

**COMMISSION ON AGING**

**September 10, 2018**

**Minutes**

**Present:** Denise Weeks, Rosemary Hokanson, Daren Hill, Janeen Dolan,  
Eva Bowden, Nancy Goodwin

**Excused:** Jennifer DiSette,

**Absent:**

**Liaisons Present:** Gerry Bishop, AARP Liaison  
Durlene Mikkelson, Human Services Department Director  
Patti White, Senior Services Department Supervisor

**Liaisons Excused:**

**Liaisons Absent:**

Meeting called to order at 5:30 p.m.

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**MINUTES:**

Minutes of the special meeting held on May 30, 2018 were accepted as written.

Ronald Degray informed the Commission members that the *Cycling Without Age* Glastonbury chapter would be providing rickshaw rides at the Glastonbury 325<sup>th</sup> anniversary celebration to be held on Sunday, September 16<sup>th</sup>.

AARP State President Tia Murphy made a detailed PowerPoint presentation on the AAARP Livable Communities Initiative, detailing how Glastonbury fares on the Livability index. Tia also suggested ideas for moving forward on the Town's Age-Friendly Community Initiative.

**COMMUNICATIONS & ANNOUNCEMENTS:** Denise Weeks thanked everyone for their input on the Town Council Boards and Commissions Survey. Denise also reported that the Housing Authority will likely be scheduling a tour of Center Village in October.

**LIAISON REPORTS:**

**AARP:**

Gerrie Bishop reported on the activities of the chapter. New officers were sworn in in June. Nora Duncan, AARP State Director will speak at their upcoming September meeting.

**POLICE DEPARTMENT:** None.

**HUMAN SERVICES:**

Durlene Mikkelson and Patti White updated the group on the activities of the department. (Report attached)

**OLD BUSINESS:**

**Accreditation Update:** Denise thanked the members who had participated in the Accreditation Site visit.

**Age Friendly Community Update:**

Denise updated the members on the status of Glastonbury's Age Friendly application and informed them that at the request of AARP, she would be attending an AARP national conference in November to learn more about the initiative.

Denise stated that possible next steps include: obtaining the community survey used by Greenwich, going before the Council to obtain a champion for the initiative followed by outreach to community stakeholders and exploring possible grant sources.

**NEW BUSINESS:** After a thorough presentation to the members on proposed amendments to the Glastonbury Plan of Conservation and Development the Commission voted unanimously to support the proposed amendments and authorized Denise Weeks to present those amendments to the Town Council at their September 11, 2018 meeting. Motion made by Rosemary Hokanson and seconded by Nancy Goodwin. Voting yes: Denise Weeks, Rosemary Hokanson, Darren Hill, Janeen Dolan, Eva Bowden, Nancy Goodwin.

Recommended amendments:

- **Adding a seniors' demographics chart** - Inclusion of a chart that demonstrates the growth in senior population over the next 10 years.
- **Anticipating Riverfront Community Center Expansion** – Given the rise in senior population and associated social services, the need to expand the Senior/Community Center should be anticipated.
- **Focusing housing in/near Town Center** – Shift to integrated housing from segregated senior housing, focusing on available parcels in the town center and suburban area adjacent to the town center to accommodate seniors and others who no longer drive, can't afford a car or simply prefer living in the center.
- **Promoting Universal Design** - Universal Design in housing ensures that new and renovated housing units provide living spaces that work for people of all abilities while promoting intergenerational interaction and a greater sense of community.

- **Increasing Transportation Options** - Explore scheduled transit routes within the Town Center area, and to/from other key areas, to relieve the strain on dial-a-ride services AND reduce traffic and parking needs.

Commission members also recommended that Denise's presentation to the council include mention of the AARP Glastonbury Livability Index, focusing on housing and transportation which are underperforming areas for Glastonbury.

### **ADJOURNMENT**

The meeting adjourned at 7:28 p.m.

Respectfully Submitted,  
Daren Hill, Acting Secretary

## **Glastonbury Human Services Department**

**September 10, 2018**

### **Report**

#### **Senior Services Update:**

##### **Program Highlights:**

- In recognition of Older American's month we held our Nonagenarian/Centenarian Celebration Luncheon on Thursday, May 17th. There were approximately 40 attendees who were presented with a gift and a certificate from our Town Manager.
- We held our second series of the Aging Mastery Program. Thirteen individuals graduated from the program.
- We are offering a Positivity Seminar Series which runs from August 23 through September 27.
- We started a Quilts of Valor program through which participants are involved in various aspects of sewing/quilting quilts for veterans.
- We held two special luncheons over the summer months; one for Memorial Day and one celebrating Independence Day.

#### **Upcoming Programming:**

- September is National Senior Center Month. We will hold a special luncheon on 9/20 to celebrate!

- We will once again be holding a series of Live Well with Chronic Pain Workshops from September 26 through October 31 (15 individuals have signed up for this series).
- The CT Healthy Living Collective has been selected to partner with NCOA to bring the Aging Mastery Program to scale in an initiative funded, in part, by the Anthem Foundation. As one of the pioneer sites to offer the program in Connecticut, we will be able to contract to offer the program with all expenses paid, and a reimbursement of \$30.00 per graduate. Our next series of workshops is scheduled to run from October 2 through December 4<sup>th</sup>.
- With grant funding through the North Central Area Aging on Aging we are partnering with other senior centers in the region to begin offering (sometime in early 2019) the Tai Ji Quan Moving for Better Balance initiative (TJQMBB). This program is an evidence-based fall prevention program where certified leaders teach classes of 10-15 participants that meet twice a week for 24 weeks. The programs will be administered through the Healthy Living Collective. The state unit on aging has embraced TJQMBB and is working with the Dartmouth-Hitchcock Aging Resource Center to implement the program in Connecticut.
- Barbara Baily, Welles Turner Library Director will speak on Tuesday September 25<sup>th</sup> about the upcoming referendum on an expansion plan for the town's main library.
- We are starting two new intergenerational programs in partnership with our Youth and family Division. One is a Pen Pal program and the other is **Techy Teens Assist Savvy Seniors**.
- Our annual Halloween Costume party will be held on October 30<sup>th</sup>.

#### **Dial-A-Ride Updates:**

- We hired a new pt. time driver who will start working on 9/10/18. His name is Bradford Spencer.
- We were awarded a grant for a new bus through the 5310 Federal Transit Administration. This was our 3<sup>rd</sup> successful application.

#### **Social Services Updates:**

- Energy Assistance applications will begin to be taken at Glastonbury Social Services for Glastonbury residents. Appointments will start on Monday September 17, 2018
- The Elderly/Disabled Rental Rebate Program is winding down for this year. At this time 234 applications have been taken. The program officially ends September 30, 2018.

- Theresa Buckson has started to become the “go to person” at two elderly housing sites. Theresa has weekly office hours at Knox Lane and Village Green and has been getting to know the residents. One of the ways to engage the community has been by bringing bread donated by Stop and Shop and fresh vegetables donated from St. Dunstan’s Community Garden on a weekly basis.
- Evelyn Lopez has also been becoming a local familiar face at Welles Village. Evelyn also has weekly office hours every Tuesday afternoon for residents of the housing site. She also has been bringing donated bread by Stop and Shop and fresh vegetables from St. Dunstan’s Community Garden. Evelyn also participated in the Summer Breakfast and Lunch Program at Welles Village.
- The annual Back to School Program was held on August 14<sup>th</sup>.

School age children received backpacks, school supplies and gift cards to purchase additional school supplies. As of this time we have served 224 children from 105 households.

**Youth and Family:**

Creative Experiences just wrapped up another successful summer musical "Bye Bye Birdie" and included over 140 cast members, 25 orchestra players, 20 behind the scenes technical crew, and their families ages 7-adult.

**Mondays: Drumming Group:** Participants will learn to communicate in the language of rhythm! Drums -the oldest musical instrument- are played by people all over the world.

**Tuesdays-YSAG** (Youth Service Action Group) is a fun and social way to interact, make friends, and connect with the community. YSAG puts on events like "the Haunting" and also collaborates with community groups including Friends of Welles Turner Library, The Glastonbury River Runners, Glastonbury Social Services, Glastonbury Garden Club, Hartwell Soccer, and more, to work together to facilitate both meaningful and entertaining events and service projects to benefit residents in the town.

**Wednesday ACE Program** at the Welles Village Housing Authority. Participant grades K-5, Mentors 9-12. Our afterschool program brings together elementary aged youth with high school and adult mentors for a number of activities including homework assistance, arts and crafts, games, cooking projects, sports, and fieldtrips.

**Thursdays- Social Club** Join us afterschool for relaxing, socializing, and fun. Activities will be based on the choices made by the club, and may include board games, field trips, nature walks, and more.

**Fridays: "MAKE FOOD- EAT IT"** This program is for those who love to cook, as well as those who would love to learn how. Each week we will focus on creating something new.

**FALL MUSICAL** This year's fall production will be "The 25<sup>th</sup> Putnam County Spelling Bee"! Audition music is currently available at Youth and Family Services, with auditions being held on 9/5 or 9/6 from 6:00pm-10:00pm.

**Group Community Service** This program will be coordinated by Y&FS Clinicians, Outreach Social Workers, and Creative Experiences' staff to offer meaningful opportunities for at-risk youth on a consistent basis. Combining mentoring /supervision, Y&FS staff will work alongside youth participants in a variety of community settings to collaborate on projects with various town departments.

Free Summer Meal Program was held again this summer at Welles Village. Children up to the age of 18 were provided with breakfast and lunch daily.

**New Staff:**

Clinical Worker-Patricia Parks will support Naubuc and Hebron Ave. Schools.

Substance Abuse Prevention Coordinator-Robert Haswell will support Smith Middle.

Training was held by Walden Behavioral Care for school personnel and Youth and Family workers on eating disorders.

