Commission on Aging

TOWN OF TRUMBULL
CONNECTICUT

Town Hall
5866 Main Street
Trumbull, Connecticut 06611

Commission on Aging Meeting
Friday, May 29, 2026
Council Chambers, Trumbull Town Hall
2:00 pm

Present: Chairman Ron Foligno, Mark Ryan and Linda Randall

Absent: Evelyn Wiesner, Kathleen Bordelon, Paul McGeary, Debra Gilbert Taylor and Eve Rothbard

Also Present: Jacqueline Vega, Interim Executive Director, Stern Village; Cindy Katske, Chief Administrative Officer and Michele Jakab, Director of Human Services

The meeting was called to order at 2:04 pm by Mr. Foligno followed by the Pledge of Allegiance.

Public Comment
No public comment.

Past Minutes
Approval of the minutes of April 24, 2026 will be moved to the June meeting due to no quorum present.

Reports
Senior Center Report
Ms. Jakab reported the following for Ms. Mogensen:
The Center is excited to be adding two new workshops to the summer calendar:

1. BrainBoosters - A Workout for your Brain will begin on Monday, June 1st at 10:00 AM and will meet every Monday through July 27th. This workshop delivers high-energy group sessions—not lectures, not passive learning, but genuine cognitive challenges that put your brain to work. Trained facilitators lead every session, making it easy to participate and impossible to be bored. It will focus on activities designed to exercise your attention, memory recall, and problem-solving.
2. Diabetes Self-Management 9-Week Program will begin on June 11th at 1:00 PM and will meet every Thursday through August 6th. Through this evidence-based program, you'll gain simple, realistic tips for healthier eating (no strict diets!), learn how to better manage and stabilize blood sugar, and discover ways to prevent complications while staying active and independent. The program will be

led by a Medical Doctor with over 40 years of experience, alongside a Registered Dietitian, providing expert, personalized guidance every step of the way.

World Elder Abuse Awareness Day: June 15th is World Elder Abuse Awareness Day. Each year, World Elder Abuse Awareness Day shines a light on the often-hidden issue of elder abuse, neglect, and exploitation. Elder abuse affects millions worldwide—and for every case reported, many more remain unseen and unheard. Raising awareness is key. By educating communities and encouraging proactive steps, we can work together to prevent abuse and ensure safer, more respectful environments for our elders. EVERYONE can prevent elder abuse. Learn the signs, prevent isolation, listen, and plan. To learn how to help or for advice and assistance, please call the Mozaic Center for Elder Abuse Prevention Helpline at (203) 396-1097. You can also call 211 for assistance.

Mrs. Jakab noted State legislation requires Senior Center staff to be mandated reporters. All staff has taken the required certificate training on elder abuse.

Stern Village

Ms. Vega noted the following:

1. Currently 77 applicants are on the Wait List for the Village. She expects to open the Wait List in January 2027 for new applications.
2. Units are undergoing rehab. 176 units out of 186 are occupied. Seven are ready to be leased; two lease signings in June with two interviews scheduled. Once rehabs are completed, they will be available for lease.

Chairman's Report

Mr. Foligno noted the following:

1. Mrs. Jakab noted there are no major repairs to the Center expected at this time.
2. Scheduling Giovanna Mozza and Jennifer Gillis at a future meeting for a presentation.
3. The Veteran's Center building has begun with the exterior expected to be completed before the cold weather. Completion should be seven to nine months. Mr. Foligno will provide information on purchasing a plaque for the building.

Ms. Katske entered the meeting at 2:15 pm.

Old Business

1. Telephone Survey. Mrs. Crandall gave a brief overview of her thoughts about her participation in the survey noting it was lengthy and comprehensive. Mrs. Katske noted the survey was commissioned by the Town Council who will review the results and present the findings at a future meeting. The Town Council will decide where to go from there.
2. COACT Meeting – scheduled for later today; no further information.
3. Homestead Act – Mrs. Katske noted the Administration is reviewing the information. No action will be taken with the tax bills this year.

4. Senior Center Update – Mr. Ryan questioned if funding approved included the consultant. Mrs. Katske noted there was $275,000 approved in the Capital Plan that included the fees for the consultant. Mr. Ryan discussed his interaction with the Colchester Senior Center Director and the survey they conducted noting the company they chose works closely with towns in our particular circumstance with regard to referendums. Ms. Katske reiterated the sub-committee and process was governed by the Town Council which will have final approval for a new referendum. She spoke briefly on potential avenues for moving forward and the Town processes to be followed.
5. Website Content Update – information continues to be gathered.

New Business

1. Mr. Foligno indicated he would like a traffic safety presentation to be conducted by the Police Department discussing traffic issues, ordinances/laws, parking and other related topics. Mrs. Katske noted Mr. Foligno could contact the Police Commission and discuss his concerns. Mrs. Jakab also noted the members are always looking for presentations at the Center and the topic would be of interest to many members.
2. Garden Update – Mrs. Jakab noted the Department of Public Works has placed raised beds with a fence around them in the back of the Center; working on a water source. This initiative is part of a grant and specific programs are required as a condition of the grant. These will include various topics on gardening and need to be completed before the gardens are opened up for general use. The thought is to provide some fresh produce for the Food Pantry.
3. Mrs. Jakab noted she met with Parks and Rec regarding a more efficient use of the Center. It is currently being used as a community center with various programs in the evenings and on weekends. A local theater group is using the center at this time.
4. Mrs. Randall noted she also participated in the telephone survey on the Senior Center and felt the questions covered many areas of interest. She felt the results would be very comprehensive.

Next Meeting

Friday, June 26, 2026.

Adjournment

There being no further business, the meeting was closed at 2:39 pm.

Respectfully submitted,

Barbara Crandall
Clerk