

Meeting Minutes
TOWN OF EASTON, CONNECTICUT
Commission for the Aging
Regular Meeting
Easton Senior Center
Monday, June 1, 2015

The meeting was called to order at 5:08 PM. Present were Linda Dollard, Gail V. Gay, Phyllis Machledt, Joel Peskay, Margaret Silvestri, Lisa Tasi, and Alison Witherbee, Municipal Agent/Senior Social Services.

1. The minutes of the May 11, 2015 meeting were read and unanimously approved on a motion by Phyllis Machledt, seconded by Margaret Silvestri.
2. Unfinished Business
 - a. There were no items to discuss.
3. New Business
 - a. Update on ITN meeting
Alison Witherbee and Joel Peskay met with Nancy McCormick on a proposed ITN presentation that would focus on the issues of senior safety and driving. The panel will have several speakers, with law enforcement and medical personnel participating. Planning and preparation are underway for a date in September. Additional work will be done during the summer break, with involvement of CFA members.
 - b. Discussion on Senior in Crisis
Alison Witherbee provided some background on a local senior facing several issues. Additional follow through will be made in order to ascertain the level of urgency and to address necessity of assistance. Alison will communicate with Joel and CFA members on next steps.
 - c. Idea on Proposed Presentation
Alison Witherbee has information she obtained regarding topic of "Caregivers/adult children of seniors with cognitive impairment". There are various national and regionally-based organizations which address the topic. Alison is researching the key points to set up a presentation which will reach out to all who are involved for a discussion and sharing of common problems, situations and strategies. More information will follow.
 - d. Municipal Agent's Report
Alison Witherbee spoke about the recent gathering of past and present Easton Municipal Agents and the Easton Courier which lent a snapshot of the importance of the community outreach factor. An upcoming

presentation will focus on the Medicare Savings Program, CT Respite Program, and various support programs and will be facilitated by SWCAA representative Lisa Alhabal. Alison hopes to take a tour of the Ridgefield Crossing assisted living facility during the summer months and is also planning other events for the fall season.

- e. Bereavement Group, update
The group will meet again in the fall. In the meantime, Alison is researching the bereavement topic to facilitate more structured sessions for attendees.
- f. SWCAA Report
Phyllis Machledt (SWCCA representative) provided updates on the Southwestern CT Agency on Aging <http://www.swcaa.org>. There will be a presentation on "Bullying and the Older Adult" – a discussion that will look at bully behavior through older age". This event will take place on June 11th in Wallingford, CT (<http://www.swcaa.org/wp-content/uploads/2015/05/CarlsonForumJune15.pdf>). Phyllis is providing SWCAA links and data for the upcoming presentations as well as following up on a common communication between local Municipal agents.
- g. Next meeting date
The CFA will meet again on Tuesday, September 8th (after the Labor Day Holiday). CFA members will remain in contact during the summer months in order to address any pertinent developments and planning for presentations.
- h. Other items
CFA members shared ideas and discussed topics of interest based on local issues and senior-oriented issues. Examples are: "Insomnia"; "Health- related matters"; "Getting your affairs in order"; "Feldenkrais – a somatic educational system to reduce pain or limitations in movement".

4. Next meeting

The Commission's next regular meeting will be held on Tuesday, September 8th, 2015.

5. Adjourn:

Phyllis Machledt moved to adjourn, Gail V. Gay seconded the motion and it was unanimously approved at 6:25 PM.

Submitted by,

Lisa V. Tasi, Secretary, Commission for the Aging