Commission on Aging

TOWN OF TRUMBULL
CONNECTICUT

Town Hall
5866 Main Street
Trumbull, Connecticut 06611

Commission on Aging Meeting
Friday, March 27, 2026
Council Chambers, Trumbull Town Hall
2:00 pm

Present: Chairman Ron Foligno, Linda Randall, Kathleen Bordelon (entered at 2:10 pm), Mark Ryan, Paul McGeary, Evelyn Wiesner, Debra Gilbert Taylor and Eve Rothbard

The meeting was called to order at 2:03 pm by Mr. Foligno followed by the Pledge of Allegiance.

Public Comment
No public comment.

Past Minutes
Mr. McGeary motioned to approve the minutes of February 27, 2026; seconded by Ms. Gilbert Taylor. The following corrections were made:

1. Page 1 – Ms. Gilbert Taylor's name is spelled Debra.
2. Page 3 – Under Possible Presentation, second paragraph – should read "Ms. Gilbert Taylor noted they could do a program in conjunction with AARP."
3. Page 4 – Motion to adjourn was made by Ms. Wiesner.

Ms. Gilbert Taylor motioned to approve the minutes as amended, approved with one abstention from Ms. Rothbard.

Reports
Senior Center Report
Mr. Foligno read the following report from Ms. Mogensen:
We have lots of great upcoming events for the spring! Here are a few highlights:

- On Thursday, April 23rd at 1:00 PM we have a Senior Self Defense class being taught by Master Rob Librandi who also works in the town's Planning and Zoning Department. He has over 30 years of Martial Arts training. Attendees will learn situational awareness, fight or flight, how to defend in different situations and more.

Ms. Bordelon entered the meeting at 2:10 pm

- We will be hosting our second 6-week workshop for Improvisation, beginning Thursdays in April. No acting or public speaking experience is necessary. Improv is the art of acting in the moment and saying "YES" to whatever comes next. It involve interactive activities that sharpen your memory, boost confidence and critical thinking.
- On Monday, April 13th we will have a local Trumbull student named Gavin on site providing iPhone help for our members. Gavin and a friend created a company called System Maven and they repair and build custom computers and servers as well as providing computer and phone assistance. Gavin has been recognized for his entrepreneurial skills by local news outlets and by the First Selectman.
- In February we conducted a survey to ask members which spring event they would like to see. Typically, we hosted an annual tea party but based on feedback we will be hosting a Spring Brunch and Comedy Show on Friday, May 1st. In less than two weeks, we have had over 60 signups! The event will be capped at 80 so if you haven't signed up yet, we encourage you to do so as soon as possible.

Chairman's Report

Mr. Foligno briefly discussed the following:

1. The Public Works Subcommittee of the Town Council will be meeting on March 30 at 7:00 pm to review the draft of the new survey questions for the proposed senior center. It was noted the new plan must be substantially different to move forward; if not, it is a two-year wait. Commissioners were encouraged to attend to listen to the information.
2. First Selectman was questioned if the company surveying could use caller ID identified with the Town so that residents would answer their telephones. Looking for 400 survey takers; residents may not answer if the caller name is unknown. Unknown if this is possible.
3. Property Tax level is being reviewed.
4. Unknown if there are any upcoming repairs to the Senior Center this year.
5. All volunteer programs in town are being evaluated. No update.

New Business

1. Mr. McGeary spoke on the Trivia contest/Quiz night at the Senior Center and thought it would be fun to have the Commission put together a team (four individuals). Ms. Rothbard indicated her interest; any other interested Commissioner should contact him. Next date is April 2 at 1:00 pm.

Draft Letter Regarding the Senior Center

Discussion was held regarding the letter composed by Mr. McGeary. The Clerk will send a copy to the Town Council to be read into the minutes.

Old Business

1. COACT Meeting – Mr. McGeary felt the meeting was a repeat of the initial meeting. Statistics were presented again about the Chairman's town but no other input from the other participants. Mr. McGeary and Mr. Ryan will continue to attend to gather information. Ms. Bordelon noted SWCCA is one of eight Agencies on Aging in the State

and is not part of the state-wide collection of commissions. COACT is a grass roots initiative to bring advocacy and strength across all towns and is a gathering of commissions on aging across the state; SWCCA is a federally supported agency that serves many towns in a certain region. Mr. McGeary felt there is potential in connecting with other commissions to share ideas.

2. Discussion was held regarding Colchester and the new senior center they built. This is not a comparable size town to Trumbull. Ms. Gilbert Taylor suggested they reach out to individuals in demographically like towns that have built seniors centers for information. Additional discussion was held regarding the vote held in the fall. It was noted the Board of Education is able to secure funding prior to approval from the Town for their projects, allowing the cost to be set prior to vote. The senior center cannot apply for funding until the project has been approved by the Town. Twenty-seven million dollars was the maximum to be spent; would have been reduced with outside funding before construction.

Project Review

Ms. Gilbert Taylor reviewed the following projects previously discussed at Commission meetings.

1. "Senior Center Without Walls" – on-line/virtual programming outside the setting of a set location such as the library, senior residences, etc. Continuing Education was discussed; no discounts given to seniors in Trumbull. We do very little for our seniors compared to neighboring towns.
2. Snow shoveling for Trumbull residents by local teens – most are required to have volunteer hours. There was a logistical issue getting students to locations.
3. First Selectman's postcard to seniors highlighting offerings – lengthy discussion was held regarding providing pertinent information to all seniors whether associated with the Senior Center or not. Unknown if postcard was distributed. Ms. Bordelon questioned concerns and issues with adults in Town not associated with the center such as isolation, depression, drug abuse. Mr. McGeary noted the discussions at the COACT meeting were directed to these types of concerns and common problems including social isolation, shut-ins, etc. A list of data bases distributed by COACT will be shared that may be beneficial. Ms. Bordelon suggested Ms. Gillis be contacted for statistics and will be invited to the next meeting for discussion of her findings. Mrs. Wiesner suggested to invite the Police Department Social Worker to speak to the Commission on her role in the Department; she could also be an individual to contact for information.
4. Membership in the Center is substantial but not all attend activities – question for Mrs. Jakab.
5. Survey of program offerings being conducted.
6. Budget line item discussed. Ms. Bordelon noted the Commission can serve as advocates and make recommendations to the administration. If the recommendation is advocacy and communications town-wide to seniors around various topics such as scams, health, etc., that would be within the scope of the Commission. The Town would decide if they had the budget to produce and mail those documents.

7. Fraud prevention presentation – various agencies have presentations that would benefit more than seniors. Ms. Gilbert Taylor referenced an article in the recent AARP publication regarding fraud and noted AI is being used more frequently in scams.
8. Senior Center increase to taxes; minimal amount – never pushed the cost; only spoke about the seniors. Discussion held of the pressure on individuals with regard to this project; NIMBYism, revaluation, school referendum, etc.; many do not respect the older adult population. Not about the numbers, it's about the heart.
9. Web page was discussed. The Commission has a link on the Senior Center page. Ms. Bordelon noted this could be taken off because we have a webpage with the Town but felt it was a courtesy to be on the Senior Center page so members have access to information. The leaders of the Senior Center value the Commission who can serve as advocates. Ms. Gilbert Taylor noted resource information should be available on the webpage for various situations. After further discussion, **Mr. McGeary motioned the Commission appoint Ms. Gilbert Taylor and Ms. Bordelon to develop a list of content to be offered to the Town for posting on appropriate websites of resources of assistance to seniors. Seconded by Mrs. Wiesner and approved unanimously.**
10. Stern Village pantry has been restarted and is full with a recent large donation.

Concerns of and Concerns for Senior Citizens – no additional discussion.

Next Meeting
Friday, April 24, 2026.

Adjournment
There being no further business, motion was made by Mr. McGeary; seconded by Ms. Gilbert Taylor to adjourn the meeting at 3:08 pm. Approved unanimously.

Respectfully submitted,

Barbara Crandall
Clerk