



Town of Windsor  
Commission on Aging and Persons with Disabilities  
Regular Meeting  
November 4, 2020

**OFFICIAL MINUTES**

**Commissioners Present:** Kathy Roby, Marsha Brown, Charles Copeland, Sharon Gauthier, and David Pekarski

**Commissioners Excused:** None

**Commissioners Unexcused:** None

**Liaison Present:** Rebecca Joyce

**Also Present:** N/A

**Called to order** at 7:09pm by Chairperson Kathy Roby

**Communication from Commissioners:**

New Commissioners, Charles Copeland, Sharon Gauthier, and David Pekarski introduced themselves to the group.

**Communication from Liaison:** Liaison Joyce provided an update on the Senior Center and that it is now offering activities indoors at the center, as well as virtually, over the phone, and via a hybrid model (in person and via Zoom). She mentioned the recent outdoor activities but noted that, due to the weather becoming cooler, those will no longer be offered at this time. She also mentioned important items that have been added to the newsletter such as the Friendship Line and the Well Connected programs. Lastly, she mentioned that the Veterans' Breakfast, scheduled for Thursday, November 5<sup>th</sup>, has 15 people signed up to attend.

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

**Approval of the Minutes from the September 1, 2020 Regular Meeting, the September 22, 2020 Special Meeting, and the October 6, 2020 meetings:**

A motion to approve the minutes from the September 1, 2020 Regular Meeting, the September 22, 2020 Special Meeting, and the October 6, 2020 Regular Meeting was made by Commissioner Brown and seconded by Chairperson Roby. The motion passed 3/0/2.

**Old Business:**

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

Chairperson Roby welcomed the new commissioners, Sharon Gauthier and David Pekarski. We reviewed the current list of members with 3 Democratic Members, 1 Alternate Democratic Member, and 1 Unaffiliated Member. Currently, there are two open positions, 1 Republican Member and 1 Alternate Republican Member. Liaison Joyce noted that she was informed these positions were being filled.

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.

**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 the new Commissioners on the project the COAPD had worked on. Ms. Roby explained that she connected with WIN TV, and recorded a voice over 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 has aired as a filler on their channel and will plan to run the recordings through January. Liaison Joyce will touch base with WINTV to ensure that they run through the New Year.

Regarding the topic/presentation of “Depression/Anxiety/Isolation”, Commissioner Brown provided Centers, LLC, located on Mechanic Street, Windsor. She connected with Dr. Penta, a psychologist, who mentioned that a social worker would reach out to Commissioner Brown to discuss this topic further. She has had difficulty securing a speaker to present on this topic. This presentation has evolved which is explained under New Business – Ted Talks.

**New Business:**

**Social Services At Risk List**

Liaison Joyce provided additional information regarding the At Risk List. She mentioned that Social Services Coordinator, Jasmine Hall, stated that information on the program is listed on their website and also provided the link to register for the At Risk List, that clients are assessed during meetings with caseworkers and added to the list at that time, that flyers are posted in the department as well as in the Food Bank, and that caseworker Maggie Goodman continues to make phone calls to those currently on the list.

A discussion ensued. Commissioner Gauthier stated that often times, seniors will receive a phone call and will not be forthcoming regarding issues they may be experiencing and that it may be best to visit their homes to check on them physically rather than making a phone call. She also mentioned the hearing impaired and how do we know we’re reaching that population. The commission discussed this and their recommendation is that possibly Social Services or Social Work Students could provide Community Wellness Visits. Liaison Joyce will connect with Social Services Coordinator, Jasmine Hall, to discuss this further and to get more information on the possibility of this. Although some concerns were raised such as going to/into people’s homes (have to have a specific degree/training) and especially concerns regarding the pandemic and the health risks at this time.

**Ted Talks with presentation on the following topics: Spending the Holiday Alone, How to Deal with the Holidays, All the Lonely People, Coronavirus: Coping with the COVID19 Anxiety and Isolation, Dealing with Isolation and Anxiety in the Pandemic (Option of using WINTV)**

Through discussion during this meeting, the idea for a presentation on the topic of “Depression/Anxiety/Isolation”, has evolved into providing an intro or recap of a TED Talk via WINTV. Liaison Joyce will assist Commissioner Pekarski, send him the list of potential TED Talks that Chairperson Roby sent to the group, for his review and then work with him and WIN TV to possibly present on their channel throughout the holiday season and via Zoom through Senior Services in January.

**Discussion regarding possible material projects to be requested from town: repair floor cracks/open areas in back hall/elsewhere, push button opener for bathrooms by gym, Braille added to all signs, replace all round knobs**

Chairperson Roby explained to the group that the COAPD often times works on physical projects for improving the lives of seniors and persons with disabilities. She mentioned that there are some physical improvements that can be made at the LP Wilson Community Center. She will work with Liaison Joyce who will provide a list to Paul Norris, Director of Recreation and Leisure Services.

**Motion to adjourn the meeting:**

A motion to adjourn the meeting at 8:00pm was made by Commissioner Copeland and seconded by Commissioner Gauthier. The motion passed 5/0/0.

Respectfully Submitted,  
Rebecca Joyce