

GLASTONBURY COMMISSION ON AGING

**REGULAR MEETING**

**Minutes**

Monday, March 6, 2023

5:30 P.M.

In-Person-RCC

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Gayle Kataja, Chairman  
Jennifer DiSette  
Chris Haaf  
Beth Hillson  
Phil Markuszka  
Susan Pearlman  
Denise Weeks

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1. **ROLL CALL** - All Commission Members were present

2. **COMMUNICATIONS & ANNOUNCEMENTS**

Lisa announced that Richard Johnson's retirement party is scheduled for Thursday, March 30<sup>th</sup>, from 5-8 p.m. at the Boathouse, tickets are available at the Customer Service Center.

Gayle welcomed Joanna Green, a resident who wanted to be present at the meeting.

3. **MINUTES** of the February 6, 2023, regular meeting were approved as presented.

4. **DEPARTMENTAL REPORTS** were submitted in the packets. Phil inquired as to what was the Memory Screening program. Gayle summarized what the program was about. Lisa sent the Commission follow up information on the program: It is a free, confidential memory screening. These confidential memory screenings average 15 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Sponsored by Hartford HealthCare Center for Healthy Aging. Screenings are done on the first Wednesday of each month from 10:30 to 11:30 am. Pre-registration is required.

5. **OLD BUSINESS**

- Age-Friendly Community Initiative

**Housing Subcommittee-** Gayle advised that committee met on Friday, February 17<sup>th</sup>. The committee reviewed the action items for year 1 and discussed year 2/3 action items.

**Transportation Subcommittee-** Beth offered to take the lead on the committee, her and Lisa will set up an upcoming meeting. Beth suggestion a campaign with high-visibility arm bands that would say "Visibility is Livability! Denise stated once we have the fixed-

route DAR program set up, she is looking forward to testing it out.

**Outdoor Spaces and Building-** Lisa will reach out to the committee to set up a meeting in the near future.

Commission inquired as to who is on the committees- Lisa to send out this information. Suggestion to add to the CLT team, and all will reach out to those that may be interested in joining. Commission agreed that the year 1 action items that have been achieved were the “low hanging fruit items” and now the focus needs to be on year 2/3/

- Accreditation and Survey Update

The next meeting will be held on Friday, March 31<sup>st</sup> at 8:30 a.m. at the RCC- a light breakfast will be served. The focus will be on the next 3 standards and the survey results.

- **NEW BUSINESS**

- Connecticut Healthy Living Collective- Gayle announced that we have applied for the Wellspring Leadership awards and we should be receiving official notification by the end of March. This award is for those municipalities who have done stellar work in fostering aging, dementia and disability inclusivity.

The Collective is also seeking municipalities to participate in the statewide LGBTQ+ Moveable Senior Center initiative. This program would provide training for staff and community leaders, introduce the services and supports for healthy aging available through Senior Centers to LGBTQ+ older adults, and to provide a cohesive calendar of events and programs to the community.

- Health and Wellness Fair is scheduled for Friday, March 24<sup>th</sup> from 2-7 p.m. Lisa provided an overview of the event. The Commission will staff a booth and hand out information about services as well as takeaways.

- **ANY OTHER BUSINESS TO COME BEFORE THE COMMISSION**

- Commission asked if there were any updates from about the Glastonbury Citizen being offered online- Lisa will reach out to the editor. Lisa will be submitting an article for the Citizen on upcoming Health Fair and other programs at the RCC

- **ADJOURNMENT-** 6:31 p.m.

- **NEXT SCHEDULED MEETING April 3, 2023 – 5:30 p.m.**