



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
December 1, 2020

OFFICIAL MINUTES

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

Commissioners Excused: None

Commissioners Unexcused: Sharon Gauthier

Liaison Present: Rebecca Joyce

Also Present: N/A

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

Communication from Commissioners:

None

Communication from Liaison: Liaison Joyce provided an update on the Senior Center and that, due to the recent Governor's recommendations, and for the safety and well-being of all involved, facemasks must now be worn in the Fitness Center and while attending indoor exercise classes. The tables in the Senior Center café have also been spread out to at least 10 feet apart to allow for maximum social distancing. She also mentioned that the UCONN Nursing Presentations have been recorded, sent to WINTV, edited, and that they will air throughout the holidays. Virtual Tai Chi classes (via Zoom) will begin in January so Liaison Joyce asked the Commission to help spread the word on that.

Communication from the Public: N/A

Approval of the Minutes from the November 4, 2020 meeting:

A motion to approve the minutes from the November 2, 2020 Meeting was made by Commissioner Pekarski and seconded by Commissioner Brown. The motion passed 4/0/0.

Old Business:

Follow Up on Presentation of: "Depression/Anxiety/Isolation and the PSAs: "Fats not Fiction in COVID19, Make the most of your TELEHRALTH MD visit, Hand Hygiene: "Clean Hands Saves Lives", Flu Season: Immunization Facts/Clinic info

Liaison Joyce confirmed that the PSA's that Commission created will be aired on WINTV will be shown through the holidays. At this time, the Commission is working on submitting a TedTalk, with introduction by the Commission, to WINTV which addresses the topic of COVID-19 anxiety and isolation.

TED TALKS: possible topics - Spending the Holidays Alone, How to deal with the holidays, All the Lonely People, Coronavirus: Coping with the COVID 19 Anxiety and Isolation, Dealing with Anxiety and Isolation in the Pandemic (Option of using WIN TV)

Commissioner Pekarski created a PowerPoint presentation as an introduction to the TedTalk - Coronavirus: Coping with the COVID-19 Anxiety and Isolation. He also included resources for those who remain at home or may be in need at this time. He will send the PowerPoint to Liaison Joyce who will then work with WINTV to have the presentation aired on their channel.

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

Liaison Joyce provided an update. She has presented the information to Paul Norris, Director of Recreation & Leisure Services. She also provided an update that the push buttons scheduled to be installed in the back bathrooms at LP Wilson in the spring of 2020 is on hold due to COVID-19 and the company being closed at this time.

New Business:

How can the Commission help with the coming Vaccination Process? I.e.: getting info out to public when available, maybe PSAs on when/where/how vaccinations will be done, etc.?

Chairperson Roby began the discussion regarding possible ways the Commission can help with the upcoming vaccination process and getting information out to the public. A discussion ensued including potentially creating PSA's with dates/times of clinics and other related information. The group will take the month of December to pull together information and come up with ideas. The group will discuss this again in January. In the meantime, each Commissioner will research various websites including the CDC and the National Health Institute websites for more information.

Emergency Preparations for Winter Storms

Chairperson Roby began the discussion and asked if there are any presentations planned at the Senior Center regarding Emergency Preparedness. Liaison Joyce explained that this topic has been offered in previous years but that there aren't any programs scheduled this year at this time however would be happy to provide this information again to the community. Chairperson Roby mentioned the information found on the American Red Cross website landing page such as a storm preparation checklist. Liaison Joyce will look into distributing the checklist via the Senior Center webpage, to those that currently come to the center, through email blast, and via the home delivered meal bags.

Chairperson Roby asked the Commission for ideas for upcoming meetings and potential projects for the spring. Commissioner Brown mentioned the Long Term Care program that the group had presented in the past. She would like to continue to spread the word on resources for the elderly and persons with disabilities that they may not be aware of. The group will discuss this topic further during the January meeting.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 7:45pm was made by Chairperson Roby and seconded by Commissioner Brown. The motion passed 4/0/0.

Respectfully Submitted,
Rebecca Joyce