

Town of Newington
Commission on Aging and Disabled
Monthly Meeting, September 6, 2023
Held at the Senior and Disabled Center
120 Cedar Street, Newington CT 06111

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IN NEWINGTON, CT

2023 SEP 11 AM 10:59


Town Clerk

Commissioners Present

Chairperson Karen Brecher
Commissioner Marc Frantz
Commissioner Maureen Lynch
Commissioner Jerilyn Nagel
Commissioner Kathy Sobieski

Others Present

Councilor David Nagel, Liaison to the COAD
Councilor Kim Radda, Liaison to the COAD
Elizabeth Rogers, Commission Clerk
Jaime Trevethan, SDC Director
Barbara Womer, SDC Program Coordinator

Commissioners Absent

Commissioner Elaina Starr

I. Call to Order

The meeting was called to order at 6:02pm in the Senior and Disabled Center room A&B via hybrid.

II. Pledge of Allegiance

III. Public Participation

David Nagel said the town council has reviewed and revised the liaison duties in regards to committees. Jaime Trevethan introduced Elizabeth Rogers as the commission clerk.

IV. Approval of Meeting Minutes

Not discussed.

V. Staff Report

a. Program and Service Report

Jaime Trevethan introduced Barbara Womer, the program coordinator at the Senior and Disabled Center (SDC), and complimented her on her fabulous work as program coordinator.

Barbara Womer described all the upcoming programs in September:

- i. Middlewoods will be holding a Paint and Sip at the SDC.
- ii. A SDC member is holding a Card Making Class and Mixed Media Canvas Program.
- iii. An art studio has partnered with Aetna and will be doing a Terracotta Pot Painting event.
- iv. An Italian themed chef demo will be this month and next month.
- v. A director from a local rehabilitation business will be in to give a Fall Prevention Presentation.
- vi. A physical therapist will be in to present How to Age Gracefully; this will discuss topics like how to have good energy levels, managing expectations, and what is actually not good to do.
- vii. Avery Heights, a retirement community, invited the SDC to be in a competition called Walk in the Park. They also invited neighboring towns such as Rocky Hill, West Hartford, Wethersfield, and East Hartford. This competition is to see who can walk the most miles in September and October. The SDC will have a max of 20 participants.

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- viii. AARP comes every few months to offer a Safe Driving Course. This course is very popular and always fills up. In November they will be doing a program called Car Fit. They set up

stations in the parking lot, which members drive through, to make sure they are fitted in the car safely and properly.

- ix. The yearly Public Safety Picnic will be this month. Emergency personnel grill food and talk with members about important or themed topics. If the emergency personnel do not have a specific topic, Barbara Womer recommends Disaster Preparedness.
- x. Jaime Trevethan is hosting a Trivia and Ice Cream Social event this Friday.
- xi. The Wise program with CCSU students. Members go to CCSU during a psychology type class twice and CCSU students come to the SDC once. The professor of the class designs questions or discussions for these visits.
- xii. A pen pal program with the English National Honors Society students in town.

Jaime Trevethan is always impressed with the programs that Barbara Womer comes up with and is glad that the programs have very good attendance. She thanked Barbara Womer for her hard work and for attending the meeting tonight.

Jaime Trevethan gave the Service Report:

- i. The NCOA meeting earlier today for the flu and COVID vaccine grant project went well. Due to the season, they are focusing on the flu right now. One mailing to older adults has already gone out and a more in-depth mailing will go out within the next few weeks. When the clinics are over, another mailing will go out with information on how to get a flu shot if someone missed it. This grant covers funds to hire a seasonal employee whose job it will be to answer questions about getting a flu shot if it was missed.
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- The Health District decided to not hold COVID booster clinics in the senior centers this year. The new COVID vaccine booster will be available in the coming weeks. Once the flu information is out, they will shift focus to providing information on where and how to get the booster.
- Karen Brecher asked if Medicare covers these shots. Jaime Trevethan believes yes, but the grant money will cover anyone who is not insured or supplement funds.
- ii. The garden is finishing up despite some challenges. The pest control professional at the SDC developed a humane trap for the rabbits that were eating the crops. Newington Life reporters will be here on Thursday to interview the gardener volunteers; this will be featured in an upcoming edition.
- iii. The Connecticut Association of Senior Center Professionals (CASCP), where Jaime Trevethan is the vice president, met last week to discuss and plan the educational meetings. Newingtons meeting is in March; it will be a half day conference for senior center professionals with a focus on service animals and pets while aging. Jaime Trevethan hopes to have a town employee who is an expert on this topic attend, as well as attendance from the Humane Society.
- iv. Planning for the Expo on November 16, 2023 is well under way. Invitations were sent out a couple of weeks ago and the SDC already has over 20 vendors signed up; there are 60

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spots total. They are offering the shuttle service again (using the SDC Dial-a-Ride bus) and are looking for a title sponsor for it. The sponsorship includes everything in the gold level sponsorship as well as marketing on the shuttle bus for only \$350.

- v. The town manager came last month for a tour of the building; it was quite busy during the visit which allowed him to see how popular the offerings at the SDC are.
- vi. Currently in need of volunteers at the coffee shop, gift shop and economy lunch program.
- vii. The town manager is looking for volunteers who are interested in renovating the Deming Young House on Church Street.
- viii. The gift shop is open after a summer hiatus.
- ix. Funding amounts are as follows:
 - a. Gift Shop Fund = \$48,597
 - b. Coffee Shop Fund = \$17,164
 - c. Fitness Membership Fund = \$22,062
 - d. Membership Fund = \$64,616
 - e. Donation Fund = \$50,619
 - f. Total = \$203,058

b. National Senior Center Month

September is national senior center month as sponsored by the National Council on Aging. The theme this year is Discover Yours. The Newington SDC is celebrating by asking members what they have discovered at the center (Jaime Trevethan distributed this handout, see attached). Submissions from members will be displayed on a special display board for this event. In the future, Jaime Trevethan hopes to somehow tie this into a spring project.

VI. Old Business

a. Budget Update

No update.

b. Door Counter Update

Jaime Trevethan said this project has been very slow. IT reached out to the company today and they have promised an update by next meeting.

c. Membership Renewals

Jaime Trevethan said renewals went out on July 1, 2023 and have been returning steadily; so far 1,200 town members have renewed and a couple hundred out of town members have renewed.

When the reminder renewal is sent out she expects another surge of renewals.

Jerilyn Nagel suggested including the most recent flyer in the renewal reminder. Jaime Trevethan said they made a one page front and back sheet that lists the daily offerings at the SDC.

VII. New Business

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a. **Upcoming Activities**

Barbara Womer discussed this earlier.

b. **Building Update**

The roof project is finishing up. Power was taken off the building last Saturday to connect electrical

panels to the solar panels. Jaime Trevethan complimented the facilities department as they were amazing to work with.

The next project is the windows project which starts this Monday, September 11. The facilities department continues to be amazing to work with as they have worked closely with the architect, project manager, and the SDC to ensure a minimal disruption of events and programs. This project will consist of 4 areas; area 1= bathrooms to nurses office, area 2 = gift shop to lounge, area 3 = café and auditorium (they should be working here around mid November), area 4 = multipurpose room to the hallway. Information about this project will be given to members via the Robocall on Friday.

c. **Consideration of Upcoming Purchases (Action Requested)**

None at this time.

Kathy Sobieski asked if the handicapped picnic tables came in. Jaime Trevethan said yes.

d. **Determine Next Meeting Date & Agenda**

The next meeting is scheduled for October 4, 2023 at 6:00pm. The meeting will be held in Conference Room A&B via hybrid.

Kathy Sobieski said she will be unable to attend as she is having surgery. Commission members wished her a smooth surgery and a swift recovery.

VIII. **Public Participation**

No public participation.

IX. **Adjournment**

MOTION: Marc Frantz moved to adjourn. Barbara Womer seconded. The motion passed unanimously and the meeting adjourned at 6:39pm.



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Yours_0001.jpg



Discover
Yours_0002.jpg