

Meeting Minutes  
Commission for the Aging  
Town of Easton, CT  
Monthly Meeting – Monday, October 1, 2018

The meeting was called to order at 5:05 PM. Present were Linda Dollard, Anne Hughes, Phyllis Machledt, Melinda O'Brien, Lisa Tasi and Eileen Zimmerman / Municipal Agent – Senior Services. Karen Martin was not in attendance.

1. Meeting Minutes

The minutes from the September 4, 2018 meeting were reviewed and unanimously approved by the members on a motion by Melinda O'Brien and Lisa Tasi.

2. Ongoing Business

A. MCS Report

A report was furnished by Town Finance Director, Christine Calvert.

B. Other

Eileen had a conversation with Christine Calvert on charitable contributions and designations. Donations received can be earmarked for any various, miscellaneous or restricted use – for seniors or social services.

3. New Business

A. Municipal Agents' Report

Eileen updated the CFA on her monthly work. Her October 2018 newsletter was reviewed. Her monthly newsletters are included in the ESC Bulletin that is mailed to Easton Seniors. During the later portion of September, Eileen held an event with SWCCA Choices Counselors for Seniors who are new to Medicare. Individual appointments for the Medicare Annual Enrollment Period will take place on October 23<sup>rd</sup> and on November 15<sup>th</sup> at the ESC. A project with JBHS Students involving Computers and Technology will be offered on Tuesdays in October for seniors. Eileen is also busy assisting seniors with ABCD Fuel Assistance Applications. The Food Closet project is an important outreach for those in need and Eileen is seeking shelf stable donations within expiration dates. Eileen is in contact with the Salvation Army regarding the annual Kettle Drive. She will participate at the Fairfield Stop and Shop location with volunteers being 18 years and older (or minors as long as they are accompanied by an adult). This is also a good outreach for student volunteers to do community service. Eileen will be visiting Sturges of Fairfield in November and work with the Easton Library for another senior-oriented social media program.

B. Programs

Eileen has been doing some outreach with seniors that need emotional support. She will be revisiting the Bereavement Group for Spring 2019. Eileen proposes to develop an 'encounter form' which will track those seniors she meets with in order to build historical information and data. She will also track seniors who participate at the events and workshops and offer surveys to capture their thoughts on the

events and their interests. Other outreach ideas, such as Dementia care and exploring Assisted Living options, are being reviewed.

#### C. SWCCA Report

Phyllis Machedt reported to the CFA on latest news. There were recent presentations that are important topics – one on Suicide Prevention and the other on the topic of Friends with Dementia. Both are informative. <http://www.swcaa.org/wp-content/uploads/2014/06/Suicide-Prevention-w-Op-SAVE-non-clinical-for-SWCAA.pdf> Sharon Gesek, Director of Programs and Lisa Alhabal, Caregiver Information Specialist are SWCCA contacts. The annual meeting will be held in mid-October with guest speakers Geri and James Taylor, who were featured in a New York Times article “Fraying at the Edges”, concerning living with Alzheimer’s. It was a remarkably honest portrayal of adjusting to the disease and its social stigma. Phyllis mentioned the resources that are available to seniors through SWCCA and Municipal Agents and Outreach Workers can guide seniors for assistance in addressing these issues.

#### D. Other New Items

None

#### E. Other Updates

Eileen is working with Pam Healy, Easton Outreach Worker, to visit homebound seniors and provide them with needed information or assistance. Assessing their needs is key to determining direction on what outlets can be provided.

Eileen will be updating CFA on the Salvation Army Kettle Drive for the Holidays.

#### F. Open Discussion

The CFA members discussed the aging population and needs of seniors – from transportation or housing to medical needs and lifestyle change. Many seniors are ‘set in their ways’ and sometimes not open to change. The outlets of the senior centers and nonprofit organizations (such as SWCCA or other senior outreach groups) are key to helping. Each senior is dynamic as each is different – from who they are, to where and how they live, and to what factors (health or financial) may hinder their being. The outlets of such organizations, with the assistance of Municipal Agents, Outreach Workers and Social Workers can provide them that direction.

#### 4. Next Meeting

The Commission’s next meeting will be held on Monday, November 5, 2018 from 5:00 PM to 6:00 PM at the ESC. The agenda will be forwarded to the Town Clerk for proper posting.

#### 5. Adjourn

Melinda O’Brien made a motion to adjourn the meeting. Linda Dollard seconded the motion and it was unanimously approved at 6:25 PM.

Submitted by,  
Commission for the Aging  
L. Tasi