

COMMISSION ON AGING

November 5, 2018

Minutes

Present: Denise Weeks, Rosemary Hokanson, Janeen Dolan, Nancy Goodwin, Jennifer DiSette.

Excused: Daren Hill,

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 5:33 p.m.

MINUTES:

Minutes of the meeting held on September 10, 2018 were accepted as written.

COMMUNICATIONS & ANNOUNCEMENTS:

Denise Weeks read a resignation letter from Eva Bowden and thanked her for her years of dedicated service.

Denise informed the group of an article in the Hartford Courant on the progress being made by Ronald Degray and the *Cycling Without Age* Glastonbury chapter, in their efforts to get the program up and running.

Denise announced that there would be an open house at Center Village on November 14th from 4 pm to 6 pm.

LIAISON REPORTS:

AARP:

Gerrie Bishop reported on the activities of the chapter and informed the members that one of the co-presidents of the chapter had resigned.

POLICE DEPARTMENT: None.

HUMAN SERVICES:

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

OLD BUSINESS:

Plan of Conservation and Development

Denise reported that all of the recommended amendments made by the COA had been approved. The only exception was that the Plan will include a different population growth chart which projected an 8 % rate of growth for seniors vs. 9%.

Age Friendly Community Update:

Denise asked for feedback on the draft survey. After a lengthy discussion about who and when to conduct the survey, the members decided to hold off on the survey in the immediate future, and focus how to build broad community support for the Age-Friendly Community Initiative, and on updating the council on their progress.

Nancy Goodwin will draft a letter to invite members of the community to a Community Conversation on the Age-Friendly initiative.

December Town Council Presentation

A discussion was held on the Commission's proposed presentation to the town Council at its December 4th meeting. Denise will send slides for the presentation to Commission members for their review and feedback.

NEW BUSINESS

Accreditation Celebration

The celebration will be held on Thursday January 10th. Denise recommended that part of the event should include highlighting Eva Bowden for her years of service as well as programs at the center such as the Chronic Pain Series or the Friendship Circle Memory program.

Proposed Meeting Schedule for 2019

Denise passed out a proposed list of meeting dates for 2019.

ADJOURNMENT

The meeting adjourned at 7:33p.m.

Respectfully Submitted,
Rosemary Hokanson, Acting Secreta

Glastonbury Human Services Department
November 5, 2018
Report

Senior Services Update:

Program Highlights:

- The Chronic Pain Workshops presented by CCCI, Connecticut Community Care, Inc. ended on October 31. There were 22 participants who provided very positive feedback.
- The third series of the Aging Mastery Program needed to be postponed to January.
- We celebrated National Senior Center Month on September 20th with entertainment and a special lunch. We also conducted an internal survey and presented a PowerPoint of our findings. Of the survey responses here is a highlight of some of the questions/answers.

Where did you first hear about the Glastonbury Senior Center?

Number One Answer: Glastonbury Citizen

Number Two Answer: Friends

Number Three Answer: Family

What would you do if you didn't have the senior center to come to?

Number One Answer: Stay home

Number Two Answer: Be bored/miserable

Number Three Answer: Find other activities

How does the Glastonbury Senior Center help you build momentum for a healthy life?

Number One Answer: Enjoying friends/Socializing

Number Two Answer: Activities for mind and body

Number Three Answer: Keeps me interested in life

- We began 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. To date we have 6 senior Pen pals who have written letters and many youth as well.
- Our annual Halloween Costume Party was a big success with many seniors wearing costumes and competing for prizes.

Upcoming Programming:

- We are very excited to Partner with the town's new Substance Abuse Prevention Coordinator, Robert Haswell, to organize a forum on "The Power of Grandparents", which will include dialogue on the important role that grandparents can and do play in preventing their grandchildren from drinking and using drugs. A tentative date has been set for Tuesday December 18th in the late afternoon/evening.
- We will once again be partnering with the Glastonbury Historical Society to shuttle seniors to the Holiday House Tour on December 8th. Seniors can purchase tickets

through the center at a reduced rate, enjoy snacks and hot cider, and be shuttled to and from the holiday homes and community center.

- **Other upcoming holiday celebrations include :**
November 8th – Veteran’s Day Formal Presentation and Luncheon
November 13th - Thanksgiving Luncheon
December 13th - Jingle Bells Holiday Luncheon
December 20th - Holiday Brunch
January 10th - New Year’s Special Luncheon Celebration

Dial-A-Ride Updates:

- Our newest driver, Bradford Spencer started last month. We are in the process of recruiting for an evening and Saturday driver.

Goals for upcoming year (Clinical, Outreach and Prevention):

- Navigating transitions: An awareness and skill building conversation for parents and high school students as they move beyond high school. This conversation will touch on issues of mental health and well-being, red flags, parenting tips/ self-advocacy and support for youth and parents. This event will be offered in November 2018 by a team of mental health professionals from YFS and the community as well as suicide prevention professionals.
- Under the direction of the Substance Abuse Prevention Coordinator, the Youth Action Council (YAC) will hold a workshop with a presenter to discuss the dangers of e-cigarettes and vaping among our youth. In addition, YAC will be addressing vaping, illicit drug/alcohol use by adolescents. They will present at local schools to their peers through creative and interactive presentations.
- Youth and Family Services together with GCAP and The Greater Hartford Trauma Recovery Network will host a community film viewing of the documentary RESILIENCE: THE BIOLOGY OF STRESS& THE SCIENCE OF HOPE. This film chronicles the birth of a new movement among professionals and communities, who are using cutting edge brain science to disrupt cycles of violence, addiction and disease. The viewing will be followed by a panel discussion consisting of local mental health professionals.
- A new drumming group will be offered at Smith Middle School. Participants will learn to communicate in the language of rhythm and experience the universal appeal and unifying power of the drum. This group will be co-facilitated by a professional drummer and YFS clinical and creative staff.
- This year’s fall production will be “The 25th Putnam County Spelling Bee”. It will be performed on November 29th, 30th and December 1st with a cast of 7-12th graders, and features a live orchestra.
- Youth and Family Services was gifted a “free library” by Chick-fil-A which consists of books in an outdoor cabinet on a post. Youth of all ages can take or give a book for others to enjoy.

