

Meeting Minutes  
Commission for the Aging  
Town of Easton, CT

Special Meeting  
Monday, December 12, 2022 – 5:00 PM to 6:00 PM  
Held at the Easton Senior Center

Attendees: Anne Hughes, Jessica DiPietro, Melinda O'Brien, Diane Parker, Lisa Tasi, and Alison Witherbee / Municipal Agent for the Aging – Social Services Director. Nanette DeWester was not in attendance.

The meeting started at 5: 04 PM.

Meeting Minutes

The November CFA meeting minutes were reviewed and approved on a motion by Anne Hughes and seconded by Diane Parker. A revision was made to delete the words "by speaker phone" (which indicated Alison Witherbee was present "by speaker phone").

Ongoing Business

- MSC Fund

Funds were recently used to supplement the November Thanksgiving Meal outreach.

-Municipal Agent's Report

In November, Alison had an event on fall prevention and how to make one's home safer. It was presented by the local Aspetuck Health group. She is still busy assisting seniors with Energy Assistance and planning ahead.

Outreach continues to Easton Seniors. Alison along with Lisa and Jessica delivered Thanksgiving meals to about 15 Easton seniors and through collaboration with the Easton Garden Club, some seniors in town received poinsettias.

On December 15<sup>th</sup> at 10 AM at the ESC, Alison is hosting a presentation on Scams and Ways to Protect against Theft. Officer Lyman will be speaking on the topic as well as inform seniors to be alert for safety against break ins at home and when out doing any shopping, especially since this is the holiday season.

- SWCCA <https://www.swcaa.org/>

There is an advisory meeting on December 14<sup>th</sup>. SWCCA continues to address topics which are prevalent in local communities such as maintaining seniors engaged in social activities and addressing problems such as living conditions, energy/heating problems, food and homelessness.

### Planning

The CFA members discussed some options for holiday meal outreach. The members will be coordinating with Alison to determine a convenient schedule. Lisa said availability of members will make the project easy to do. She will follow up with Alison and members.

### Open Discussion

CFA members discussed recent incidences regarding phone scams and frauds where unsuspecting seniors are then convinced to assist monetarily and have financial consequences. There are various options for financial safety (Joint Account , Convenience/Agency Account, Power of Attorney) but should be discussed privately between the individual, family members and financial institution. If one has no friends or family members to help with informal money management, contacting a local Area Agency on Aging may be helpful.

Another topic revisited is the File of Life – a standard medical card which promotes emergency preparedness by listing vital health information for first responders. The document is a form where all medical information including current prescriptions, medical history, allergies, etc. can be listed. The document gives first responders access to pertinent medical information to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency department. Home | File of Life (thefileoflife.org)

Lisa brought up the topic of the Five Wishes which covers personal, spiritual, medical and legal issues all in one document. It allows the family or caregiver to know exactly what the individual wants and it is legal in nearly every U.S. State. Home · Five Wishes

The members also suggested that as Anne Hughes is the area State Representative, she could present some information via the State Assembly level.

All topics are being entertained for 2023 presentations.

The meeting concluded at 6:07 PM, on a motion by Jessica DiPietro, seconded by Anne Hughes and approved.

Submitted by,

Commission for the Aging

L. Tasi