

2020 NOV 12 AM 10:36

Dina Lopes
TOWN CLERK

Members Present: Joyce Vlaun, Carol Sanders, D. Judith Crawford,
Kathleen McNamara, Anita Collins & Dina Lopes

Members Absent: Rev. James Johnson, Anne Darling

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

Public: None

- I. Call to order: Chairlady Carol Sanders called the Waterford Senior Citizens Commission Special Meeting of November 10, 2020 to order at 4:03 pm.
- II. Establish a quorum. A quorum was established.
- III. Public Comment: No public comment.
- IV. Approval of the minutes of the September 22, 2020 Meeting. Chairlady Carol Sanders asked for additions, deletions, or corrections to the minutes.

MOTION: Motion made by Anita Collins, seconded by D. Judith Crawford to approve the meeting minutes of September 22, 2020 as presented.

VOTE: 5-0-1 (Carol Sanders abstained)

V. Correspondence

- a. Letter from Town Clerk requesting the 2021 Schedule of Regular Meetings.

VI. Committee Reports

- a. Budget – None.
- b. Nominating – It was noted by Joyce Vlaun that Commission Members Anita Collins, Carol Sanders and Anne Darling's terms are up for renewal in April 2021.

c. Transportation – No report.

d. Planned Giving – No report.

VII. Director/Assistant Director Report for October 2020 (see attached)
Highlights included:

Energy assistance is ongoing. Due to the Pandemic, the clients are dropping off copies of their information as opposed to in-person meetings. Medicare Open Enrollment appointments are continuing via Zoom or telephone call. Zoom exercise classes are ongoing.

VIII. New Business – Commission Meeting Regular dates for 2021.

MOTION: Motion made by Dine Lopes, seconded by Anita Collins to accept the date of the Regular Meetings scheduled for 2021.

VOTE: 6-0-0

IX. Other Business – None

X. Adjournment

MOTION: Anita Collins moved to adjourn the November 10, 2020 meeting of the Waterford Senior Citizens Commission at 4:22 p.m., seconded by D. Judith Crawford.

Motion passed.

Respectfully submitted,


Barbara J. Pitkin
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: November 10, 2020

Events and Operations:

In September, we began seeing seniors at the Community Center to take their Energy Assistance applications. This had to be stopped due to the State of Connecticut rolling back to Phase 2.1 and all in person meetings being cancelled. We now have applicants drop off all of their documentation and just have them come back for signatures when we complete their enrollment. With Renters' Rebate, we were able to write "COVID-19" on the signature line. The Dept. of Social Services is insisting that we get all signatures so we have to have folks come back. It is working well so far.

Medicare Open Enrollment began October 15, 2020. Since we still cannot meet in person, Kathy and I are offering two options, 1) ZOOM sessions or 2) Phone counseling. I actually really like the ZOOM option. The platform allows us to share our screen during the session and the person being counseled can see exactly what we see on the Medicare Plan Finder. Even in the office, the senior does not have that good a view. The phone option is good for those who do not have an electronic device or are not comfortable with technology. It has been going well and we have helped several people to pick a new plan or verify that they want to keep their current plan. We have also been able to assist those new to Medicare to get set-up with coverage.

Listing of Activities Since Last We Met:

New Outreach: "Food for Thought" This is a Facebook live activity. We have a volunteer present an easy to duplicate recipe while providing tips and instructions live. We have had two so far. On September 11th, our own Barb Pitkin showed us how to make a delish apple pie roll-up. On October 21st, Kathleen Peterson, in her new role as the Community Safety Educator, demonstrated a baked caramel apple treat. While creating her dish, Kathy also discussed the importance of safety in the kitchen.

We held a drive-in flu shot clinic on Sept. 25th. The event was manned by nurses from the VNA. In total, 55 people received a flu shot that day.

A Drive-Out Luncheon was held on October 2nd. This was a chance for staff to get out on the road and check in on our seniors while also delivering a fantastic grinder luncheon from Supreme Pizza. We got many phone calls of gratitude on this one and several people also reached out to Supreme Pizza to tell them how delicious their food was and how much they appreciated it. 53 lunches were served. We

were joined in the delivery project by First Selectman Rob Brule and library director Roz Rubinstein. Roz also brought along a supply of books to distribute.

On October 9th, Kathy and I went to Twin Haven Senior Apartments to take energy apps. 14 applications were completed. On October 15th, 21 applications were taken at AHEPA. Please note that these two sessions were held before we slipped backwards in the re-opening phases.

Our last outdoor activity of the season was held on October 14th. Attendees at our drive-in concert were treated to music by Ms. Janine. Janine also teaches her audience a bit of American Sign Language during her presentations. Everyone had a great time!

Activities & Programs

Ongoing "check-in" calls to vulnerable seniors

ZOOM Exercises

- **NEW!!** Mondays @ 9:30am Strength training
- 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" Monthly

Applications for Energy Assistance starting in September

Medicare Open Enrollment starting in October (Zoom or telephone)

Caregiver training (dementia/Alzheimer's) Series runs for 5 weeks (1xW) ZOOM with HHC Center for Healthy Aging (11/10, 11/17, 11/24, 12/1 & 12/8)

TURKEY TROT – November 1- 25 \$15 for a T-shirt

Pet Palooza – November 20th @ 1pm ZOOM

Nutcracker BINGO – December 11th (Facebook Live)

Drive-Thru Luncheon – Wednesday, December 16th - Courtesy of WYFSB & Filomena's

CT Senior Center Holiday Bash – December 18th - Zoom

Holiday Baskets - Must register at WYFSB Nov 1- Dec 18 for holiday baskets

2021 TRIPS: Painted Canyons of the West (6/6/21), Alaskan Cruise (8/27/21), Costa Rica (10/4/21), Lancaster (10/6/21)