

Meeting Minutes  
TOWN OF EASTON, CONNECTICUT  
Commission for the Aging  
Regular Meeting  
Easton Senior Center  
Monday, April 6, 2015

The meeting was called to order at 5:15 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 March 2, 2015 meeting were read and unanimously approved on a motion by Gail V. Gay, seconded by Margaret Silvestri.
2. Unfinished Business
  - a. There were no items to discuss.
3. New Business
  - a. "Thank You" from ESC  
Alison Witherbee shared a "Thank You" note from the Easton Senior Center to the CFA for the donation made towards the purchase of a new wheelchair accessible ambulatory passenger van. The ESC is very close to realizing the monetary goal.
  - b. Municipal Agent Get Together  
Alison Witherbee had planned an April 10th get together of current and former Easton Municipal Agents. Some schedules and personal conflicts have pushed the event to a soon to be re-planned date.
  - c. Alzheimer's Presentation  
On Monday, April 20<sup>th</sup> at 10:30 AM at the ESC, a representative from the local Alzheimer's Association will give a talk on "Healthy Habits for Healthy Aging".
  - d. Budget Recap  
Alison Witherbee presented the proposed Municipal Agent's budget to the Board of Finance on March 10<sup>th</sup>. All Budgets were then presented at the Public Budget Hearing on March 23<sup>rd</sup>. Town Budget vote will take place on Tuesday, May 5<sup>th</sup>.

- e. **Municipal Agent's Report**  
Alison Witherbee was busy with the budget planning and meetings. She is working on plans for a proposed "Fuel Bank" program for next winter season and researching ideas from other area programs. Due to her selection for Jury Duty, Pam Healy attended the April 1<sup>st</sup> Alzheimer's Education Conference in Cromwell, CT.  
<http://www.alz.org/ct/index.asp>  
Synergy HomeCare [www.synergyhomecare.com](http://www.synergyhomecare.com) will be at the April 20<sup>th</sup> "Healthy Habits for Healthy Aging" event as they were key in bringing the program to Alison's attention. The local Fairfield branch of Synergy HomeCare provides non-medical home care and senior services in the area.  
With the spring weather, Alison will be organizing some tours of area assisted living facilities. In addition, Alison will be attending some conferences.
- f. **Bereavement Group Update**  
The group will continue to meet on the last Wednesday of each month at Noon at the ESC. With daylight savings time, the group may change the meeting time to 4:00 PM (this will be determined by the group at the next meeting). The ad-hoc group facilitates supportive outreach to attendees.
- g. **SWCAA Report**  
Phyllis Machledt, (SWCCA representative) provided updates on the Southwestern CT Agency on Aging <http://www.swcaa.org>. SWCCA is conducting site visits to its 2014 grant recipients.  
The Westport Center for Senior Activities will have a seminar on April 15<sup>th</sup> at 10:00AM with Dr. John J. Ratey, an expert in Neuropsychiatry. He will present "Exercise: Truly Medication for the Brain". Details are available on the website [www.ctapda.net](http://www.ctapda.net) (events schedule). The event is open to care givers of those suffering degenerative disorders. The next SWCCA meeting will take place on April 8<sup>th</sup>.
- h. **Other items**  
CFA members discussed examples of brain games designed by neuroscientists to exercise memory and attention and improve brain health. One program is Lumosity - [www.lumosity.com](http://www.lumosity.com).  
Other ideas for events, senior issues and local area topics were discussed.  
Due to schedule conflicts, the CFA members discussed changing next month's regularly scheduled meeting to another date (either May 11<sup>th</sup> or May 5<sup>th</sup>) in order to also have a quorum at meeting. Chairman Joel Peskay will contact the Town Clerk's office to advise of date change as soon as possible in order to allow for public calendar date change.

4. Next meeting

The Commission's next regular meeting will be held on Monday, Monday, May 4<sup>th</sup>. (Please note this meeting may change to either Monday, May 11<sup>th</sup> or Tuesday, May 5<sup>th</sup>.)

5. Adjourn:

Margaret Silvestri moved to adjourn, Phyllis Machledt seconded the motion and it was unanimously approved at 6:13 PM.

Submitted by,

Lisa V. Tasi, Secretary, Commission for the Aging