



Town of Windsor
Commission on Aging and Persons with Disabilities
Special Meeting
October 8, 2024

OFFICIAL MINUTES

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

Commissioners Excused: Marva Douglas

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: None

Called to order at 7:01pm by Chairperson Kathy Roby

Communication from Commissioners: Commissioner Arsenault shared that during the September meeting, she had highlighted a book, *Visited Mom Today*, written by a friend of hers. The book reflects her friend's experiences visiting his mother, who had Alzheimer's disease. Commissioner Arsenault has since spoken with her friend about potentially giving a presentation on this topic at the Windsor Senior Center. She will work to schedule this program for after the New Year.

Commissioner Silliman Avedisian mentioned that she had spoken with an acquaintance who informed her about an upcoming program titled *Surviving the Holidays*, taking place at the Wintonbury Church in Bloomfield on October 20, 2024. She plans to attend and assess whether it could be a valuable program to present to the Windsor community in the future.

Chairperson Roby reported that during the taping of the COAPD educational video recently with WINTV, Commissioner Brown raised the topic of a previous COAPD project involving crosswalk flags placed around Windsor to assist all in safely navigating these crosswalks. Chairperson Roby and Commissioner Silliman Avedisian visited the locations to check on the flags and found that only the Elm Street location still had flags. There are a total of four locations. Chairperson Roby has been researching the origins of the project and who in town would be responsible for maintaining and replacing the flags. She has had discussions with Bridgette at DPW and the Windsor Police Department. Bridgette from DPW will follow up and provide additional information. This topic will be added to the November agenda for further discussion. Commissioner Brown emphasized the need for the COAPD to do more to raise public awareness and education on such initiatives.

Following up on a previous report, Chairperson Roby mentioned she is waiting for a return call from Mike, who oversees the Loomis Chaffee School Leadership Program. Mike will provide an update on when the video recording project, which involved interviews with local senior women over the summer, will be completed. Chairperson Roby would like to potentially show this video at lunchtime at the Windsor Senior Center as some of the participants were Senior Center patrons and she feels that this will be a very beneficial presentation. She expects to have more information to share with the group in November.

Communication from Liaison:

Liaison Joyce provided an update on Windsor Senior Services, noting that a new Senior Transportation Coordinator was recently hired as the current Coordinator, George Headley is retiring after 7+ years of service. She also provided an update on the upcoming Senior Health & Wellness Fair scheduled for Thursday, October 10, 2024 and reported that 34 vendors would be in attendance this year. It was confirmed that Commissioner Silliman Avedisian

and Massa would be representing the COAPD at the booth this year. Lastly, she distributed the Social Services newsletter for updates.

Communication from the Public: None

Approval of the Minutes from the September 3, 2024 Regular Meeting:

A motion to approve the minutes from the September 3, 2024 Regular Meeting was made by Commissioner Silliman Avedisian and seconded by Commissioner Arsenault. The motion passed 5/0/0.

Old Business:

CVS Windsor Update – Commissioner Arsenault/Liaison Joyce

Commissioner Arsenault reminded the group that she had been in touch with Debra Delucia, the new contact from FTDT, who informed her that the current occupants of the space are responsible for cleaning it out before the next group moves in. Chairperson Roby requested that Commissioner Massa collaborate with Commissioner Douglas on this project.

Liaison Joyce mentioned that Loomis Chaffee School students are currently at the Windsor Senior Center on Tuesday afternoons from 4-5 p.m. offering the *Unwired* program, and suggested that some of the students might be available to assist with this project during quieter times at the Senior Center.

This topic will be added to the November agenda for further discussion

“When Does a Bill Become Law” program with Representative Jane Garibay (Recap – Chairperson Roby)

Chairperson Roby mentioned that she was disappointed in the turnout for this presentation as well as the Voter Rights presentation. She also mentioned that she was impressed by both presenters, the information that they provided and that the program was very well done.

Voter Rights Presentation – Access for all for absentee and on-site voting (Recap – Chairperson Roby)

Chairperson Roby also noted the smaller turnout at this presentation. Liaison Joyce observed that it was a quieter morning at the Senior Center but appreciated that WINTV was there to record the session, ensuring it would reach a wider audience.

A discussion followed, during which Commissioner Brown raised the question, "What can we do now?" She suggested creating a handout to further assist attendees. Chairperson Roby mentioned that a mailer had already been sent out to residents. Commissioner Brown also pointed out that some individuals might require documents in large print, to which Chairperson Roby responded that there is an option to request documents in large print.

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

Regarding the upcoming fall panel discussion, *“Aging in Place – How Do I Stay in My Home?”* Chairperson Roby provided an update on the program, which is scheduled to take place at the Windsor Senior Center on Tuesday, October 15, 2024, from 9:30 to 11:30 a.m. She confirmed that the panel will include Jessica Hughes, Director of Clinical Operations at CCCI; Michael Plummer, also from CCCI; Maureen McIntyre from NCAAA; and Cheryl Rosenbaum from the Caring Connection.

Chairperson Roby requested that this information be shared through an email blast from the Windsor Senior Center to help attract a larger audience, as attendance at the previous two presentations in September and early October had been lower than expected. It was confirmed that Commissioners Brown and Arsenault will attend the event.

Commissioner Arsenault volunteered to provide the introduction for the presenters. Chairperson Roby will request brief bios for all of the presenters and share with the group.

2024 Senior Health & Wellness Fair

This topic was covered in Communications from the Liaison.

Mental Health Program (Coping with Holiday Emotions)

As mentioned in the Communication from Commissioner Silliman Avedisian, she plans to attend the *Surviving the Holidays* program at Wintonbury Church to assess whether it is something the group may want to pursue further. Commissioner Arsenault will reach out to the Windsor Social Services Department to determine if they have observed any trends related to mental health during the holiday season. She also intends to explore the *Blue Christmas* service at Immanuel Congregational Church, United Church of Christ, and will report back to the group with her findings. This topic will be added to the November agenda for further discussion.

New Business:

Review and Approval of 2025 Regular Meeting Schedule

The group reviewed the 2025 Regular Meeting Schedule provided by Liaison Joyce. Chairperson Roby called for a motion to approve the meeting schedule.

Motion to approve the 2025 Regular Meeting Schedule

A motion to approve the 2025 Regular Meeting Schedule was made by Commissioner Silliman Avedisian and seconded by Commissioner Arsenault. The motion passed 5/0/0.

Motion to adjourn the meeting:

A motion to adjourn the meeting at 7:50pm was made by Commissioner Massa and seconded by Commissioner Arsenault. The motion passed 5/0/0.

Respectfully Submitted,
Rebecca Joyce