



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
September 3, 2024

OFFICIAL MINUTES

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

Commissioners Excused: None

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: None

Called to order at 7:04pm by Chairperson Kathy Roby

Communication from Commissioners: Commissioner Arsenault highlighted a book written by a friend of hers, titled "Visited Mom Today." This friend authored the book after numerous visits with his mother, who suffered from Alzheimer's Disease. During a brief discussion, it was decided that Commissioner Arsenault will reach out to Stephanie at the Senior Center. They plan to explore the possibility of inviting the author to participate in the Alzheimer's Support Programming or to introduce his book at the Senior Center.

Chairperson Roby mentioned that the Town Council requested a calendar of upcoming events being offered by the group. Liaison Joyce will draft a calendar of upcoming events and send along to the Town Manager's Office for distribution.

Communication from Liaison:

Liaison Joyce provided an update on Windsor Senior Services, highlighting that September is Senior Center Month with the theme "Powering Connections." She introduced the new Windsor Mentor Connect Mentorship Program, designed to foster connections among members at the Senior Center, as well as the new monthly social event, **Golden Grooves and Moves**, created by a longtime Senior Center member. This program features music trivia, singalongs, and dancing. Additionally, she shared details about the upcoming Outdoor Adventure with LL Bean - Full Moon Hike, and the highly anticipated Homecoming Dinner Dance at the end of the month. Liaison Joyce also reminded attendees about the free fitness classes being offered from September 23-27. She noted the ARPA fund icon displayed next to programs funded through those grant funds and mentioned the Social Services newsletter insert included in the monthly Senior Center newsletter.

Communication from the Public: None

Approval of the Minutes from the June 4, 2024 Regular Meeting:

A motion to approve the minutes from the June 4, 2024 Regular Meeting was made by Commissioner Silliman-Avedisian and seconded by Commissioner Arsenault. The motion passed 6/0/0.

Old Business:

CVS Windsor Update – Commissioner Arsenault/Liaison Joyce

Commissioner Arsenault reminded the group that she had connected with Debra Delucia, the new contact from the FTDT. Ms. Delucia mentioned that the current occupants of the space are responsible for cleaning it out for the next group. She is actively working on making this happen.

Liaison Joyce will follow up with Heather Henderson from Loomis Chaffee to remind her about the COAPD's request for assistance. They may also schedule an online meeting for mid-to-late September to discuss project ideas and artwork. Fridays during the daytime are the preferred times for the group.

This topic will be added to the October agenda for further discussion.

“When Does a Bill Become Law” program with Representative Jane Garibay

The discussion regarding the educational program with State Representative Jane Garibay continued this month. Chairperson Roby provided a recap on the upcoming program scheduled for Friday, September 6, 2024 from 10:30-11:30am in the Windsor Senior Center. Chairperson Roby and Commissioner Silliman Avedisian will attend the program and WIN TV is confirmed to record the event.

Voter Rights Presentation – Access for all for absentee and on-site voting

Liaison Joyce reported that, as requested by the group, she had contacted the Windsor Registrar's Office and the League of Women Voters. She provided them with the program outline, the plan, and notes from the June meeting, seeking their assistance in offering this program at the Windsor Senior Center on behalf of the COAPD. Both organizations responded favorably. The group discussed potential dates and agreed that Thursday, October 3, would be the most suitable for the members. Liaison Joyce will follow up with all parties to finalize the schedule and will provide the details to Senior Center staff for inclusion in the upcoming Senior Center newsletter and marketing purposes.

Aging in Place Panel Discussion – Date Tuesday, October 15 9:30-11:30am

Regarding the fall panel discussion, “Aging in Place – How Do I Stay in my Home”, Chairperson Roby provided an update on the status of this program to be held at the Windsor Senior Center on Tuesday, October 15, 2024 from 9:30-11:30am. She confirmed that Jessica Hughes, Director of Clinical Operations at CCCI, Michael Plummer, also from CCCI, Maureen McIntyre from NCAAA, and Cheryl Rosenbaum from the Caring Connection are scheduled to present during this program. Liaison Joyce will provide the details to Senior Center staff for inclusion in the upcoming Senior Center newsletter and marketing purposes.

This topic will be added to the October agenda for further discussion.

Potential Dates for COAPD WIN TV Recording: Friday, October 4 or 18 anytime between 10:00am-12:00pm

The group deliberated on creating a Public Service Announcement (PSA) with WIN TV to raise awareness about the COAPD. They agreed that Friday, October 4 at 10:00 AM would be the most suitable time. Liaison Joyce will contact WIN TV to confirm their availability on this date. Liaison Joyce proposed an interview-style format for the recording, where the group would respond to questions to craft the informational session. Once the date is finalized, Liaison Joyce will update the group accordingly.

New Business:

2024 Senior Health & Wellness Fair

Liaison Joyce updated the group on the progress made in the planning stage for this year's event. She mentioned that there will be about 30 vendors, including some outdoor vendors. Liaison Joyce requested the group's assistance in manning a COAPD booth and directing traffic. Commissioners Massa and Silliman Avedisian confirmed their attendance.

Mental Health Program (Coping with Holiday Emotions)

The group reviewed the notes provided by Chairperson Roby and briefly discussed the potential program. It was suggested that the program be planned and held closer to the holidays. This topic will be added to the October agenda for further discussion.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 8:08pm was made by Commissioner Arsenault and seconded by Commissioner Douglas. The motion passed 6/0/0.

Respectfully Submitted,
Rebecca Joyce