



Town of Windsor  
Commission on Aging and Persons with Disabilities  
Special Meeting  
June 8, 2021

## OFFICIAL MINUTES

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

**Commissioners Excused:** Charles Copeland

**Commissioners Unexcused:** None

**Liaison Present:** Rebecca Joyce

**Also Present:** None

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

**Communication from Commissioners:**

None

**Communication from Liaison:** Liaison Joyce provided an update on Senior Services.

**Communication from the Public:** None

**Approval of the Minutes from the May 4, 2021 meeting:**

A motion to approve the minutes from the May 4, 2021 regular meeting was made by Commissioner Gauthier and seconded by Commissioner Brown. The motion passed 5/0/0.

**Old Business:**

**- Senior Services Spring Program – UPDATE**

Chairperson Roby noted that the Senior Spring Series went really well. All three of the presenters did an excellent job on their portion of the presentation. Sharon Gauthier presented the last session and 13 people were in attendance on Zoom and in person. A big thank you goes to WINTV for recording the series and posting it on their sites. Liaison Joyce will confirm with Jenny, WINTV, where the program can be accessed so that Senior Services can continue to promote viewing of the three part program.

**- Senior Resources Booklet**

Chairperson Roby mentioned that she will be sure to send out portions of the resource booklet over the summer break for the group to review and to begin to make edits to.

**New Business:**

**- Caregiver Stress Relief Programs: New or promote existing?**

Liaison Joyce shared information on a Caregiver Support Groups, virtual memory café, and caregiver series through Hartford Healthcare with the group via email.

Commissioner Gauthier noted that Mary's Place provides a Bereavement Support Group and is more for those who have suffered a loss. She mentioned that she would contact Nora Duncan, AARP, and report back to the group.

Liaison Joyce mentioned that she would try to gather more information in her roundtable discussions and through the annual survey to gauge what seniors may be interested in for support groups and if there is a need for more to be offered at this time. This topic will be discussed further when the group resumes later in the year.

#### **- What will our focus be for the 21-22 year?**

Commissioner Gauthier suggested a special event to encourage people to get back together. A "relaunching back into society" event. The group discussed scheduling a social gathering and schedule an event that focuses more on specific topics of health & well-being including mental health, physical health, etc. A discussion ensued. The group would like to reserve rooms at LP Wilson and serve refreshments. The focus will be on reinventing ourselves. Suggestions included having a fitness instructor available and potentially information on various transportation services, as well.

The Senior Health Fair and Flu Shot Clinic was also discussed. Liaison Joyce noted that she inquired with the Health Department and was waiting to hear back on how they would like to handle that event this year. Of course, a flu shot clinic will be held but we are not sure how the Health Fair aspect will be approached. Last year, a "Grab n' Go" event was held in place of the usual in person vendor fair due to the pandemic. Either way, the group would like to be involved.

Chairperson Roby suggested holding a Health/Harvest Fair and including vendors with hot/cold apple cider, possibly farm stand vendors with farm fresh items, and Dunkin' Donuts items in the center for patrons. Commissioner Massa noted that The Bean here in town may provide refreshments and that she would connect with them.

Liaison Joyce will keep the group posted on the date moving forward.

Both of these discussions will continue when the group resumes in September.

#### **- Upcoming Meeting Dates, in person in or via Zoom?**

Liaison Joyce asked the group if they would like to continue to meet via Zoom or in person at Town Hall. A discussion ensued. Half the group prefers in person and some prefer via Zoom.

Liaison Joyce will ensure that the Ludlow Room is available in September to hold the meetings in and will check with IT on how to proceed with scheduling the Zoom meetings. She will keep the group posted.

The upcoming meeting schedule was also discussed. Liaison Joyce emails the annual meeting schedule out to the group in December. Chairperson Roby will not be available for the meeting in September. Another member will chair that meeting.

#### **Motion to change the date of the September meeting from September 7 to September 14:**

This motion was made by Commissioner Brown and seconded by Commissioner Gauthier. The motion passes 5/0/0.

#### **Motion to adjourn the meeting:**

A motion to adjourn the meeting at 7:57pm was made by Commissioner Gauthier and seconded by Commissioner Massa. The motion passed 5/0/0.

Respectfully Submitted,  
Rebecca Joyce