

**TOWN OF TRUMBULL
CONNECTICUT**



Commission on Aging Virtual Meeting
Friday, May 28, 2021
10:00 am

The Commission on Aging held a virtual meeting on Friday, May 28, 2021.

Present: Chairman Marcy Kelly, Evelyn Wiesner Mark Ryan, Jean DaRold, and Alissa Heilbrunn

Also Present: Michele Jakab, Director of Human Services and Tori Benoit, Wellness Nurse

Absent: Ron Foligno and Michael Ganino

The meeting was called to order at 10:05 am by Mrs. Kelly followed by the Pledge of Allegiance.

Mrs. Kelly congratulated Barbara Crandall on being a recipient of the 2021 St. Vincent's Medical Center Values Recognition Award.

Mrs. Kelly introduced Alissa Heilbrunn as a new member of the Commission. Introductions were made by the current Commissioners.

Secretary's Report

Mrs. DaRold had no report.

Director's Report

Mrs. Jakab noted the following:

1. Senior Center is slowly opening up to programs. They are starting with exercise programs but some of the smaller groups have been asking for space.
2. Social Services is quiet. The Food Pantry will continue to work with the families who required assistance during the shutdown.
3. Home delivery of meals will end July 1. Anyone on this program will be transitioned into the regular meal service.
4. The grocery bag program will continue to provide assistance twice a month. This was started during COVID and will continue as needed.
5. Some of the programs are being held outside but there is space available should they need to be inside the Center.
6. Ms. Benoit noted the walking group was the first group to start gathering. This group meets at 10 am on Wednesdays to walk at the mall (second floor, Target entrance). Walkers do between

3 and 6 laps which is up to more than two miles. The mall provides a controlled environment which is free from walking hazards. She is looking for ways to get more people involved in this walking initiative such as a town wide initiative or a challenge with other groups. Anyone can join the group but its' focus is on seniors. Mr. Ryan spoke about the Matter of Balance program from Bridgeport Hospital. It was noted the Center has had this type of program in the past as well as having Physical Therapists to look at balance in general. Mrs. Jakab and Ms. Benoit will check into this type of program.

7. Medicare preparation is available to all individuals looking into initial programs or looking to review options. Medicare plans change yearly and they have the latest information.
8. Ms. Benoit noted the seniors come to her with health-related questions such as explanation of diagnoses they receive from their physician and medication usage.
9. Seniors are coming in to renew their memberships. It was noted the Center does have a booth at the Trumbull Arts Festival where information regarding the Center is distributed including travel, activities and other programs. Although some seniors did join from that day, the demographics of the day is geared towards young families.
10. Mrs. DaRold noted the table at the Farmer's Market on June 3 needs one additional person. Mr. Ryan will contact Mr. Foligno regarding this. It was also noted there should be signage for the table noting the donations are for the Food Pantry. Mr. Ganino will be contacted to see what type of signage he used last year.
11. Additional discussion was held regarding the walking group. Any suggestions on how to expand this initiative should be forwarded to Mrs. Kelly. It was suggested that Paulette or Harriet at Stern Village be contacted as there are many residents that walk around the grounds. Other options will be explored but it was noted that every senior has their own abilities and the mall is good for most with the controlled environment. Ms. Benoit noted the real benefit to the 10,000 step a day program is that the individual is getting up and moving.

New Business

There was no New Business. Mrs. Kelley noted she will reach out to Mr. Ganino regarding the signage for the Farmers Market.

Next Meeting

The next meeting of the Commission will be held virtually on June 25. No word as to when in-person meetings will begin for the Boards and Commissions.

Respectfully submitted,

Barbara Crandall
Clerk