

Meeting Minutes  
Commission for the Aging  
Town of Easton, CT

Meeting – Tuesday, September 6, 2022 – 5:00 PM to 6:00 PM  
Held at the Easton Senior Center

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

Meeting Minutes

The prior meeting minutes were reviewed and approved on a motion by Anne Hughes and seconded by Melinda O'Brien.

Ongoing Business

- MSC Fund

No update at this meeting.

-Municipal Agent's Report

The summer months were very busy with the "Grow a Row" program. It was very successful and will continue through to next week. Alison thanked Nanette's assistance to fill in on a few occasions. Alison and Diane Geisert of Food Rescue.US will be meeting with the Easton Agricultural Commission next week to see how the program can expand next year. The delivery of produce and eggs from locally grown farms assisted with most vulnerable seniors. Stamford-based "Food Rescue" - <http://www.foodrescue.us/>

Medicare Open Enrollment period begins on November 1<sup>st</sup> and Alison will be setting up personal appointments. She is also busy preparing for the energy assistance applications which will be available on line.

The presentation on "Know Before You Go", offered via Ludlowe representative, discussed short term rehabilitation and the differences between home stay vs. rehab. This is a good topic to have on hand for anyone. In November, Aspetuck Health will be addressing preventative winter topics (such as falls). Aspetuck Health District – Public Health Services and Information for Our Communities ([wwwhd.org](http://wwwhd.org)) Public health nurses provide health check visits to the homebound residents in the district and are also available to conduct free in-home safety assessments upon requests. Many services are offered free or at a reduced charge. The Health District also teams up with local civic and health care organizations to offer a variety of health education and screening programs each year.

Alison is also receiving calls for home care for Easton residents in need of assistance. She assists with concerns and offers information on local agencies which provide the needed care.

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

SWCCA advisory committee meetings start next week. There will be a "Safer Homes Task Force" meeting in Westport via the Aspetuck Health District. Many senior citizens are now making the

choice to age at home instead of moving to assisted living facilities, etc. SWCCA works with senior citizens to help them understand their options and what is available for them to remain in their homes as long as possible.

#### Open Discussion

The CFA members discussed how seniors can stay in their homes, "age in place" and what resources are actually available for senior residents in Easton, CT. The U.S. Department of Housing and Urban Development (HUD) today awarded \$30 million to 32 nonprofit organizations, state and local governments, and public housing authorities to assist in undertaking comprehensive programs that make safety and functional home modifications and limited repairs to meet the needs of low-income elderly homeowners that allow them to age in place. Provided through HUD's Older Adults Home Modification Program (OAHMP), these grants allow low-income seniors to stay in their homes through low-cost home modifications that will reduce older adults' risk of falling. Examples of these home modifications include installation of grab bars, railings, and lever-handled doorknobs and faucets, as well as the installation of adaptive equipment, such as non-slip strips for tub/shower or stairs. Experienced nonprofit organizations, state and local governments, and public housing authorities that received funding will deliver home modification services to more than 5,000 qualified beneficiaries and serve communities with substantial rural populations. These investments will enable older adults to remain in their homes – to "age in place" – rather than move to nursing homes or other assisted care facilities.

[www.hud.gov](http://www.hud.gov)

Anne Hughes mentioned that the CT Assembly is reviewing funding that can be available to provide grants to help income-eligible seniors and adults with disabilities to modify their homes so they may age in place. The SHC 5395 from 2014 talks about all the issues.

#### AN ACT CONCERNING AGING IN PLACE.

The meeting concluded at 6:13 PM, on a motion by Anne Hughes, seconded by Melinda O'Brien and approved.

Submitted by,

Commission for the Aging  
L. Tasi