



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
January 5, 2021

OFFICIAL MINUTES

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

Commissioners Excused: Charles Copeland

Commissioners Unexcused: None

Liaison Present: Liaison Excused

Also Present: Amy Silliman-Avedisian

Called to order at 7:00pm by Chairperson Kathy Roby

Communication from Commissioners:
None

Communication from Liaison: None

Communication from the Public: N/A

Approval of the Minutes from the December 1, 2020 meeting:
Tabled to February meeting as minutes not in hand for review

Old Business:

Holiday Anxiety/Depression PSA Final Follow Up

PSA to run thru end next week; thanks to Commissioner Pekarski for his work on this project

Follow up on 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

Report from Liaison Joyce that she has a meeting today with Rich Henderson, Recreation & Leisure Department, to continue working on this and will report to group next month.

Winter Storm Preparation:

American Red Cross videos/materials

The group would like to use this in two ways: first, Commissioner Gauthier will create a script, approximately 45 seconds long, with 3-4 slides, to direct folks to the Senior Services website for links to the videos and to review the checklist for the Go Bag. Second: the Commission would like the checklist and slides created by Commissioner Gauthier to be available and delivered with CRT meals/other ways to distribute to seniors.

Selection/Distribution

The winter checklist and list of videos

COVID Vaccine Fact vs Fiction search reports

Commissioner Pekarski shared the NIH info and the group discussed the COVID poster. The Commission would like to add this poster sheet to the winter checklist mentioned above as a hand out. Commissioner Pekarski is going to write up 3-4 bullets to go along with each item on the COVID Poster and present it as a PSA to promote the vaccine when the clinics are available to the public for seniors. Clinic dates will also be included.

New Business:

Windsor Health Department COVID Clinics

The group discussed the clinics that the Health Department has completed and Commissioner Roby shared a description of the space set up and how the clinic was rolled out. The group agreed that when clinics are available to seniors in general, they would like to create a PSA with Public Health Nurse, Jennifer Waldo, to describe the when/where/how, etc. Chairperson Roby will coordinate this with Ms. Waldo.

Volunteer Opportunities (Fitness Center Monitors)

Chairperson Roby reviewed the role of the monitor and Sharon will contact Rebecca to discuss this item further.

Resource List for Social Workers

Commissioner Brown will continue to follow up on this topic and report to the group during the February meeting.

Potential Long Term Care & Senior Resources Program (spring)

Two items were discussed on this topic:

- **The Senior Resources Booklet Liaison Joyce shared with the group:** the Commission agreed that they would like for this to be updated for distribution in Windsor. Once updated, the Commission would like to see it available in two formats - both online on the Senior Services website and hardcopy to distribute in the Center, at the libraries, etc.

- **A Program on Long Term Care and senior resources to be offered as a series of 3 online sessions on this topic (20-25 min presentation with Q&A).**

Session I: Commissioner Gauthier will connect with an Elder Law Attorney and schedule a session on planning for needs, resources etc.

Session II: (CCCI to share what the State Community Based Services/Adult Foster Program, etc. has to offer. Chairperson Roby will work on making the connection and report back to the group.

Session III: Schedule a Gerontologist to discuss services for safe, positive aging. Select a physician who knows aging, counseling services, etc. Commissioner Gauthier will present during this session as she is a certified gerontologist. We would like to set target dates for the end of March, mid-April and early May.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 8:00 pm was made by Commissioner Gauthier and seconded by Commissioner Pekarski. The motion passed 3/0/0.

Minutes recorded by Chairperson Roby.

Respectfully Submitted,
Rebecca Joyce