

**MINUTES
MANSFIELD COMMISSION ON AGING**

MEETING HELD ON NOVEMBER 12, 2002

Present: Lib Norris, Phil Fichandler, Carol Phillip, Mary Thatcher, Phil Secker, Bob Gouldsbrough, Carol McMillan, Beth Acebo, Barbara Ivry, Nora Stevens, Staff: Jean Ann Kenny, Marilyn Gerling and Curt Vincente.

I. Call to Order: Lib requested that Curt Vincente speak first since he had other commitments. Curt described progress on the Community Center, both physical plans, use and staff expectations. Projected staffing needs are to be presented to Town Council and target date for opening is July 2003. Information regarding center and charter membership was provided. Acting Chair Lib Norris called the meeting to order at 3:30 PM.

II. Appointment of Recording Secretary: Carol McMillan agreed to take the minutes for this meeting.

III. Minutes: The minutes for the October 15, 2002 meeting were approved following correction of spelling of Barbara Ivry and capitalizing of Downtown.

IV. Communications:

A. A listing of Legislative issues were distributed. There will be a discussion of these on December 12, 2002 at the Mansfield Senior Center from 2:30-5:00.

V. Optional Reports:

A. Wellness Center: Jean Ann Kenny's report included contacts with 45 clients and planning for seven programs as well as a variety of other activities.

Programs:

Oct. 15: Kathleen Cienkowski, Ph.D., started a five week Lip Reading session.

Oct. 23: Attorney Joelen Gates sponsored a Living Will workshop with part two on Nov. 4th.

Oct. 24: Flu and Pneumonia Clinic was held.

Nov. 5: Dr. Walter, podiatrist, was available for foot care.

Nov. 14 & 19: VNA East offers Adult Health Screening.

Nov. 20: Weight Watchers Program will start a new 12 week session.

Nov. 20: Wendy Murakami, APRN, will discuss Hormone Replacement Therapy.

Two items of interest:

Karen Schauber from UConn will conduct a research study to determine the effects of exercise on elders.

Windham Senior Wellness Program will be held Thursday mornings.

Senior Center: Marilyn Gerling's report was distributed. There is a continued decline in the meal participation except for special events. Younger members are less inclined to eat a large noon meal and some dissatisfaction expressed with monthly menu repetition. There is opportunity to continue the purchase of frozen wild blueberries (every three months at \$1.28 per pound) with monthly pick up. The study regarding memory improvement with blueberry intake is being further designed.

Events:

Oct. 11: Visit to the Ballard Puppet Museum.

Oct 22: Kentucky Fried Chicken dinner and dance.

Oct 24: Flu & Pneumonia Clinic.

Oct 30: Annual Oktoberfest with Hofbrau Haus Band.

Item of interest: Room darkening blinds have been installed and new chairs are expected in November.

B. Jensen's Park: Robert Gouldsbrough reported that preparations for the Community Center building as a disaster shelter is progressing, with food and water storage. A generator is needed but expensive for power source. Assistance from National Guard was investigated and could be available.

C. Related Town and Regional Organizations: Mary Thatcher reported that new members are needed on the Physically and Sensory Impaired Committee.

D. Senior Resources: Carol McMillan suggested involvement in their Medcheck 123 (medication management program), but an equivalent program has been offered using UConn Pharmacy students.

E. Town Plan of Conservation & Development: Carol Phillips reported that planning and updating is behind schedule.

VI. Old Business:

Social Service Director: Job offer has been made to one of three candidates.

Committee on Committees of Town Council: Recommendation that President of Senior Center Association be voting member was delayed by vote until Tim Quinn is present.

VII. Adjournment: The meeting adjourned at 4:00 PM.

Next Meeting: Monday, December 9, 2002, 2:30 PM, Mansfield Senior Center.

Respectfully submitted,
Carol McMillan, Secretary Pro Tem