



Town of Windsor  
Commission on Aging and Persons with Disabilities  
Special Meeting  
September 12, 2023

**OFFICIAL MINUTES**

**Commissioners Present:** Kathy Roby, Amy Avedisian-Silliman, Marsha Brown, and Linda Massa

**Commissioners Excused:** None

**Commissioners Unexcused:** Marva Douglas and David Pekarski

**Liaison Present:** Rebecca Joyce

**Also Present:** None

**Called to order** at 7:25pm by Chairperson Kathy Roby

**Communication from Commissioners:** Commissioner Massa provided an update to the group on the pet food requests/delivery of pet food. She mentioned that she had received some requests over the summer months. Liaison Joyce noted that she would request that information on the availability of pet food and delivery be added back to the Senior Services monthly newsletter.

**Communication from Liaison:**

Liaison Joyce provided an update on Senior Services and what is currently happening at the Windsor Senior Center as well as an update on the status of the LP Wilson Pickleball Courts.

Chairperson Roby mentioned that she had spoken with John Karas, Editor of the local Windsor Journal, regarding an article that she would like to submit in order to explain the mission of the COAPD, as well as any vacancies. She mentioned that Mr. Karas will be happy to run an article, and went on to explain that he would like to do so with all Windsor Boards and Commissions. Chairperson Roby will submit the article once it is finalized.

**Communication from the Public:** None

**Approval of the Minutes from the June 6, 2023 Meeting:**

A motion to approve the minutes from the June 6, 2023 meeting was made by Commissioner Silliman-Avedisian and seconded by Commissioner Massa. The motion passed 4/0/0.

**Old Business:**

**Review of Resource Booklet – Update on Distribution**

Liaison Joyce confirmed that the booklets had been received and distributed to Town Hall and both Windsor libraries. She also mentioned that they were being distributed quickly right at the Senior Center and throughout LP Wilson. She also suggested that we reserve some copies to be distributed at the Annual Health & Wellness Fair coming up in October. This topic will be added to the October and November agenda for further discussion and review so that come springtime, the group will be ready to print and distribute additional copies.

**HeartSaver CPR Certification Course – June 12 – Recap**

Liaison Joyce provided a recap on the HeartSaver CPR Training that was offered at the Windsor Fire/EMS Building on June 12, 2023. She mentioned that it went very well and that there were about 7 people in attendance including herself and Commissioner Silliman-Avedisian. She also mentioned that Mr. Rosen sent her an email pertaining to a training specific to grandparents and that she would share that with the group prior to the next meeting.

**Presentation on “Elder Justice Hotline” with focus on purpose, access, etc. - Update**

Liaison Joyce was happy to report the date secured with the AG's office for this presentation to be held at the Windsor Senior Center. This presentation is scheduled for Wednesday, September 20, 2023 from 12:30-1:30pm.

**Flu/Virus Prevention – Coordinate with the Health Department on Education**

Chairperson Roby will connect with Jeni Waldo, Public Health Nurse, regarding updating the COAPD's PSA and insert the new date and time for the Senior Health Fair and Flu Shot Clinic coming up this fall. Once the slides are updated, they will be shared with WIN TV.

**Updates from Jane Garibay on the Homemaker Bill and other priorities for PH Committee**

Chairperson Roby mentioned that the bill that Representative Garibay had been working on did pass. She also provided information including the website where the group could find more information online.

**New Business:****2023 Senior Health & Wellness Fair – October 12, 2023**

Liaison Joyce noted that the date of the fair this year is Thursday, October 12, 2023 from 8:30am-1:00pm. She mentioned that she would have a booth for the COAPD set up and ready to go as in past years. Commissioner Massa and Silliman-Avedisian mentioned that they would be in attendance to man the booth and distribute COAPD materials including the booklets. Liaison Joyce is working on the vendor and volunteer lists as well as planning the entire event and is hoping for a great turnout this year. She also noted that the Windsor Health Department would likely be distributing flu shots in the main hallway this year. She asked that the Commission help her to spread the word.

**Motion to adjourn the meeting:**

A motion to adjourn the meeting at 7:50pm was made by Commissioner Silliman-Avedisian and seconded by Commissioner Brown. The motion passed 3/0/0. (Commissioner Brown was no longer on the call).

Respectfully Submitted,  
Rebecca Joyce