

Waterford Senior Citizens Commission Special Meeting Minutes
July 28, 2020
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Members Present: D. Judith Crawford, Anne Darling, Dina Lopes, Anita Collins, Rev. James Johnson, Kathleen McNamara, Carol Sanders, Joyce Vlaun (4:17 p.m.)

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

Public: None

- I. Call to order: Chairlady Sanders called the Waterford Senior Citizens Commission Special Meeting of July 28, 2020 to order at 4:02 p.m.
- II. Establish a quorum. A quorum was established.
- III. Public Comment: No public comment.
- IV. Approval of the minutes of the February 25, 2020 Regular Meeting. Chairlady Sanders asked for additions, deletions, or corrections to the minutes.

MOTION: Motion made by Dina Lopes, seconded by D. Judith Crawford to approve the meeting minutes of February 25, 2020 as presented.

VOTE: 5-0-2 (Kathleen McNamara and Anne Darling abstained. J. Vlaun arrived after the vote.)

- V. Correspondence
 - a. Thank you note for visit
 - b. Year-end transfer requests

- VI. Committee Reports
 - a. Budget – Budget passed via Zoom meetings
 - b. Nominating – no report
 - c. Transportation – Plastic shields were installed behind the driver's seat in all vans.
 - d. Planned Giving – no report
- VII. Director/Assistant Director Report
See attached, highlights included Senior Services staff visiting seniors by van, Meals on Wheels numbers up, and the use of Zoom technology for activities.
- VIII. New Business – None
- IX. Other Business – None
- X. Adjournment

MOTION: D. Judith Crawford moved to adjourn the July 28, 2020 Special Meeting of the Waterford Senior Citizens Commission at 4:25 p.m., seconded by Dina Lopes.

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: July 28, 2020

EVENTS AND OPERATIONS:

Our last report discussed our recent, very successful program registration day. Two weeks later, all of our worlds were upended. Transportation stopped, Kathy and Lisa were working ½ time schedules, Donna and Barbara were home and our bus drivers were furloughed. Kathy and Lisa split their time so that all office hours were covered. We heard from many seniors during this time. Some were inquiring as to when we would open. The number one question was regarding the AARP Tax Prep Program. AARP closed in March and never returned. Callers were assisted to find alternative tax preparation assistance.

At the end of May, all 4 office staff were back working full-time. Much time was spent making calls to homebound seniors. As our finance expert, Donna worked tirelessly on closing out Fiscal Year 20.

Meals-On-Wheels exploded during the pandemic. Seniors who depend upon our transportation and were diners in the senior café, were given home delivered meals on top of our regular MOW clients. During March, April, May and June of 2019, we delivered a total of 3,379 meals. During the same period in 2020, there were 5,467 meals delivered to Waterford seniors. This represents a 62% increase.

On the 9th and 14th of July, we took one of the mini-buses and traveled around Waterford saying hello to homebound seniors. Barbara was a bus driver when she worked for the Newington Senior Center. She has fantastic driving skills and got us everywhere we needed to go, so appreciated. Donna and Barbara did the hard work of mapping out our route to see as many people as possible. They did a great job. It was wonderful to see all the smiling faces we have been missing over the last several months. Our goal was to cheer up the seniors but I suspect that we were the greatest beneficiaries of these jaunts!

The Waterford Community Center is open for business transactions (mostly the sale of beach stickers). We have seen a few people in the office (less than 5) in the past month. We are mostly conducting business over the phone. Kathy has been busy processing the Rental Rebate applications that seniors and disabled adults have been sending in the mail. We have managed to complete some Medicare counseling over the phone.

We are using the ZOOM technology to keep in touch with our more tech savvy seniors. Kathy has hosted "Chatty Kathy." This is sort of a coffee klatch. It is just a chance to see each other over ZOOM and check in and chat.

We have had a program called Brain Flex for several years. During the pandemic, I have been mailing out a packet of puzzles and brain teasers to each of the participants on a roughly week and a half basis. Last Thursday was our first attempt to get together over ZOOM. We went over puzzles and whatever folks were stuck on. I then had a new puzzle to work on with them. It was a blast and we are looking forward to our second meeting Thursday!

We are offering four different movement and exercise classes. It is going well but technology has proven to be a challenge on both sides of the interaction. Many seniors do not have devices or do not know how to use them. Kathy has had to provide tutoring to instructors who never thought this is how they would be delivering their classes. We are making our way through this strange landscape we find ourselves in. Our goal, as always, is to serve the seniors of Waterford, we are doing just that.

Upcoming activities/events

Activities & Programs

Monthly contests and activities with Meals on Wheels
you Hearts, Remote BINGO, Scavenger Hunt)

(Thank

Raised Garden Project – ongoing

Pen Pal Program w/ Youth Services. Currently, 11 seniors have been matched with a pen pal from Youth Services.

Creativity Showcase

Ongoing "check-in" calls to vulnerable seniors

ZOOM Exercises

- Mondays & Wednesdays 11am -Yoga
- Tuesdays & Thursdays 10 am – Movement & Dance
- Wednesdays & Fridays 9:15am – Zumba Gold
- Wednesdays & Saturdays 10am – Tai Chi

ZOOM Classes

- "Chatty Kathy" - Wednesdays at 11am
- "Brain Flex" with Lisa – Thursdays at 11am
- "Food For Thought" ----COMING SOON

Remote computer learning – "COOK WELL with Diabetes" 8/4, 8/5, 8/11, 8/12

DRIVE-IN Concert: 8/13 with Tom Callinan 12:30 – 2pm

Drive-through flu clinic with VANSE - September

Applications for Renters Rebate through September

Applications for Energy Assistance starting in September

Medicare Open Enrollment starting in October

**All trips have been cancelled through the end of 2020

** AARP has cancelled all onsite classes & Services through 2020 (Taxes, Smart Driver etc...)

September is National Senior Center Month – *“Senior Centers: Delivering Vital Connections”*

Considering having another drive- through event – IDEAS Welcome! 😊