



# COMMISSION ON AGING

Clifford J. Hurgin Municipal Center, 1 School Street  
Bethel, Connecticut 06801 Telephone: (203) 792-3048

The meeting of the Commission on Aging for October 9, 2012 was called to order at 2:33 p.m. by Chairman Al Barney.

Members present: Commissioners Al Barney, Ann Cummings, Mary Menti, Barbara Negri and Senior Center Director/Municipal Agent Lisa Plumb.

**Minutes from the meeting of June 11, 2012:** Distributed. A motion was made to accept the report by Commissioner Negri and seconded by Commissioner Cummings with the following changes: Director Plumb requested an addition to her statement regarding seniors using the Bethel High School's computers. She noted that the computers are not available to use on a walk in basis. A computer program will be set up through the senior center.

**Director's Report/ Municipal Agent's Report:** Distributed by Director/Municipal Agent Lisa Plumb. A motion to accept the report was made by Commissioner Cummings and seconded by Commissioner Negri.

**Treasurer's Report:** None.

**Old Business:** - Commissioner Cummings asked Director Plumb if she would speak with the First Selectman regarding the vacant Treasurer's position on the commission. She stated that she would.

**New Business:** - Commissioner Cummings stated that when talking with other seniors she realized that many of them were not aware of the lunch program, especially the Friday hot lunches. She suggested moving the Friday lunches, which are very popular with the seniors, to the cafeteria where they could linger after eating and socialize. Director Plumb stated that she will consider such a plan but first "it is time to update" that room with new paint, etc. She also stated that the bathrooms in the back of the room will be repaired.

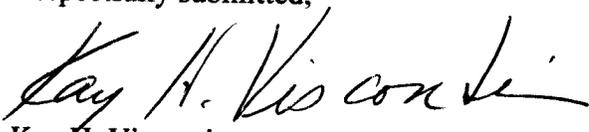
- Director Plumb announced that the BSC's quilt won 1<sup>st</sup> prize at the Big E.

- Chairman Barney reminded the commissioners that they will be working on the budget for December.

**Miscellaneous (Good of the Order):** None.

The meeting was adjourned at 3:48 p.m. by Chairman Barney. Next scheduled meeting is 2:30 p.m. on Tuesday, November 13, 2012.

Respectfully submitted,

  
Kay H. Visconti  
Secretary, Commission on Aging

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TOWN OF BETHEL  
TOWN CLERK



# BETHEL SENIOR CENTER

Clifford J. Hurgin Municipal Center  
1 School Street, Bethel, CT. 06801  
Telephone: 203-792-3048; Fax: 203-744-3812

## Report to the Commission on Aging 10-10-12

### OLD BUSINESS

1. Stove - Staff are in the process of obtaining quotes for a new stove.
2. The essay contest, "My Life, My Time, My Way", is complete. Two winners were chosen by members of BSC. One additional winner will be chosen from the Creative Writing group. The winner will be announced at the Halloween Party on October 26.
3. The first Going Green meeting was held. Seven (7) BSC members attended to discuss ways in which the BSC could recycle, save money, and serve as a promoter in the community. Some ideas discussed were to:
  - a. recycle trash in a new way in the BSC that would be more attractive and accept additional items to recycle.
  - b. research a compost container for future gardening projects
  - c. research Municipal Center recycling current programs and possible new ways to recycle.
  - d. offering a shredding truck to the community
  - e. hold a coat/winter wear drive for both members and those in need in our community.
4. The recent flu clinic done by the Visiting Nurses gave 72 flu shots.
5. New programs have begun in Sept. / Oct:
  - Craft classes have been held weekly and average 6 members.
  - The Walking program has begun on Tuesday mornings.
  - The Balance class has begun, is a popular class averaging 24 members weekly.
  - The new computer class has begun and has 6 regular members. Six is the maximum due to the number of computers the BSC has. Two additional members joined to observe. There is a waiting list and members have signed up for the next class. The participants are very complimentary towards the new teacher and the style he presents the information. There is not a set agenda for class. The instructor individualizes the lesson to each participant to assure the participant learns what his/her need is.
  - Cake decorating classes have begun. Two sessions were held. The numbers have been small however the participants seem to enjoy the opportunity to learn.
  - The Live Well Workshop, taught by Ana and Lisa, is going well in its third week. There are 10 participants who have stated how much they enjoy the information and are doing well accomplishing their goals set weekly.
  - There was a Roundtable Discussion group to meet the new Director on Sept. 13. 47 members attended and presented several ideas and suggestions. Committees were formed as follows: Holiday Shoppe Committee, Baking Committee; Travel Committee. Members were informed that the show will continue, the quilting

group will continue and all other programs "as-is". Additional programs would be offered and members are encouraged to speak directly to the Director, or any BSC staff with new ideas and/or suggestions, or place their suggestions in the suggestion box. Ideas discussed at the Roundtable Discussion were: to paint the cafeteria and hallway; name the medical equipment loan room 'Kathy's Closet', in honor of former Director, Kathy Oles; move the billiards table to the library; hold a game show afternoon; offer piano lessons; have a garden (or several) at the BSC for members and/or the community; have intergenerational programs; offer a technology information program.

A Legislative Director from Congressman Chris Murphy's office spoke at BSC on Wed., Oct 3. 13 people attended.

Two trips were taken the past month: The Big "E" fair, 47 attended; Ride the Rails train/bus trip to Newport Rhode Island, 26 attended. Both trips were excellent.

## **NEW BUSINESS**

### **1 New ideas**

Members have suggested the following program ideas: Guitar lessons, Photoshop class, a suggestion box, and several trips and travel ideas.

The new committees formed will begin in November.

Lisa met with Bill Caron from Senior American Resources who is a wealth of knowledge on medicare and part D prescription plans. He was very informative and a meeting was set up with BSC members that took place on Friday, Oct. 5.

Lisa met with David King at Comcast to discuss future programs and advertising options for BSC events.

A sign at the side entrance door stating "VNA" was changed. The VNA is no longer in the Municipal building. The sign is now a "welcome" sign with BSC hours.

### **2. New programs**

Several new programs were offered in the month of October including: Basketry, Bike Club, Card Making, Healthy Cooking for Seniors Class, Game Show, Music Appreciation, Piano Lessons, Sewing class, Walking club, Book Club.

In an effort for members to read the programs easier a new comprehensive calendar format of all programs, activities, and special events was introduced in October.

Several members have commented positively.

A new Book Loan program was started in the end of September. The books are on loan from Bethel Public Library, a collaboration effort of Bethel Library and BSC. A new locked display case was donated to BSC from the Bicycle Goodie shop in Bethel. Members have already taken advantage of this new program.

In addition, books on tape are now available for members in a bookcase located in the hallway next to the Book Loan display case.

### **3. Upcoming Special Events / Programs**

October 10 there will be a Fire Safe Bingo in recognition of National Fire Safety month. The purpose is to promote awareness with BSC member of good practice and prevention. There are several prizes from generous donors in our community.

The Annual Card/Dessert Party hosted by the Friends of the Seniors will be held Friday, October 19. This is a popular social event as well as a fundraiser for the BSC.

October 26 - Annual Halloween Party will be held with prizes and entertainment.  
November 9 - Veteran's Breakfast will be held with entertainment. This is a free program to honor Veteran's.

November 30 / December 1 there will be a Holiday Shoppe with outside vendors. The BSC is currently participating with the Newtown Senior Center monthly in a Wii bowling competition. The BSC will invite the Danbury Senior Center to a monthly challenge.

The Coat/Winter Wear drive has begun.

#### 4. Trips & Travel

There will be a new committee to discuss trip and travel ideas and offer suggestions from both themselves and BSC members. Staff will research trips/travel as well.

#### Volunteer Program

- Two volunteer groups have been working at the BSC. A group that is on strike from Danbury Healthcare, have been at BSC working 5 days per week since 8-21-12. The nine (9) workers have organized rooms, closets; painted various rooms and closets, set up the Book Loan program from Bethel Library; and a variety of odd jobs. The BSC looks great from their diligent work.
- A second group of workers from Comnet Communications offered to do volunteer work at BSC. The group painted the Craft Room and Women's bathroom. This group will come on an appointment basis.
- One new volunteer has joined BSC the past month who will work 1/x weekly.

#### Accidents / Incidents

Two (2) accidents have occurred in the past month. One member fell off of a chair. She was not hurt. An accident report was completed and no medical follow up was necessary. The Director followed up with a phone call to assure the member was well and the member confirmed she was fine. A second member had an incident of being unresponsive at BSC and 911 was called immediately. Emergency responders took the person to the hospital. The person was released the following day.

#### New Members

Five (5) new members the past month.

#### Attendance

Average of 487 per week attend the BSC the past month.  
(97.4/weekly)

Respectfully Submitted By: *Lisa Plumb*

**Lisa Plumb, Senior Center Director / Municipal Agent**

# **BETHEL SENIOR CENTER**

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## **Municipal Agent Report**

**10-10-12**

1. Six (6) telephone calls during the past month regarding Municipal agent referral information.
2. Met with one (1) one person regarding getting a live-in companion/housekeeper for he and his wife.
3. Met with one (1) person regarding Medicare Part D (prescription drug plan) options.
4. The medical equipment donated is stored in a closet off the ceramic room. The closet is referred to as "Kathy's closet" in honor of Kathy Oles, former Director. The closet presently stores 7 walkers, 1 walker with a seat, 4 pair of crutches, two shower benches, 1 shower chair.

Respectfully submitted,

  
Lisa Plumb

Municipal Agent