

Waterford Senior Citizens Commission

Meeting Minutes

May 25, 2021

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2021 MAY 26 PM 12:12

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

Members Absent: Dina Lopes

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

Public: None

I. Call to order: Chairlady Carol Sanders called the Waterford Senior
Citizens Commission Meeting of May 25, 2021 to
Order at 4:13 p.m.

II. Establish a quorum. A quorum was established.

III. Public Comment: No public comment

IV. Approval of the minutes of the April 27, 2021 meeting. Chairlady Sanders
asked for additions, deletions, or corrections to the minutes.

MOTION: Motion made by Anita Collins, seconded by Joyce Vlaun to
approve the meeting minutes of April 27, 2021 as presented.

VOTE: 6-0-1 (Anne Darling abstained)

V. Correspondence

a. Letter to Town Clerk regarding Election of Officer results

VI. Committee Reports

a. Budget

The budget passed review by the RTM on May 6, 2021

There was discussion about year-end balances and transfers.

MOTION: Kathleen McNamara made a motion to approve the transfer of
funds in accordance with the In-Series Transfer Request Form
presented to the Commission. Motion seconded by Anita Collins.

VOTE: 7-0-0 Motion passed

b. Nominating Committee – No Report

c. Transportation Committee

Working with the Purchasing Agent to order new van with the 5310 Grant.

d. Planned Giving Sub-Committee – No Report.

VII. Director/Assistant Director Report –

See attached. Highlights included working with Hartford Health Care to get homebound residents the Covid19 vaccine. We will have Zoom exercise classes until the end of June. Hybrid classes (in-person & Zoom) will take place in July and August. Training on new software to begin in May.

VIII. New Business – Long term program planning

Ideas to bring educational sessions to the public such as the Waterford Police Department's Alzheimers registry were mentioned including Lunch and Learn ideas for programs to help people find resources in the area.

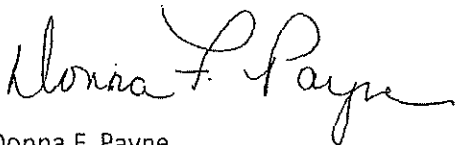
IX. Other Business – None.

X. Adjournment

D. Judith Crawford moved to adjourn the May 25, 2021 meeting of the Waterford Senior Citizens Commission at 5:01 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: May 25, 2021

Events and Operations:

The budget has passed through all reviews and votes. Many thanks to Donna and Kathy for getting it over the last hurdle, the RTM. Thank you as well to the Senior Citizens' Commission for support during the budget season.

Staffing and the COVID-19 Vaccines:

The below paragraph is from our last report in February. I have left it in this report because as of right now, Barbara is still working for Waterford Youth and Family Services. As the community center reopens and we are seeing people in the office for appointments, the need for Barb is growing daily. Hopefully this situation will be resolved soon.

First Selectman Brule has made the decision to move Barbara Pitkin from our front desk to the Waterford Youth and Family Services dept., as you know. This happened at the exact same time that the State of Connecticut widened the pool of seniors eligible to get a COVID-19 vaccination. We are feeling Barb's absence rather acutely as we scramble to help Waterford seniors navigate the process of getting a vaccination. Unfortunately, there are many different on-line applications and very few open appointments. The process is very hit or miss so far.

Lisa is currently working with Hartford Health Care to get vaccines for Waterford residents that are homebound. There are approximately 25 requests in town for this service.

There is still no target date for in-house dining or an opening of the Senior Café. This is true across the state. Our first eat-in lunch will most likely be our Pizza and A Movie event scheduled for July 14, 2021.

Speaking of dining.....we held our first luncheon since the beginning of the pandemic on Wednesday, May 19, 2021. It was held outdoors and was attended by 50 people. Millie Condinizio was presented with a congratulatory card marking her 100th birthday from President Biden. Christine Cooney provided wonderful vocal entertainment to the delight of all. It was our first in-person event of the season and a celebration of being able to once again gather together.

Activities & Programs

Applications for Energy Assistance, ongoing through June 15, 2021

New to Medicare Appointments/Counseling

Lisa & Kathy Choices recertification process completed – refresher course completed 5/13/21. We are now officially able to offer Medicare CHOICES counseling for the next 3 years.

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.

May 26th – Training for all office staff on new Rec desk software

Renter's Rebate Outreach: June 11 – AHEPA, June 18 – Victoria Gardens, June 29 – Twin Haven and July 8 – Jordan Brook

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:

- In house BINGO returns in June on the 9th and 30th
- 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
- 10/28 – 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!

Alaskan Cruise setting sail in August of 2022

****Looking at September for possible Picnic at Waterford Beach**

****2021 TRIPS:** Still hoping to bring back day trips and longer overnights this summer