



Town of Windsor  
Commission on Aging and Persons with Disabilities  
Regular Meeting  
February 1, 2022

### **OFFICIAL MINUTES**

**Commissioners Present:** Kathy Roby, Marsha Brown, Marva Douglas, Sharon Gauthier, Linda Massa, and Dave Pekarski

**Commissioners Excused:** None

**Commissioners Unexcused:** Charles Copeland

**Liaison Present:** Rebecca Joyce

**Also Present:** None

**Called to order** at 7:02pm by Chairperson Kathy Roby

**Communication from Commissioners:**

Commissioner Brown made mention of the Agencies on Aging CT 2022 Legislative Priorities flyer that she distributed. A conversation ensued. The Commission discussed possibly extending an invitation to Representative Jane Garibay to our March meeting. This topic will be added to that agenda.

Chairperson Roby mentioned the Veterans' Benefits program that was offered at the Senior Center on Tuesday, January 25. The "Family Guide for the VA's Basic Pension with Aid and Attendance in Assisted and Independent Living" was the topic of discussion during this program. Chairperson Roby suggested a follow-up program at the Senior Center providing an overview of the several other benefits that Veterans may be unaware of. She suggested contacting to Senator Blumenthal or Senator Murphy's Office. Commissioner Gauthier mentioned that she has a contact who has retired from the VA and will gather more information. Commissioner Gauthier also mentioned that the Lion's Club is holding a Craft Show in May and that the COAPD should consider having a booth at the Craft Show. She also mentioned that organizations can set up a display in the CVS windows on Broad Street and that the COAPD should consider that, as well. Commissioner Gauthier will gather more information and Chairperson Roby and Commissioner Massa mentioned that they would be happy to help with these initiatives. These topics will be added to the March agenda.

**Communication from Liaison:**

Liaison Joyce provided an update on Senior Services and mentioned the programs that have been recently held and that are upcoming including the Easter Seals Balance Screenings scheduled at the Senior Center on February 15 from 10:00 AM to 12:30 PM, as well as the grant funded, 26 week, free fitness program Tai Ji Quan, Moving for Better Balance, and that the Senior Center will offer another round of the Aging Mastery Program, an evidence based, 10 week series providing tips and strategies on aging well.

**Communication from the Public:** None

**Approval of the Minutes from the January 4, 2022 meeting:**

A motion to approve the minutes from the January 4, 2022 meeting, was made by Commissioner Douglas and seconded by Commissioner Massa. The motion passed 6/0/0.

## **Old Business:**

### **Senior Resource Booklet**

The Commission discussed this topic further as some suggestions for additional changes were made. Commissioner Brown submitted her corrections that she felt needed to be made including the order of offerings in the Disability section and Liaison Joyce confirmed those changes had been made. Commissioner Pekarski will forward his additions to Liaison Joyce. Once the contacts are added, the booklet will be ready to send to print.

### **- Final approval from TMO**

Liaison Joyce had submitted the document to Helene in the Town Managers Office and it has been approved.

### **- Distribution Plan for hardcopy and electronic version**

Nothing has changed with the distribution plan from last month's meeting, however, Chairperson Roby did suggest that every contact listed in the booklet receive an electronic copy for distribution on behalf of the Commission.

### **Lion's Club – Vision Screenings – Update from Commissioner Gauthier**

Commissioner Gauthier confirmed that the Lion's Club Vision Screenings at the Windsor Senior Center is scheduled for Tuesday, May 24<sup>th</sup>. A planning meeting with Lion Cindy Daniels, Sharon Gauthier, and Senior Center Coordinator Rebecca Joyce is scheduled for Wednesday, February 2<sup>nd</sup>. More information will be provided at the March meeting.

### **Update on COVID Booster PSA created by the Commission**

Commissioner Pekarski will create the PSA slides and send to Chairperson Roby who will then schedule a time with WINTV to provide the voice over for the PSA.

### **Project/Program Ideas for spring 2022**

The group has decided that they have enough scheduled as far as programs and projects and that additional programs and projects for the fall will be discussed during the May meeting.

## **New Business:**

### **Independence Unlimited Program**

Commissioner Brown mentioned her conversation with Gary Allen, Independence Unlimited, who presented this program on Independent Living Aids at other senior centers. The presentation is a couple years old and needs to be updated. The group discussed how to deliver the program and decided that potentially a hybrid program, via Zoom and in person, at the Windsor Senior Center, in June, would be the best option. Chairperson Roby also suggested having WINTV record the program to air to the general public for more visibility. This topic will be discussed further at the March meeting.

### **Community Engagement Specialist to speak regarding disability rights**

This topic has been tabled and will be added to the March agenda.

### **AED requirement – Fitness Center**

Liaison Joyce provided an update that the Senior Center will be purchasing an AED for its Senior Fitness Center since it is now required to have one available in all Fitness Centers.

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

A motion to adjourn the meeting at 8:07pm was made by Commissioner Douglas and seconded by Commissioner Gauthier. The motion passed 6/0/0.

Respectfully Submitted,  
Rebecca Joyce