

Haddam Committee on Aging Minutes
February 26, 2024
Old Town Hall

Chairman Mary Lou Heger opened the meeting with the Pledge of Allegiance at 10:00 am.

Attendance : Bob McGarry, Mary Lou Heger, Mike Farina, JoAnn Woickelman, Mary Lou Pierce, Thurston Clark, Marge DeBold, Robert Waller, Kaye Burgess Doreen Staskelunas, Wayne Ruttty, Becky Rice, Ron Pellerin, Mark Lundgren, Jen Favalora

Minutes From our last meeting were approved by the Committee, with object by Thurston Clark.

Election of officers Bob McGarry reiterated the timing history of the officer designation for the town, he noted the Charter doesn't specify when the COA elections must take place but it might be better to have it in sync with the appointment of members. Recommendation held by the Committee to reverse December's election for chairman and continue review of the COA bylaws.

First Selectman's Report Items to report on included the swing bridge in Tylerville nothing new. Roundabouts construction will begin on exit 7 this spring. Rossi property in Higganum center referendum on Sale March 5th. Jeremy DiCarli has favorable input of the developer for the Rossi property (Greg McKenna introduced the new developer to the town). Purchase of new Senior van. Senior van time of operation discussed with the Committee late afternoon options if necessary. The Committee continued to discuss doing an article to explain the van program to the town. Mike mentioned there are also possible options to utilize for scheduling gaps if needed. The Budget was approved by BOS. Scoville Hoe continues to be a work in progress. HES' architect to work in March on town's expectations with the developer.

Senior Center Doreen/Becky will be continuing to visit other Senior Centers. Visits to E. Hampton, East Haddam and Westbrook are helping with ideas for the new location needs at HES site. In late January Doreen went with seniors to visit Estuary at Old Saybrook for lunch and a walk through, the outing was very successful though there was an issue with the Senior van (currently being replaced). Doreen thanked Mark for assisting with the Estuary's visit. The center was open in January 11 days (12 scheduled/1 snow day(craft day))with 189

attendees 104 Estuary Meals served. Pizza and a Movie had 15 attend, Fraud Program had 17 attend, the Estuary Field Trip had 18+ attendees with some taking the bus. All in all there week 3 days of 20+ attending. The speaker from the Tax Office will be in March due to the snow day. Doreen will have a college intern (Jill Henry) work doing research with her until mid-May for a total of 70 hours (Doreen intends to utilize some of the time producing a Newsletter for the Senior Center).

Social Services During January Becky assisted 82 adults and 20 children with food, provide 4 gift cards to families, fuel assistance to 4 families: 3 families -Oil, 1 family electrical assistance. Social Services provided paperwork assistance for 5 individuals and clothing for 189 people. 0 wellness checks for January 2024. Mike presented a \$500 check to Social Services from the Knights of Columbus to be used at Social Services discretion. Senior Van serviced 8 medical appointments for January and 10 seniors in total attended the weekly shopping trip for January 2024, the van also had 6 seniors take The Estuary Field Trip.

Youth and Family Services Jen Favalora shared in March HKYFS will be focusing on parent, family and youth. Upcoming she said they are excited to welcome renowned Keynote Speaker Erica Cuni for “Burnout Be Gone: A Modern Guide to Healthy Parenting,” a two-part workshop series via Zoom, scheduled for February 27 and March 19. This series will offer practical, research-based tips for navigating the complexities of parenting in today's world. On March 16th, they will launch the “HK Family Hikers” program, in collaboration with the Killingworth Library and Trail Talk Blog. They invite families to embrace nature and togetherness through organized hikes with fun activities. Last month they trained eight community members in QPR suicide prevention training, with plans to continue these sessions quarterly to equip our community with the tools to prevent suicide and support those in need. Thurston had questions and statements from reading articles/watching programs about suicide prevention. The next event will be on Zoom on April 25th. The Mentoring Program has grown from 14 to 18 matches with students in our schools. They are pleased to announce that Denise Grodzicki has joined them to provide counseling services for HK Youth. With her extensive experience as a Licensed Professional Counselor since 2010, she will play a crucial role in supporting the mental health and well-being of our youth and

their families. She begins this week and already has filled most of her counseling spots. The Committee mentioned the backpack program.

On another note, the Superintendent will be presenting his 2024-2025 budget to the community on February 27th in the HKHS Auditorium at 6pm.

Club 60 Has a program this afternoon about the Internet they are excited about. March will be an entertainer.

COA picnic JoAnn talked about the picnic (she will have a signup list next month). Picnic 6/24/24 at St. Peters. Ron mentioned there will be tents for outside use (games, food, etc.) and inside available for inclement weather. Mike mentioned help will be available for needs, Joann mentioned setup/and cleanup will need help. Joann will try to get John Conti for music again. She checked with Brew Awakening for an estimate \$1,260 though feels we may want to use the same caterer which will hold the price at \$1080 like last year with same food items. 83 attended last year.

Old Business items continued to next month

- The first item of business is the Bylaws will be reviewed by the subcommittee (Mary Lou Heger, Kim Gionfriddo and Marge DeBold) Thurston Clark was invited to attend with his recommendations to review the bylaws.
- Thurston will correct the trifold with the new members' and officers' names. Doreen will print at the Senior Center. Doreen also offered to send email notifications for the COA on the picnic and other senior programs in town.
- Update the telephone and contact list for all new members, Bob W. will do this after checking to see if any member wishes to have their address/telephone number omitted.

Goals/Projects for 2023/24

Adjournment Motion made 11:59 and accepted by attendees.

Kaye Burgess, Secretary

**Next meeting Monday March 18, 2024
at Old Town Hall**