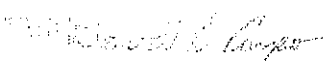


2021 AUG 26 PM 12:09


TOWN CLERK

Members present: Kathleen McNamara, Rev. James Johnson, Anne Darling, Joyce Vlaun,
D. Judith Crawford, Carol Sanders, Dina Lopes & Anita Collins (entered meeting
at 4:10 p.m.)

Members absent: none

Also present: Lisa Cappuccio, Director

I. Call to order: Chairlady Sanders called the Waterford Senior Commission Meeting of
August 24, 2021 to order at 4:01 p.m.

II. Establish a quorum: A quorum was established.

III. Public Comment: No public comment

IV. Approval of the minutes of June 22, 2021. Chairlady Sanders asked for additions, deletions,
or corrections to the minutes.

MOTION: Motion made by Rev. James Johnson, seconded by Joyce Vlaun to approve
the meeting minutes as presented.

VOTE: 4-0-3 (Dina Lopes, Carol Sanders and Kathleen McNamara abstained, Anita
Collins entered after the vote)

V. No correspondence

VI. Committee Reports

- a. Budget – no report
- b. Nominating – no report
- c. *Transportation - New van is delayed due to a shortage of computer chips.*
- d. Planned Giving – The Mural Tile wall has been installed and a celebration is being
planned for Saturday, September 25.

VII. Director/Assistant Director Report – see attached.

Highlights included that energy assistance will begin in September, Open Enrollment
begins on October 15 and runs through December 7, 2021 and registration for the
next session of exercise programs has begun.

VIII. New Business – Long term program planning - None

Waterford Senior Citizens Commission
Zoom Meeting Minutes
August 24, 2021
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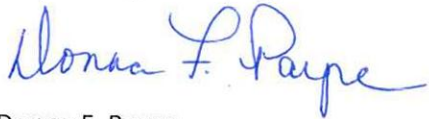
IX. Other Business – none

X. Adjournment

Kathleen McNamara moved to adjourn the August 24, 2021 meeting of the Waterford Senior Citizens Commission at 4:25 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: August 24, 2021

Events and Operations:

Just as things were beginning to look a bit more typical, the surge in new Corona cases has put the Community Center back into mandatory masks. Masks are required when in all town buildings with the exception of employees at their desks with no one else around. Most of the seniors are being very cooperative with this rule. They see it as the alternative to complete shut-down. There has been a noticeable drop in people coming into the center. Hopefully this will turn around in the fall.

Last week saw Senior Services deeply involved in preparation for Hurricane Henri. All residents on the special needs list that indicated that they need electricity were called. Staff made sure that those being called knew where the regional shelter was in case they needed to evacuate. They were also given the number for Waterford Dispatch should they need transportation to the shelter. On Saturday, Lisa met with the rest of the Emergency Team at the Waterford Emergency Operations Center to strategize and coordinate with other town services. Lisa obtained a list of those involved with homecare and made calls to them to insure they also had all the information about where the regional shelter was. Sunday, Lisa monitored the phones for any messages from seniors requesting help and participated in several call in meetings for the EOC. In the end, Henri was less ferocious than expected and no Waterford residents sought shelter in East Lyme Middle School (location of the regional shelter). Each time we participate in these activities, we become more efficient and confident in our emergency plans and procedures.

There have been activities planned for every Wednesday in July and August. So far they have received rave reviews! For August we had BINGO! on the 4th, Dog Days of Summer Luncheon on the 11th, and the 18th was Mystery BINGO! This Wednesday will be Pizza and a Movie. The seniors seem to really enjoy these gatherings. In July we played Jeopardy for fun and prizes. This was very popular and we will do it again this winter.

Last week also saw the installation of the Waterford Tile Wall. The unveiling will be held on September 25, 2021. This has been a long time coming and should be a great celebration of the wall and all those who worked so tirelessly to turn a plan into reality.

Staffing:

Our Assistant Director, Kathy Pierce has been out since August 2, 2021. She is home recovering from surgery and will be back with us as soon as possible. There is the possibility that she may be out for as much as 12 weeks in total.

We have a fairly new Meals on Wheels driver, Karen Marrone. Karen has agreed to take on the position of Kitchen Manager. This is great news, we can now make plans in collaboration with TVCCA, to reopen the senior café. The bad news is that we will need to hire another MOW driver.

Activities & Programs

We will begin taking energy assistance applications in September. Deliverable fuel cannot be ordered until November of 2021 so we will be right on track to get people qualified for fuel deliveries.

We are still taking applications for Renters' Rebate. Applications may be submitted until October 1, 2021. To date, we have taken 128 applications. We provided on-site application processing at Victoria Gardens, AHEPA, Twin Haven and Jordan Brook Commons as well as in the office.

New to Medicare Appointments/Counseling are continuing. The Annual Election Period begins on October 15, 2021 and runs through December 7, 2021. This is the time period when those on Medicare can review their coverage over the past year and make any changes that they may want.

Nurse Judy has returned to the center for weekly Blood Pressure clinic on Wednesdays. Monthly wellness visits are scheduled the last Wednesday of each month. Participation in these clinics has been building back slowly, but each week sees more people coming in.

Staff continue to learn our new software system, RecDesk. It is always a challenge to adapt to a new system, and this one is no exception!

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. UPDATE: This re-thinking of the alcohol ban only applies to outdoor venues in town.

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:

- “Wonderful Wednesdays” July & August - Events every Wednesday!
- 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:

New York Botanical Gardens (day trip) 9/16 – Sold Out!

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