



Town of Windsor  
Commission on Aging and Persons with Disabilities  
Regular Meeting  
October 6, 2020

## **OFFICIAL MINUTES**

**Commissioners Present:** Kathy Roby, Marsha Brown, and Charles Copeland

**Commissioners Excused:** Sharon Gauthier

**Commissioners Unexcused:** None

**Liaison Present:** Rebecca Joyce

**Also Present:** N/A

**Called to order** at 7:04pm by Chairperson Kathy Roby

**Communication from Commissioners:**

New Commissioner, Charles Copeland, introduced himself to the group.

**Communication from Liaison:** Liaison Joyce provided an update on the Senior Center's plan to slowly and safely reopen. She also provided an update on the Seniors' Flu Shot Clinic and Health & Wellness Bag Grab n' Go as well as the additional dates for upcoming flu shot clinics being offered by the Town of Windsor Public Health Department.

**Communication from the Public:** N/A

**Approval of the Minutes from the September 1, 2020 Regular Meeting and the September 22, 2020 Special Meeting:**

This has been tabled until the November meeting.

**Old Business:**

**Introduction of new members, discussion of open positions, reappointments, and promotion of COAPD**

Chairperson Roby welcomed one of the new commissioners, Charles Copeland. Commissioner Gauthier was unable to attend.

Currently, there is no need to promote the COAPD as there was a very positive response to the article posted in the Windsor Journal and new members are being appointed. Right now, there are enough commissioners to continue to hold meetings. Liaison Joyce and Chairperson Roby have a meeting set up with Commissioner Gauthier and are working to schedule a meeting with Commissioner Copeland to provide orientation. This should be complete before our next meeting in November.

**Follow up on Development/Scheduling/Presentation of:**

**“Depression/Anxiety/Isolation”, “Facts not Fiction in COVID19, Make the most of your TELEHEALTH MD visit, Hand Hygiene: “Clean Hands Saves Lives”, Flu Season: Immunization Facts/Clinic info**

Chairperson Roby provided a brief background for Commissioner Copeland on the current project the COAPD has been working on. Ms. Roby explained that she connected with WIN TV, and recorded her voice reviewing important documents on the topics of “Facts not Fiction for COVID19”, making the most of your telehealth visits, hand hygiene and flu season. WIN TV will post as a filler on their channel and will plan to run the recordings through January. Chairperson Roby will connect with WIN TV around the holidays to determine if the recording should run longer into the New Year.

Regarding the topic/presentation of “Depression/Anxiety/Isolation”, Commissioner Brown reached out to Spectrum Psychotherapy Centers, LLC, located on Mechanic Street, Windsor. She connected with Dr. Penta, a psychologist, who mentioned that a social worker reach out to Commissioner Brown to discuss this topic further.

She also mentioned an article she found on healthguide.org regarding **Dealing with Depression During Coronavirus** - In the midst of the global COVID-19 pandemic, it’s easy to feel overwhelmed by hopelessness and despair - these tips can help improve your mood and ease depression. She suggested sharing this article. This topic will be discussed further during the November meeting.

**New Business:**

**None at this time. The topic of the AT RISK List will be added to the November meeting agenda.**

**Motion to adjourn the meeting:**

A motion to adjourn the meeting at 7:37pm was made by Commissioner Brown and seconded by Commissioner Copeland. The motion passed 3/0/0.

Respectfully Submitted,  
Rebecca Joyce