

**COMMISSION ON THE AGING
4 Brush Hill Road
New Fairfield, CT 06812**

MINUTES

Meeting

August 25, 2015

A meeting of the Commission on the Aging was held on Tuesday August 25, 2015 at the New Fairfield Senior Center. Maureen Salerno called the meeting to order at 7:30pm. Secretary, Laurie Busse, took the minutes.

Present: Maureen Salerno, Chair, Cindy LaCour, Vice Chairman, Kathy Hull, Stephanie Shaughnessy, Julia MacMillan, Janet Loya, Jeannette Sweeney, and Roberta Ilardo,

Absent: Katy Johannssen

MINUTES:

Cindy LaCour made a motion to accept the Minutes to the June 23, 2015 meeting as presented, 2nd by Janet Loya, Vote 8-0, unanimous.

CORRESPONDENCE/ANNOUNCEMENTS:

OLD BUSINESS

1. Fall Community Forum

The next Community Forum will be Saturday November 7. The target audience will be the current seniors and broaden their horizons on what services are available and what their responsibilities are. Discussion followed on different titles and possible speakers. "What are you Doing for the Rest of Your Life?" The speaker would be a psychologist specializing in aging. Aging Gracefully Informed Growing Old. The type of speaker would be a panel with Evie Brescia. "Aging Successfully: Listening, Learning Doing! Or "Aging Successfully: Your Rights, Resources, and Resilience". The Do's and Don'ts of Aging Well". The speaker could be Dr. Chuck Herrick or Dr. Myron Glucksman, then part 2 of the Forum would showcase the Senior Center and the activities that go on there. "Aging Well: It's not Just the Absence of Disease". The speaker could be Joyce Saltman and "Are You Ready to Age in Place" Discussion followed on combining some of the elements with What are you Doing for the Rest of Your Life with the Do's and Don'ts of Aging. The homework for the Commission is to think about Part 2 of the Forum.

The Commission discussed creating brochures or folders with information on the different services that are available to seniors and if WestConn offered free courses. The Commission discussed having sponsors as in the past, the fee would be \$100.

NEW BUSINESS

1. Senior Center Report:

Kathy Hull handed out the Senior Center Report. There were 20 new members reported for the month of July. The total attendance for July was 1,858 with an average daily attendance of 86 members. September 19 is New Fairfield Day from 11am to 2pm. The Senior Center will highlight some of their activities with a quilt show in the main room and every ½ hour they will have a different exercise in the exercise room.

PUBLIC COMMENT:

ADJUOURN:

Cindy LaCour made a motion to adjourn the meeting at 8:33pm 2nd by Stephanie Shaughnessy Vote 8-0, unanimous.