF version which J. Wey will send to R Hudson who will attempt to convert to a format that can be updated. Updates will be made in January. B Trott has an intern starting at the end of January who could make the changes. C Sperling asked if the JCC could be added to the document. Further discussion was held for January or end of this meeting.

Crossing from Library to Senior Center still a challenge - the sign was down again today. S Berger noted she has picked up several times and the metal edges are rough and have cut her hands. She asked if the sign needs to have a weight to keep it upright. R Hudson offered to look at it and take it home to repair if needed. J Wey asked him to check if the sign panel needs to be attached at the bottom like it is at the top.

### **New Business:**

Upcoming seminars and meetings announced by J. Wey:

- A seminar on Wednesday in Southbury that B. Trott invited a member of the COA and the Housing Committee to attend. J. Wey and C. Cooke will attend with B. Trott.
- On December 3rd, the Newtown Senior Center is hosting "A Community Conversation in Western Connecticut" from 2:00 PM to 3:30.
- The COA will host a screening of the film "Aging in America" at the Senior Center on a weekday, maybe a Tuesday at 11:30 AM or on a Thursday at 11 AM after exercise class. The COA will provide refreshments. The Housing Commission will be invited to attend as well and give an update on the Commission's progress. J Wey will email B. Hoag with potential dates and invite him to send two members.
- S Berger stated the January and February calendars are already filling up.

Any new business that comes before COA: J. Wey invited discussion on updates to the "Directory of Sherman Resources." C Sperling stated it may be helpful to add the JCC's information to the directory as it is a cultural organization. Debate on removing some information or changing to a smaller print would allow addition of details for the JCC and Sherman's two churches. The decision was made to add the JCC, churches, medical equipment lending and the Wildlife Line, among other details, to the directory. The directory was reviewed for other needed updates which J. Wey noted on a paper copy.

Action item: S. Berger offered the new Senior Center Intern could make the changes as their first project at the end of January.

### **Comments by Commissioners:**

- J. Wey shared material from a presentation by Visiting Angels at the Senior Center called "An Aging Nation" and pointed out projections related to changes in the senior population in the coming decades.
- S. Berger noted there will be a Census presentation at the Senior Center in February.
- J. Wey shared the updated COA member directory.

**Public Comment:** none

### **Adjournment:**

J McRoberts **moved to adjourn the meeting at 6:57 PM**

SJ McMahan **seconded the motion.**

**Meeting was unanimously adjourned.**

Next meeting - 27 January 2020 at 4:00 PM

Respectfully submitted by,  
Michele MacKinnon  
21 November 2019