

**TOWN OF STONINGTON  
COMMISSION ON AGING  
MEETING MINUTES- DRAFT**

**WEDNESDAY, April 3, 2024 4pm PNC**

**Members in Attendance:** Chris Morren, Stacy Cassata, Sue Peglow, Susan Sedensky, Gisela Harma, Jojo Kelly, Norm Erlandson, Nancy Houlihan

**Human Services Representative:** Michelle Banks

**Town of Stonington Representative:**

**Guest:** Dr. Eric Rosenberg. Coordinator of East Hampton Community Cares

**Secretary's Report:**

**Minutes** from February 7, 2024 meeting reviewed. Sue Peglow made a motion to approve the minutes as submitted. Gisela Harma seconded. All approved.

**Correspondence:**

- Reappointment of Jenn Young to COA
- Email invitations to Senator Somers and Representatives Howard and Bumgardner
- Invitation to participate in Spring Fest event

**Finance Report:** February and March Finance Report presented by Treasurer Sue Peglow. Rotary donation of \$1000 appears in March report. Of note, Michelle Banks clarified that this donation is not governed by the June 1 fiscal year. \$5000 remains in the budget. Stacy Cassata suggested that there are expenses for gift baskets. Chris Morren mentioned it could be used for URCC startup. PNC will continue to cover the Lunch and Learns.

**Programs/Events**

**a) Stonington Human Services-**

- Michelle Banks reported on the upcoming Spring Fest on May 4, 2024 at Stonington Human Services. There was discussion of whether the COA should have a booth at the event. Many commented that the focus is on small children and parents and not about ageing. Chris Morren suggested that we have information about the URCC but the group felt we have nothing developed yet to share. Nancy volunteered to attend if there is a need.
- 4/7 2-3pm Afternoon of Music with Bob Lavalley at the Chace VFW- see flyer
- Renters rebate applications will start in May. Energy support winds down except for those with electric heat needs.

**b) Pawcatuck Neighborhood Center and MGI-**

Sue Sedensky distributed a flyer of the upcoming Lunch and Learns. Unfortunately, it was not included in the Stonington magazine this issue. Michelle commented that the publisher omitted it. Sue mentioned that Hartford Healthcare will be sponsoring a Caregiver Support Group at the PNC.

- c)** Gisela Harmon mentioned that the Westerly Y will be sponsoring Senior Day on May 7.

**Legislative Updates – Chris Morren reported on pending bills:**

- SB 125 Bill prohibiting health care providers from discriminating
- SB 8 Bill to regulate drug pricing that will include allowing Import of drugs from Canada
- SB 396 \$5million dollar grant for elder nutritional support to agencies providing meals
- SB 3 Bill regulating consumer protection for excessive fees in purchases

RECEIVED FOR RECORD  
STONINGTON, CT.

24 APR -8 AM 10:41

SALLY DUPLICE  
TOWN CLERK

- SB 395 Bill prohibiting reporting of medical debt to credit rating agencies
- SB 1 Bill to improve health and safety by providing services for mental health and addiction for those with psychiatric diagnoses
- SB 6 Bill to support affordable housing

#### Old Business:

- a) **UR Community Cares-** Dr Eris Rosenberg shared his experience with starting East Hampton Community Cares. They began with a survey of residents to establish a need. Greatest needs were for transportation and socialization which were unmet by town programs. There was discussion that the survey is not indicated in Stonington since the communities are quite similar. He then outlined distinct steps that were used
- Organization- Assign a point person for tasks- meeting scheduling etc.
  - Fundraising- Secure the necessary \$2000 for startup for background checks. Rotary gave them \$5000 which ensured future expansion and covered expenses.
  - Publicity - Advertising was done through a local newspaper reporter that wrote initial articles and continues to write every 2 months which raises awareness and encourages volunteers. Develop posters and use social media.
  - They set a date for rollout for 6 months away (Feb- Sept)
  - In the meantime, they built momentum in the community and fundraised.
  - Public presentations- Individuals volunteered to do them. Planned sessions for September rollout which were offered at different times and dates.

Dr Rosenberg emphasized that the idea of neighbors helping neighbors was very effective. He added that having a Hometown Hero made the program successful because this person performed many of the tasks. There was much discussion about how phone calls outside of those managed by UR Community Cares are handled. Dr Rosenberg said that there are very few- maybe a few /week which went to the Senior Center and the Hometown Hero followed up. Sue Sedensky commented that the PNC could not manage the additional telephone volume since there are always multiple calls left per person.

Chair Chris Morren suggested a vote to move ahead. COA members requested more discussion and follow up with the First Selectman to resolve ongoing concerns. Most of the COA members are working in very busy positions and would not be able to take on many of the roles. Dr Rosenberg reported that the East Hampton COA was comprised of retired people who made the time for all of the roles needed. Chair Chris Morren suggested a subcommittee meet to discuss next steps. Jojo Kelly and Nancy volunteered to join Chris on the subcommittee.

- b) Partnering with Stonington High School students for COA projects- Chris and Sue Sedensky followed with High School student coordinators. Students choose which Commission they pick to meet their class requirements. The COA meeting time is a barrier because of competing activities and location.
- c) Follow up on discussion about Seniors without WiFi access about weather emergencies. Michelle shared that the website is Everbroad and residents can register online or call Human Services and complete a form. The town advertises frequently, encouraging all to register.

#### New Business-

- a) Spring Fest- see above in Stonington Human services events

- b) New program request from First Selectman **Every Age. Every Ability** from CT Age Well Collaborative- Postponed for next meeting

**Adjournment-** Motion to adjourn made by Jojo Kelly and seconded by Gisela Harma. Meeting adjourned by chair, Chris Morren.

Next Meeting to be held on Wednesday, May 1, 2024 at 4pm at PNC.

Minutes submitted by Nancy Houlihan, Secretary

# TOWN OF STONINGTON

## YEAR-TO-DATE BUDGET REPORT



FOR 2024 10

JOURNAL DETAIL 2024 1 TO 2024 10

ACCOUNTS FOR:		ORIGINAL		TRANSFERS/	REVISED		YTD ACTUAL	ENC/REQ	AVAILABLE	PCT
10172	COMMISSION ON AGING	APPROP	ADJUSTMTS	BUDGET	BUDGET	BUDGET			BUDGET	USE/COL
<b>32 EXPENSES</b>										
10172 80140	POSTAGE	4,000	0	4,000	2,200.00	.00	1,800.00	55.0%		
2024/01/000199	07/01/2023 BUC	4,000.00 REF					ORIGINAL BUDGET 2024			
2024/03/000073	09/21/2023 API	1,200.00 VND 000453 VCH		WESTERLY SUN			STONINGTON MAG-POSTAGE		97881	
2024/07/000009	01/04/2024 API	1,000.00 VND 000453 VCH		WESTERLY SUN			STONINGTON MAG POSTAGE		99240	
10172 80149	REPRODUCTION & PRIN	1,500	0	1,500	.00	.00	1,500.00	.0%		
2024/01/000199	07/01/2023 BUC	1,500.00 REF					ORIGINAL BUDGET 2024			
10172 80171	PROGRAM EXPENSE	3,000	0	3,000	1,212.39	.00	1,787.61	40.4%		
2024/01/000199	07/01/2023 BUC	3,000.00 REF					ORIGINAL BUDGET 2024			
2024/05/000048	11/16/2023 API	500.00 VND 005025 VCH		RECDESK LLC			RECDESK ANNUAL SUBSCRIPTION 12		98660	
2024/05/000119	11/30/2023 API	250.00 VND 001316 VCH		VFW - HARLEY P CHASE			VFW HALL RENTAL AGREEMENT		98833	
2024/05/000119	11/30/2023 API	300.00 VND 007996 VCH		ROBERT BLACK ENT			1-HOUR ELVIS SHOW			
2024/06/000037	12/12/2023 API	-300.00 VND 007996 VCH		ROBERT BLACK ENT			1-HOUR ELVIS SHOW			
2024/06/000126	12/28/2023 API	62.39 VND 001451 VCH		AMAZON / SYNCB/GECRB			MTREO 12 PACK ROUND TABLECLOTH		99125	
2024/09/000115	03/28/2024 API	150.00 VND 005895 VCH		LAVALLEY, ROBERT			MUSICAL ENTERTAINMENT		100334	
2024/09/000115	03/28/2024 API	250.00 VND 001316 VCH		VFW - HARLEY P CHASE			HALL RENTAL AGREEMENT		100387	
TOTAL EXPENSES		8,500	0	8,500	3,412.39	.00	5,087.61	40.1%		
TOTAL COMMISSION ON AGING		8,500	0	8,500	3,412.39	.00	5,087.61	40.1%		
TOTAL EXPENSES		8,500	0	8,500	3,412.39	.00	5,087.61			

# TOWN OF STONINGTON

## YEAR-TO-DATE BUDGET REPORT



FOR 2024 10 JOURNAL DETAIL 2024 1 TO 2024 10									
ACCOUNTS FOR:	208302	SENIOR ACTIVITIES	ORIGINAL APPROP	TRANSFRS/ADJUSTMTS	REVISED BUDGET	YTD ACTUAL	ENC/REQ	AVAILABLE BUDGET	PCT USE/COL
25 REVENUE									
208302 72320	SENIOR EVENT - REV		0	0	0	-1,019.12	.00	1,019.12	100.0%
2024/06/000086	12/13/2023 GCR	-29.12 REF VC							
2024/06/000088	12/21/2023 API	10.00 VND 000307 VCH			PETTY CASH HUMAN SER REFUND-ELVIS TRIBUTE				99101
2024/08/000150	02/21/2024 GCR	-1,000.00 REF VC							
					REC DESK 11/27/23-12/3/23				
					REC DESK 1/29/24 - 2/4/24				
TOTAL REVENUE			0	0	0	-1,019.12	.00	1,019.12	100.0%
TOTAL SENIOR ACTIVITIES			0	0	0	-1,019.12	.00	1,019.12	100.0%
TOTAL REVENUES			0	0	0	-1,019.12	.00	1,019.12	

# TOWN OF STONINGTON

## YEAR-TO-DATE BUDGET REPORT



FOR 2024 10						
JOURNAL DETAIL 2024 1 TO 2024 10						
ORIGINAL APPROP	TRANSFERS/ADJUSTMENTS	REVISED BUDGET	YTD ACTUAL	ENC/REQ	AVAILABLE BUDGET	PCT USE/COL

GRAND TOTAL 8,500 0 8,500 2,393.27 .00 6,106.73 28.2%

\*\* END OF REPORT - Generated by Aga Gonzalez \*\*

# TOWN OF STONINGTON

## YEAR-TO-DATE BUDGET REPORT



### REPORT OPTIONS

Sequence 1 Field # Total Page Break  
Sequence 2 9 Y Y  
Sequence 3 10 Y N  
Sequence 4 0 Y N  
Sequence 5 0 N N  
Sequence 6 0 N N

Report title:  
YEAR-TO-DATE BUDGET REPORT

Includes accounts exceeding 0% of budget.

Print totals only: N description: F

Print full GL account: N

Format type: 1

Double space: N

Suppress zero bal accts: Y

Include requisition amount: Y

Print Revenues-Version headings: N

Print revenue as credit: Y

Print revenue budgets as zero: N

Include Fund Balance: N

Print journal detail: Y

From Yr/Per: 2024/ 1

To Yr/Per: 2024/10

Include budget entries: Y

Incl encumb/liq entries: Y

Sort by JE # or PO #: J

Detail format option: 1

Include additional JE comments: N

Multiyear view: L

Amounts/totals exceed 999 million dollars: N

Year/Period: 2024/10

Print MTD Version: N

Roll projects to object: N

Carry forward code: 1

Field Name Find Criteria Field Value

Org 10172|208302

Object

Rollup code

Account type

Account status

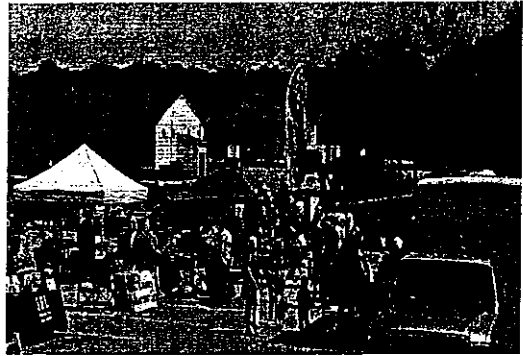


*4th Annual*  
**Stonington Spring Fest**  
**Saturday, May 4th from 11am-1pm**

Outdoors at Stonington Human Services  
(166 South Broad Street, Pawcatuck)

*We hope you'll join us...*

**Something for ALL ages!**



Connect with friends,  
neighbors, first responders,  
local non-profit organizations, civic groups & service  
providers. Car seat checks; rock wall; tons of CRAFTS  
for kids (sand art, pinwheels, etc); inflatables; touch-a-  
-truck and MUCH more! All activities are FREE!  
Food and beverages will be available for purchase.

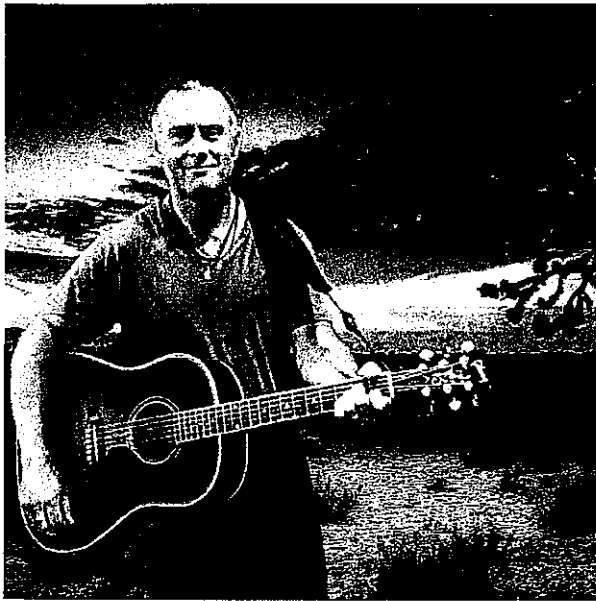


**STONINGTON**  
HUMAN SERVICES  
PLAY • PROVIDE • PROSPER

**For more information, or to  
register your organization:**

Send an email to [LTheodore@stonington-ct.gov](mailto:LTheodore@stonington-ct.gov) or call (860) 535-5083.





## **An Afternoon of Music with Singer/Songwriter Bob Lavalley**

**Sunday, April 7th from 2:00-3:00pm**

**Harley P. Chase VFW, 160 South Broad Street, Pawcatuck  
Cash bar will be available.**

Bob is a TOP-NOTCH vocal entertainer, delivering smooth jazz, earthy folk, country, soul and rock and roll! Whatever you are in the mood for, Bob has it covered!

**Grab your dancing shoes  
and come join the fun!**

Stonington Residents = FREE!

Non-Residents = \$5/at door



**STONINGTON**  
**HUMAN SERVICES**

PROVIDING COMMUNITY & SENIOR SERVICES



## **2024 Thursday Speaker Series with Complimentary Lunch**

- Mar 7 - Benefits of Chair Yoga for Seniors**, PNC's Registered Yoga Teacher, Regina Toomey
- Mar 14 - Fundamentals of Ukulele Playing**, Julie Stepanek
- Mar 21 - The Impact of Alzheimer's and Dementia in Our Community**, MaryLou Gannotti,  
Connecticut's Alzheimer's Association
- Mar 28 - Job Search Basics** with Tom Scheffer, retired Marketing Executive
- Apr 4 - Diets to Control Diabetes and Cholesterol**, Registered Dietician Karley  
Mahoney-Balestracci, Pendleton Rehabilitation & Nursing Center
- Apr 11 - Wills, Trusts, & Power of Attorney**, Attorney Jean Hendren Ceddia
- Apr 18 - Transitioning Your Loved One From the Home**, Samanta Descombes, RN, BSN,  
Assured Quality Homecare
- Apr 25 - Growing & Meal Planning for Microgreens**, Patricia Cass, Kain Bonneau,  
and Joe Willhoit
- May 2 - Avoiding Senior Investment Fraud**, Attorney Eric Giroux, U.S. S.E.C.
- May 9 - Care of the Caregiver**, Robin Ely, DNP, Mind Matters, Bonnie Pollard-Johnson, MS,  
Benchmark Senior Living, and Fr. Mark Santucci
- May 23 - Handling Emergency Medical Issues in the Elderly**, Michael Feltes, MD,  
Mystic Geriatrics
- May 28 - In-Home Safety Tips for Seniors**, Shayla Adams, PT, DPT, INSPIRE Physical  
Therapy & Wellness
- June 13 - Medicaid vs. Medicare When Planning for Long Term Care**, Michelle Dempsey,  
Title XIX Specialist

**All guests must register for each session at least one day before the talk. Register on our website: <http://pawcatuckneighborhoodcenter.com>, email [info@thepnc.org](mailto:info@thepnc.org) or call 860-599-3285 x103**