



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

OFFICIAL MINUTES

Commissioners Present: Kathy Roby, Marsha Brown, David Pekarski

Commissioners Excused: Sharon Gauthier

Commissioners Unexcused: Charles Copeland

Liaison Present: Rebecca Joyce

Also Present: None

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

Communication from Commissioners:

None

Communication from Liaison: Liaison Joyce provided an update on Senior Services including an update on the COVID Vaccination Appointment Assistance offered through the Senior Center and the upcoming Caring Connection program via Zoom. She asked the Commission to help her promote this program. Commissioner Roby suggested having it recorded and presented on WINTV. She also offered to assist with creating a PSA to be presented on WINTV with testimonials from previous customers like herself. Liaison Joyce will reach out to Jenny, WINTV, and invite Cheryl Rosenbaum to attend a future meeting to discuss this topic.

Communication from the Public: None

Approval of the Minutes from the February 2, 2021 meeting:

A motion to approve the minutes from the February 2, 2021 Regular Meeting was made by Commissioner Pekarski and seconded by Commissioner Brown. The motion passed 3-0-0.

Old Business:

- Winter Storm Preparation: ARC videos/materials

Liaison Joyce reported that the winter storm prep materials were sent out via email blast and Chairperson Roby mentioned that she will provide summer storm preparation materials to be distributed in the near future.

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

Liaison Joyce confirmed that the COVID poster was distributed in with the CRT Lunch bags.

- COVID Vaccine slides for WIN TV PSA (Commissioner Pekarski)

Changes to the PSA were discussed and confirmed. Commissioner Pekarski will update the PSA. Liaison Joyce will connect with Commissioner Pekarski and WINTV.

- New info regarding clinic registrations (Chairperson Roby)

Liaison Joyce provided an update on Senior Services assisting those in need of help in registering for their COVID Vaccine appointments. To date, over 50 appointments have been scheduled. Commissioner Roby suggested drafting a letter and mailing it to local doctor's offices in Windsor. She suggested that Senior Services draft the letter and mentioned that she would provide the list of local doctor office. Liaison Joyce mentioned that she would connect with Jeni Waldo, Windsor Public Health Nurse, on this topic. A discussion ensued. Liaison Joyce will draft a letter should we move forward with this.

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

Commissioner Brown connected with Social Services Caseworker Maggie Goodman who also suggested that Commissioner Brown touch base with Sarah Maffiolini, Youth Services Bureau. A discussion ensued including the topic of coping with depression and anxiety during the pandemic. The idea of holding an ongoing roundtable/monthly zoom call was presented. This would give individuals who join the opportunity to connect with one another and "check in" on a regular basis. The Commission also suggested that this program have a moderator and suggested topics/provided resources. This would not just be held for seniors but individuals of all ages. Liaison Joyce mentioned that she would connect with the Windsor Social Services Department to present this idea, see what their thoughts are, and potentially designate a moderator for this monthly program.

- Volunteer Opportunities (Fitness Center Monitors)

Liaison Joyce noted that there are always volunteer opportunities in the Senior Center and that interested individuals should reach out to 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: Liaison Joyce noted that she reached out to her contact in Enfield to obtain an electronic copy of the booklet and was unsuccessful. She will reach out again. Hopefully we can begin work on this soon. 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 is planning 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.

The idea of hosting this as a hybrid program (both on site at the Senior Center and via Zoom) was discussed and agreed upon.

Session I: Commissioner Gauthier will connect with an Elder Law Attorney and schedule a session on planning for needs, resources etc. Since Commissioner Gauthier was absent, Chairperson Roby will get the required information from her to move forward.

Session II: Chairperson Roby reviewed this portion of the series - Krista Moreu, Director of Clinical Operations, CT Community Care, will provide the topic of "Community Supports to Help You Age in Place". Presentation slides have been reviewed and discussed.

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. Chairperson Roby will request the Commissioner Gauthier send information to Liaison Joyce.

Once all of the presentation information is gathered, information will be send to Commissioner Pekarski to create the promotional flyer. Dates have been set for Wednesdays, May 5, 19 and June 2 at 1:00pm in the Windsor Senior Center cafeteria and via Zoom. Liaison Joyce will connect with WINTV.

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