



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
February 2, 2021

OFFICIAL MINUTES

Commissioners Present: Kathy Roby, Marsha Brown, Charles Copeland

Commissioners Excused: Sharon Gauthier and David Pekarski

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: Amy Silliman-Avedisian

Called to order at 7:07pm by Chairperson Kathy Roby

Communication from Commissioners:
None

Communication from Liaison: None

Communication from the Public: None

Approval of the Minutes from the December 1, 2020 and the January 5, 2021 meeting:

A motion to approve the minutes from the December 1, 2020 Regular Meeting and the January 5, 2021 Regular Meeting was made by Commissioner Brown and seconded by Commissioner Copeland. The motion passed 3/0/0.

Old Business:

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 – Rebecca Joyce and Rich Henderson walked LP Wilson and created two lists – entrances for public use and those that staff and volunteers utilize. Lists for Braille signs also submitted. The dips in the flooring at the end of the hallways will be repaired, as well.

Winter Storm Preparation: American Red Cross videos/materials

Tabled until next meeting. Liaison Joyce will touch base with Commissioner Gauthier prior to March meeting.

COVID Poster: Review with Liaison if this can also be distributed thru the same means

Liaison Joyce will check with Chairperson Roby and distribute the information.

COVID Vaccine Fact vs Fiction search reports

Commissioner Pekarski to present the script for proposed PSA Script to promote the vaccine clinics

Commissioner Pekarski was unable to attend the meeting. This topic will be discussed during the next meeting. The group approved the PSA Script that he send via email. They would like for it to be posted on WINTV prior to next meeting. Liaison Joyce will connect with Commissioner Pekarski and WINTV.

New info regarding clinic registrations (Chairperson Roby)

Chairperson Roby mentioned that the Department of Public Health is putting together a listing of those 75+, that don't have help from family and friends, in order to connect with to assist in registering them for the COVID Vaccine. Liaison Joyce mentioned that Senior Services is assisting those in need of help in registering for their COVID Vaccine appointments.

MSW Resource List: Commissioner Brown will present information she has gathered

Commissioner Brown has not had any success with this. She mentioned that her original thought was to provide tips on coping during the pandemic and that she would present this information in a virtual setting. She will report on this during the March meeting.

Volunteer Opportunities (Fitness Center Monitors)

A discussion ensued regarding volunteering at the Senior Center. Commissioner Copeland mentioned that announcements could be posted at First Church in Windsor and at most churches. He also mentioned that often High School Students and Loomis Chaffee students need to perform volunteer services in order to graduate. Liaison Joyce will provide a list of volunteer opportunities at the Senior Center.

New Business:

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. Liaison Joyce will try to get an electronic copy of the booklet and provide to the group. Commissioner Brown will provide requirements for font size, print type, etc. 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).**

The group would like to schedule a zoom meeting to be held in the Senior Center (including a Q&A session) and recorded by WINTV. If possible, they would like it to be presented live.

Commissioner Copeland also mentioned potentially presenting this on Facebook Live which he does for his church. A discussion ensued about videos on demand and that many people like to be able to watch things at their leisure "on demand". Liaison Joyce also mentioned that WINTV has videos On Demand.

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. Chairperson Roby mentioned CT Community Cares, LLC, Gayle Kataja and Sherry Ostrout which provides home and community based services and a homecare for elders program.

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. Due to timing of Senior Center newsletter, could potentially hold presentations in April, May & June.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 7:55pm was made by Commissioner Brown and seconded by Commissioner Copeland. The motion passed 3/0/0.

Respectfully Submitted,
Rebecca Joyce