

COMMISSION ON AGING (COA)
WEDNESDAY, November 2, 2022
8:30AM

Please join my meeting from your computer, tablet or smartphone.

<https://meet.goto.com/168443061>

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United States: [+1 \(872\) 240-3311](tel:+18722403311)

Access Code: 168-443-061

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Invitees:

Chairperson: Tonya Maurer

Members: Cecile Piette, Cathy Litwin, Dianne Welch, Sandy Waldo, Angela Corentin, Carol Wheeler

Alternates: 2 open spots

Board of Selectmen Liaison: Gail Richmond

Staff: Sharon Garrard (Staff Liaison & Senior Service Director), Mandy Rocznik (Senior Center Program Coordinator), Deb Pearson (Board Clerk)

1. Call to Order

2. Public Comment – This section of the agenda is for persons in attendance wishing to address the Commission on Aging. The Commission requests that comments be limited to 3 minutes per person. Persons wishing to comment on a specific agenda item can ask the Chair whether to comment during the Public Comment portion of the meeting or to present their comment at the time that agenda item is considered

3. Acceptance of Prior Minutes

4. Correspondence

5. Old Business

- a. Reflections from those that attended the Live Well information session (Angela Corentin, Tonya Maurer)
- b. Review recommended Meeting dates for 2023 (Tonya Maurer)
 - a. January 4
 - b. February 1
 - c. March 1 or 8
 - d. April 5
 - e. May 3
 - f. Skip: June, July, August; call special meeting if appropriate
 - g. Sept 6 (Labor Day week) or 13
 - h. October 4
 - i. November 1
 - j. Skip: December
- c. Collect list of goals/activities for 2023 that we can prioritize off-line (Tonya Maurer)
 - a. Review approach
 - b. Current Ideas (note that some items are recommendations, or drafts for the Sr Center to receive and implement with CoA assistance):
 - i. Discuss and recommend approaches to **transportation**
 - ii. Draft a **welcome sheet/document** of key Senior Center benefits that can be used for new residents in town/at communities

- iii. With every meeting lock on the **top 1 or 2 items** from the Senior Center that the commission members can share with their social networks
- iv. Starting with Mandy's list draft a handout around vendors/groups that help with home projects (i.e. Gilead Helping Hands), help with shoveling snow/raking leaves, yada yada
- v. Starting with Mandy's list draft a handout around where to donate things (medical equipment, household items)
- vi. Strategize and provide recommendations around getting Senior Center information to those that are not technological skilled – leave no-one behind
- vii. Host a table at the Maple Fest
 - 1. Provide information from the Senior Center
 - 2. Top documents to have at the ready during an emergency
 - 3. Provide information about dementia/being a dementia – age friendly community
 - 4. Run the Bookcase Video on a loop
- viii. Bring a topic to each meeting for us to better understand so we can share with others
 - 1. Examples: Heating Assistance process, Meals on wheels, handy-helpers, Medicare open enrollment
- ix. Review volunteer opportunities at the Senior Center or other organizations in town that support those 55 and up
- c. Conduct a round table to collect more ideas
- d. Adult & Senior Services Social Worker Position (Sharon Garrard)

6. Municipal/Senior Center Report (Sharon Garrard/Mandy Rocznik)

- a. After report is provided, discussion around how the commission might be able to assist with the results of the Focus Group.

7. Senior Friends Update

8. New Business

- a. Supervised Voting at Colebrook

9. Adjourn

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2022 OCT 27 A 8:50

Carla A. Pomroy
HEBRON TOWN CLERK

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