



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
April 2, 2024

OFFICIAL MINUTES

Commissioners Present: Kathy Roby, Lois Arsenault, Amy Silliman-Avedisian, Marsha Brown, Linda Massa, and Marva Douglas

Commissioners Excused: None

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: None

Called to order at 7:08pm by Chairperson Kathy Roby

Communication from Commissioners: Chairperson Roby mentioned the Journal Inquirer article of Tuesday, April 2, 2024 providing information on the Public Health Committee detailing bills that they are currently working on to improve the lives of seniors in Connecticut.

Commissioner Massa mentioned that on her recent trip to the Dominican Republic, at least 60 pounds of reading glasses were distributed thanks to the collaboration between Commissioner Douglas and Massa. During her time in the DR, Commissioner Massa reported that she completed assessments to determine the needs of individuals.

Commissioner Douglas mentioned that she would like to connect with staff of the Windsor Senior Center to schedule a program during May which is Mental Health Awareness Month. Liaison Joyce mentioned that she could connect with Stephanie Famiano, Senior Center Activity Specialist, to schedule programming.

Communication from Liaison:

Liaison Joyce provided an update on Senior Services including changes with the CRT Lunch program and the Senior Center's plan to supplement that program, updates with the check-in system for the Silver Sneakers program, approval of ARPA funding for Senior Services, the date for the AARP Carfit program, Military Appreciation Day, as well as the deadline for the upcoming Variety Show Entry Forms.

Communication from the Public: None

Approval of the Minutes from the March 12, 2024 Special Meeting:

A motion to approve the minutes from the March 12 Special Meeting was made by Commissioner Silliman-Avedisian and seconded by Commissioner Arsenault. The motion passed 6/0/0.

Old Business:

2024 COAPD Resource Booklet – update from Commissioners/next steps

Liaison Joyce recapped each Commissioner's section and verified that she had received updates from Commissioners Silliman-Avedisian, Brown, and Chairperson Roby.

Liaison Joyce will forward the email to Commissioner Douglas with the original Word document attached of the Resource Booklet. She will also begin formatting and secure the translator to convert the document into a Spanish

version before the end of April. It has been requested that all Commissioners submit their updated information at their earliest convenience. The plan is to have a final version by May, printed, and ready for distribution in June.

CVS Windsor Update – Commissioner Massa

Commissioner Massa mentioned that she had sent an email to Liaison Joyce with the contact information for the person who coordinates us of the CVS windows. Liaison Joyce will follow up with the contact to discuss the possibility of the COAPD providing a display in one of the windows. Liaison Joyce asked if there were any thoughts on what could be displayed in the window. Commissioner Douglas suggested connected with the WPS and provided the idea “Building Bridges with the Commission on Aging and Persons with Disabilities.” Another suggestion was to display pictures of each of the commissioners with one blank space to represent the open position. Liaison Joyce mentioned that she would make a connection with the WPS to inquire if they would be interested in helping with this project. This topic will be added to the May agenda for further discussion.

New Projects Discussion: Community Conversation with Representative Garibay, Fall Panel Discussion with NCAAA, CCCI, and DSS

Liaison Joyce mentioned the date for the upcoming presentation at the Windsor Senior Center with State Representative Jane Garibay.

Commissioner Brown provided information on the upcoming panel discussion to be held at the Windsor Senior Center. She confirmed the following speakers: Mairaid Painter with the Nursing Home Ombudsman, Maureen McIntyre from NCAAA, and Julie Evenstar from CCCI.

Liaison Joyce will provide 4 potential dates to hold this event at the Windsor Senior Center. A discussion pertaining to content of this event ensued. Liaison Joyce mentioned that we should also invite Cheryl Rosenbaum, Director of the Caring Connection. This topic will be added to the May agenda for further discussion.

New Business:

AARP Senior Planet - Commissioner Arsenault

Commissioner Arsenault spoke about the program & website for AARP’s Senior Planet and OATS programs. She noted that all programs are free but that donations are welcomed. She mentioned that the AARP Senior Planet offers a variety of programs including fitness programs and that OATS is available to provide technology assistance. She mentioned that potentially the Windsor Senior Center could host some of the virtual programs at the Senior Center and invite groups to attend. Liaison Joyce, Senior Services Coordinator, was very receptive and thankful for this idea.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 8:20pm was made by Commissioner Silliman-Avedisian and seconded by Commissioner Massa. The motion passed 6/0/0.

Respectfully Submitted,
Rebecca Joyce