

FINAL
Minutes of the Commission on Aging Monthly Meeting
January 4, 2023

Attendees: Robert Berman, Halesteen Graham-Days, Marie MacDonald, Patricia Miller, Jeannette Rivers, Leon Rivers, Shirley Thompson

Guests: Marie Bendzans and Yvette Huyghue-Pannell (Senior Services liaison), Kay Sherman (guest)

Absent: Susan Odoms, Barbara Reisner

Pat called the meeting to order at 12:35 pm.

Old Business:

Possibility of an off-site meeting: tabled until Spring.

The Aging Mastery Program® fall semester students were honored at a graduation celebration on December 12. In answer to Marie MacDonald's questions about the program, the class meets on Monday mornings from 10:00-12:00 noon; 10 different topics are covered, and there is a different guest speaker every week. Halesteen commented that she is a graduate and remarked about how helpful she found it to be.

The 10-week Madam Butterflies program also ended last month, with very positive comments from the participants.

The West Hartford-Bloomfield Health District continues to offer COVID-19 vaccines on Wednesdays and Thursdays by appointment only at their 580 Cottage Grove Road offices.

"Cooking for One Can Be Fun" beginning February 24, will offer quick and easy meals using just a few ingredients. Because this is a hands-on program, class size is limited to 8 participants.

Public Comments:

Pat spoke with Representative Bobby Gibson, who will plan to be at the February 1 meeting to share information regarding legislation that the Commission may be interested in. He would like to be able to attend meetings on a quarterly basis.

Mindfulness and Meditation, and a program on game playing "Let's Play 2023" will be offered on alternating Tuesdays from January through April.

A swearing-in ceremony/reception for incoming Probate Judge Dan Mara took place on January 3. The Commission will extend an invitation to Judge Mara to speak on various aspects of the probate court.

The AARP Tax Aide program will be offered again in Bloomfield on Wednesdays from February 8 through April 12. Appointments are required for this free tax preparation service.

There will be a Valentine-themed paint night party on Friday, February 10, presented by Senior Services and Parks, Recreation and Leisure Services.

The Commission on Aging will continue with in-person meetings rather than hybrid.

The Town Manager has scheduled a budget workshop for Monday January 23. A state of the town meeting is planned for Wednesday, January 25.

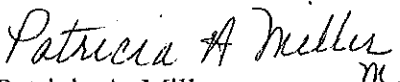
Kay Sherman would like to have an announcement made that Commission meetings are open to the public. An item will be placed in the senior services February newsletter.

Shirley commented that more heat is needed in Room 111 where the COA meetings are held. Yvette will contact the facilities department. (Yvette did reach out to the facilities manager after the meeting to advise that the room is extremely cold and to ask if the heat can be increased.)

Leon made a motion to approve the December minutes. Bob seconded. All were in favor. The minutes are approved.

Jeannette made a motion to adjourn; Shirley seconded. The meeting adjourned at 1:39 pm. The next meeting will take place at 12:30 pm on Wednesday, February 1.

Respectfully submitted,


Patricia A. Miller
Secretary