

Waterford Senior Citizens Commission
Meeting Minutes
June 22, 2021
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2021 JUN 25 AM 8:43

Members Present: D. Judith Crawford, Rev. James Johnson, Anita Collins,
Anne Darling & Joyce Vlaun

Members Absent: Dina Lopes, Kathleen McNamara & Carol Sanders

Also Present: Lisa Cappuccio, Director and Kathleen Pierce, Assistant Director

Public: None

I. Call to order: Co-Vice Chairlady Joyce Vlaun called the Waterford Senior Citizens Commission Meeting of June 22, 2021 to order at 4:05 p.m.

II. Establish a quorum. A quorum was established.

III. Public Comment: No public comment.

IV. Approval of the minutes of May 25, 2021 meeting. Chairlady Vlaun asked for additions, deletions, or corrections to the minutes.

MOTION: Motion made by Rev. Johnson, seconded by D. Judith Crawford to approve the meeting minutes of May 25, 2021 as presented.

VOTE: 5-0-0

V. Correspondence
a. Endowment Fund statement

VI. Committee Reports
a. Budget
There was a discussion about year-end balances and transfers.

MOTION: D. Judith Crawford made a motion to approve the transfer of funds in accordance with the In-Series Transfer Request Form presented to the Commission moving \$1,001 from the Electricity Line into the Heating Fuel line and \$2,000 from Fuels and Lubricant line into the Auto Repair line. Anita Collins seconded.

VOTE: 5-0-0

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- b. Nominating Committee – No report
- c. Transportation Committee – No report.
- d. Planned Giving Sub-Committee – No report. Endowment Fund statement read.

- VII. Director/Assistant Director Report – see attached.
Highlights included, training on new software has begun, Strawberry Social has 60 people enrolled, Nurse Judy is back with her weekly appointments, Rent Rebate appointments have started.
 - VIII. New Business – Long term program planning
Discussion on housing, CASP Annual meeting, ageism, and the Waterford Police Department's Alzheimer's Registry.
 - IX. Other Business – None.
 - X. Adjournment
Anita Collins moved to adjourn the June 22, 2021 meeting of the Waterford Senior Citizens Commission at 4:59 p.m., seconded by Anne Darling.
- Motion passed.

Respectfully submitted,



Donna F. Payne
Recording Secretary

FIFTEEN ROPE FERRY ROAD



WATERFORD, CT 06385-2886

TO: Senior Citizens Commission
FROM: Lisa Cappuccio
Director, Senior Services

Kathleen Pierce
Assistant Director, Senior Services

DATE: June 22, 2021

Events and Operations:

Currently finishing up FY 21 and getting ready to launch FY 22 on July 1, 2021. We are working on learning the new software system that we will use to register seniors for trips, luncheons, contract bridge, etc. Our current software, RecTrac, is obsolete and no longer supported by the company that makes it. Our new software is RecDesk. It is a cloud-based system and the company is based in Connecticut.

This Wednesday is the Waterford Seniors Strawberry Social. Sixty people have signed up.

Staffing and the COVID-19 Vaccines:

Barb is back and better than ever!!!!

Activities & Programs

Applications for Energy Assistance have ended. Waterford Senior Services completed 167 applications on-site at senior housing and in the office.

New to Medicare Appointments/Counseling are continuing. This is one of the best services we offer. The world of Medicare is dense and somewhat confusing. In the past year, Kathy and I have held 213 counseling sessions for those joining Medicare for the first time and those wishing to change their coverage. These sessions were accomplished through ZOOM, telephone and in-person at the office. It was a difficult year but we still found a way to meet with all those needing some guidance or advice.

Nurse Judy has returned to the center for weekly Blood Pressure clinic on Wednesdays (by appointment). Monthly wellness visits are scheduled the last Wednesday of each month.

Training for all office staff on new Rec desk software is on-going.

Renter's Rebate Outreach: We have completed on-site applications for AHEPA and Victoria Gardens. We will visit Twin Haven on the 29th of June and finish up at Jordan Brook Terrace on July 8th. To date we have completed 61 applications. The program runs to September.

In looking for programs and activities that will attract a younger crowd to the center, Kathy is exploring a bike tour through the Mystic/Noank area. The bikes are able to be pedaled but also have electric assist available. The company is called Pedego Groton. More on this as plans shape up.

There is talk of re-visiting the ban on alcohol on and in town properties, including the Community Center. Should this be approved, we have long talked about having a wine tasting.

This year's picnic at the beach will be a "Farewell to Summer" and will be held on September 21st at Waterford Beach. Hope to see you there!

ZOOM Exercises - Will run through 6/30/21

- Mondays & Wednesdays @ 9:30am Strength training
- Mondays & Wednesdays 11am -Yoga
- Tuesdays & Thursdays 10 am – Movement & Dance
- Wednesdays & Saturdays 10am – Tai Chi (done privately – we do not charge)

ZOOM Classes

- "Chatty Kathy" - Wednesdays at 11am
- "Brain Flex" with Lisa – Thursdays at 11am
- Guided Imagery – Fridays at 1pm (Jim Johnson, Facilitator)

Summer Exercise Classes Resume July 1 – August 31 the offerings are:

- Strength Training, Movement & Dance, Yoga, Matter of Balance, Healthy Stretch, Hearty Moves, Chair yoga, & Zumba Gold
- **23 percent of enrollees are opting for ZOOM class. Hybrids may be the wave of the future!

ACTIVITIES and Events:

- Strawberry Festival with Entertainment – June 23rd
- "Wonderful Wednesdays" July & August - Events every Wednesday!
- July 7 – BINGO
- July 14 – Pizza & Movie
- July 21 – BINGO
- July 28 – Wheel of Fortune
- August 4 – BINGO
- August 11 – Dog Days of Summer

- August 18 – BINGO
- August 25 – Pizza & Movie
- 8 week exercise session begins 9/1/21
- 9/21/22 – Picnic at the Beach
- 10/14 – Waterford Women's club card party
- 11/10 – Veteran's Day Celebration
- 12/16 – Holiday Party

2021 TRIPS:

Van Gogh Immersive Experience in Boston (day trip) 10/5 - Sold out!