



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

OFFICIAL MINUTES

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

Commissioners Excused: Marva Douglas

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: None

Called to order at 7:00pm by Chairperson Kathy Roby

Communication from Commissioners

Chairperson Roby welcomed our new Commissioner, Ms. Danette Brown. Commissioner Danette Brown briefly shared her background and explained her reasons for joining the Commission on Aging and Persons with Disabilities. With an extensive history of working with the older adult community, she expressed a strong commitment to supporting this population. The group is excited to have her join the team and looks forward to her contributions.

Commissioner Arsenault discussed the Windsor Community Bulletin Board Facebook group, highlighting it as a valuable platform for sharing information with the community. She suggested that members of the group could benefit from posting and sharing relevant programs and resources, including those from the COAPD. Commissioner Arsenault expressed her willingness to share details about the upcoming AARP Tax Aide educational program at the Senior Center on the site and emphasized the importance of using the platform to disseminate useful information moving forward. Commissioner Massa added that anyone interested can easily join the group to stay informed and engaged.

Commissioner Marsha Brown mentioned that she had attended the AgingCT Annual Conference recently at the Aqua Turf.

Chairperson Roby informed the group that a journalist from the *Journal Inquirer*, who had attended the November meeting virtually as a member of the public, reached out to her for further discussion regarding the Crosswalk Flags. She also mentioned that she and Liaison Joyce had met with the journalist to continue the conversation. Following that meeting, an article based on their discussion was published in the newspaper, and Liaison Joyce had shared the article with the group earlier in the day. Chairperson Roby reported that, based on a conversation she had with her, the Town Engineer is exploring the possibility of reinstalling the flags at the crosswalks in the town center and incorporating this initiative into the Traffic Calming Project. Commissioner Danette Brown inquired whether there had been any discussions about the long-term maintenance of the project, to which it was noted that such discussions have not yet taken place.

Communication from Liaison

Liaison Joyce provided an update on Senior Services, highlighting the variety of seasonal and holiday activities taking place at the center. She also reported that the installation of the new steam table at the LP Wilson Community Center was successfully completed, and the Congregate Lunch Program, now featuring meals provided by Juniper Homecare, is running smoothly. She also mentioned that the Windsor Senior Center Annual Survey will be emailed and available in the Senior Center soon, and all those who complete the survey will be entered into a drawing to win a gift card. Additionally, Liaison Joyce noted the inclusion of the Windsor Social Services insert in the December newsletter.

Communication from the Public

None

Approval of the Minutes from the November 12, 2024 Special Meeting

A motion to approve the minutes from the November 12, 2024 Special Meeting was made by Commissioner Silliman Avedisian and seconded by Commissioner Marsha Brown. The motion passed 5/0/1.

Old Business:

CVS Windsor Update

Commissioner Massa provided an update on the CVS window project and a discussion ensued. Liaison Joyce mentioned that she had reached out to her contact at Loomis Chaffee but had not finalized any arrangements yet. Similarly, Commissioner Silliman Avedisian had also reached out to the Windsor High School Art Department but had not received a response. Commissioner Massa added that she is unsure of the window's size and the logistics of accessing the space. Chairperson Roby suggested the group may want to meet with the contact from First Town Downtown to gain further clarity. Commissioner Danette Brown asked several questions, shared that she has some ideas for the project, and plans to report back at the next meeting.

Mental Health Program

Commissioner Arsenault shared information on several mental health and support initiatives, noting that the Social Services Department offers a Grandparent/Kinship Circle and the Senior Center hosts a Parkinson's Support Group. She also mentioned her conversation with Cheryl Rosenbaum, Director of the Caring Connection, who has tried a Caregiver's Support Group for families. Additionally, Commissioner Arsenault discussed support groups for individuals with an early dementia diagnosis and emphasized how stress and depression can lead to or mimic Alzheimer's disease. She suggested two potential initiatives: planning and hosting workshops focused on stress relief/caregiver stress, or developing a program to educate individuals on recognizing Alzheimer's, titled "Is It Alzheimer's?". A discussion followed, during which the group explored ways to provide support and resources for mental health. Ideas included reaching out to the Alzheimer's Association for information on regional support groups, creating an informational rack at the Senior Center dedicated to mental health and stress resources, and offering educational programs.

As a result of the discussion, Liaison Joyce will reach out to the Alzheimer's Association for educational materials and work on establishing a dedicated information rack at the Senior Center. Commissioner Arsenault will connect with Stephanie to potentially schedule a program on caregiver stress, early-onset Alzheimer's, and secure a physician to discuss the question, "Is it Stress?"

Crosswalk Flags

Topic was discussed in earlier communication. Please refer to the Communications from Commissioners section.

Windsor Resource Booklet 2025 Edition

Chairperson Roby introduced the project of updating the Windsor Resource Booklet for 2025 to Commissioner Danette Brown and requested the group's assistance with the task. The group discussed and assigned specific sections to each member for updating. All updates will be submitted by February 1, 2025. Liaison Joyce will send out the final version of the booklet from 2024 to the group to ensure everyone has the most current edition.

New Program Ideas for 2025 – Caregiver Support Group

The group decided to hold off at this time and focus on the ideas presented above related to Caregiver Stress and identifying and reducing stress.

New Business

Advisory Committee Member Request for Windsor’s Plan of Conservation and Development (POCD)

Chairperson Roby reminded the group that they had been asked to provide a representative from the COAPD to serve on this advisory committee. She mentioned that she had sent out an email requesting volunteers but had not received a response from anyone available to take on the role. As a result, Chairperson Roby will represent the group on the committee. She plans to attend the first meeting and will report back to the group afterward.

Program Announcements/Publicity

Chairperson Roby addressed the group regarding the process for program announcements and publicity, emphasizing that all announcements, promotions, and related materials must be coordinated through Liaison Joyce. This ensures consistency and accurate dissemination of information, streamlining communication and making sure all program details are properly shared with the community.

A discussion followed, during which Commissioner Danette Brown inquired whether the group has a Facebook page or website where recordings of educational workshops could be stored for future reference. Liaison Joyce will follow up with the IT department to explore this possibility.

New Program Ideas for 2025 – Fall Prevention/Balance Training

The group discussed potential new program ideas for 2025, focusing on fall prevention and balance training. Liaison Joyce mentioned that Lauri Volkert, Windsor’s Fire Marshal, just held a program at the Windsor Senior Center on Fire and Fall Prevention, and that we offer a grant-funded fall prevention and balance training program entitled Tai Ji Quan – Moving for Better Balance, which is now in its 5th season. She also noted that this is a very popular program, and participants are reporting positive results. A conversation followed in which the group suggested offering a Fall Prevention/Balance Training program as a series of events rather than just a single session to provide more comprehensive support. Commissioner Danette Brown shared that she has a potential physical therapist (PT) to contact about leading the program and committed to reporting back with updates at the next meeting.

Motion to adjourn the meeting

A motion to adjourn the meeting at 8:14pm was made by Commissioner Arsenault and seconded by Commissioner Danette Brown. The motion passed 6/0/0.

Respectfully Submitted,
Rebecca Joyce