



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
April 6, 2021

OFFICIAL MINUTES

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

Commissioners Excused: Charles Copeland

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: None

Called to order at 7:20pm by Chairperson Kathy Roby

Communication from Commissioners:

Chairperson Roby introduced the new Commissioner, Linda Massa. Commissioner Massa gave a brief description of her background and why she was interested in joining the group. She has an extensive background in the nursing field and a great deal of experience in working with the elderly. She is also a certified geriatric nurse.

Communication from Liaison: Liaison Joyce provided an update on Senior Services and mentioned the free, 24 week grant program "Tai Ji Quan Moving for Better Balance" that is now being offered beginning on April 26. She also noted that Senior Services is resuming its outdoor activities including the Trailriders Biking Club, the Hiking Club and outdoor Pickleball will resume, as well. She also announced that the new Part Time Staff member, Stephanie Famiano, started in the Senior Center on Wednesday, March 31, and is doing a great job so far.

Communication from the Public: None

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

A motion to approve the minutes from the March 2, 2021 regular meeting was made by Commissioner Gauthier and seconded by Commissioner Massa. The motion passed 4/0/0. Commissioner Pekarski was having trouble connecting and was not able to vote for approval of the minutes.

Old Business:

- Winter Storm Preparation: ARC videos/materials

This topic will be added to the September agenda to discuss distribution of materials in the fall.

- Commissioner Gauthier to report on and share her PSA slides

Tabled for further discussion.

- COVID Vaccine slides for WIN TV PSA (Commissioner Pekarski) Follow up from Liaison Joyce regarding Health Department review

Liaison Joyce sent updated presentation to the Town Manager's Office and the Health Department for review and received confirmation back from both. She emailed WINTV and is waiting to hear back in order to have the presentation aired on their channel.

- Vaccine Outreach to Windsor minority populations: Commissioner Brown
- Hispanic Outreach: Commissioner Massa

Commissioner Brown drafted an outreach letter and flyer to be distributed to local faith based organizations which includes information on town services in place regarding the COVID vaccine. She also provided mailing labels to Liaison Joyce in the Senior Center. The letter and flyer were sent to the Town Managers Office and the Health Department for review.

Commissioner Massa is working on having the letter and flyer translated to Spanish, as well. She will provide copies to Liaison Joyce who will include all copies in with the mailings.

- Senior Services Spring Program – Finalize all details:

Speakers have been confirmed for all three sessions to include Session I: Rebecca Hajosy, Esq. Eldercare Attorney who will speak on documents needed to support families in decision making during a crisis; Session II: Krista Moreu, Director of Clinical Operations, CT Community Care, will provide the topic of "Community Supports to Help You Age in Place"; and Session III: Commissioner Gauthier, Certified Gerontologist, will speak on the concerns with dementia and tools people can use to identify issues with memory, what they can do to support their care needs Liaison Joyce will provide the flyer to the group and will be marketing this program via the Senior Center newsletter, social media, the town website, press release, and email blast.

A meeting will be set up with Jenny Hawran, WIN TV, to determine how to best present this program. At this point, the program will follow a hybrid format which will allow participants to attend in person at the Senior Center or via Zoom.

- Senior Resources Booklet (Enfield): Liaison Joyce

Liaison Joyce reached out to the Senior Services Manager in Enfield to request a template of this booklet for the Commission to follow/update for Windsor residents. She reported that, in the meantime, the manager had resigned so she followed up with a message to her replacement. She was still waiting to hear back.

New Business:

Potential New Program: Relieving Caregiver Stress

The Commission is interested in further discussions on the topic of caregiver related stress. A discussion ensued. Commissioner Gauthier mentioned that Nora Duncan, State Director of AARP, had spoken about this topic on her radio show in the past. Liaison Joyce mentioned that prior to the COVID pandemic, the Windsor Social Services Department held a Caregiver Support Group. She will inquire about the current status of this and report back to the group.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 8:05pm was made by Commissioner Pekarski and seconded by Commissioner Brown. The motion passed 5/0/0.

Respectfully Submitted,
Rebecca Joyce