

**Town of Somers  
Advisory Committee for Seniors  
Meeting Minutes  
April 14, 2026**

**Present:** Pat Bachetti, Matthew Cox, Eileen Fedorowich, Marilyn Gaskell, Phyllis Gwilliam, Ailene Henry, John Kelleher, Maureen Parsell, Donna Richardson, Joan Sizer

**Absent:** Annette Ramsdell

We began the meeting with a goodbye and appreciation presentation to Maureen Parsell who will be leaving her position as Recreation and Leisure Director on April 17.

**Call to order** at 1:12 p.m. by chairperson Matthew Cox.

**Approval of Minutes of March 10:** Marilyn moved and John seconded a motion to approve the minutes as presented. There was no discussion. Motion carried.

**New Business:**

See attached Senior Center Report presented by Donna Richardson and the Human Services Report presented by Matthew Cox.

Additionally, Donna shared the following:

- The volunteer appreciation lunch will be held on April 24.
- Darlene will present two craft projects in May, one for beginners and one more advanced.
- Donna will be on jury duty for three months. Senior Center duties will be covered by existing staff.

Matthew, in addition, shared:

- The recent mental health survey revealed a need for mental health support. Human Services is following up on providing support.
- Human Services personnel are involved with coaching many town residents on coping with financial and other problems.

Eileen thanked Annette for helping her become more independent with her Medicare application.

Phyllis expressed a concern about how seniors can talk to adult children about finances and activities of daily living. Eileen suggested forming a support group to talk about problems that seniors have with coping with aging and talking to adult children. She suggested a book "How to Say It to Seniors: Closing the Communication Gap with Our Elders."

We discussed the problem of enlarging the existing Senior Center. Many programs have a wait list because of lack of space. It was suggested that multiple letters to the Selectmen about this problem might bring results. Ailene offered to write a letter to the Selectmen about this problem. She will send the letter to committee members.

**Adjournment:** With no further business, Phyllis moved, and Eileen seconded a motion to adjourn the meeting at 2:00 p.m. There was no discussion and the motion was carried.

Next meeting will be Tuesday May 12, 1:00 p.m.

Respectfully submitted

Ailene Henry, Secretary

Minutes not official until approved at subsequent meeting.

## **Senior Advisory Meeting – Tuesday, April 14, 2026, 1:00pm**

### **Senior Center Updates**

- Town interviewing for new Recreation & Leisure Director
- Tina Toohey's donation of Peter Pan Bus service to Majestic Theatre "Come from Away" play is Saturday, 4/18. We have 90 people signed up
- Coach Judy Groff, AIC softball alumni & former Dean Marcia Conrad will hold a celebration of life for Tina Toohey on June 6, 2026, from 2:00–4:00 PM at Bay Path University
- Rescheduled Suicide Prevention Training (QPR) to Tuesday, May 12<sup>th</sup> at 11am at the Sr. Center
- Donation funds used to purchase new outdoor patio furniture

### **Programs/Activities**

- Fri, 5/1 – Kentucky Derby Party
- Mon, 5/4 – Craft with Darlene
- Wed, 5/6 – Painting with Sandy
- Fri, 5/8 - Mother's Day Tea Party
- Fri, 5/15 – Breakfast with Chef Pam
- Wed, 5/27 – Ask the Attorney is back with Kraner & Hess Law Firm
- Fri, 6/12 - Hawaiian Luau w/ Jose Paulo and highlight Elder Abuse Awareness by wearing purple
- Tues, 6/16 – Father's Day Breakfast with the Ivy
- Wed, 7/1 - Independence Day & 250<sup>th</sup> Anniversary of our nation celebration w/ Tom Callinan-Ct. 1<sup>st</sup> Official State Troubadour

### **Trips**

- Friendship Tours - Thursday, June 11th - Essex Steam Train and Riverboat - \$176
- The Travel Group Trip - Tuesday, July 14th - "The History of Rock N' Roll" at the Log Cabin \$104
- Friendship Tours – Tuesday, October 13<sup>th</sup> – The Turkey Train Winnepesaukee Railroad - \$192
- Friendship Tours – Thursday, December 10<sup>th</sup> - Fireplace Feast - Salem Cross Inn - \$166

**Respectfully submitted, Donna Richardson, Senior Center Supervisor**

## **Somers Senior Advisory Meeting – Tuesday, April 14, 2026, 1:00 PM**

### **Somers Human Services Report**

#### **March 2026 Activity Summary**

##### **Seasonal Transition: Energy Assistance & Benefits**

As winter programs concluded, focus shifted from heating stability to seasonal benefit transitions. Final processing of CEAP applications ensured households received last fuel deliveries before the April 1 deadline. Concurrently, preparation began for Renters Rebate applications, including client education and document readiness. Medicare assistance remained ongoing to support continued access to healthcare coverage and cost-saving programs.

##### **Client Outreach & Direct Engagement**

Throughout March, consistent outreach was conducted through phone calls and home visits to maintain engagement with clients. These interactions supported wellness monitoring, addressed emerging needs, and strengthened service connections. Emphasis was placed on identifying changes in health, living conditions, and access to essential resources.

##### **Food Security, Housing Support & Mental Health Awareness**

Efforts focused on addressing food insecurity and housing stability through referrals, application assistance, and coordination with community resources. Additional attention was given to senior mental health, including awareness of isolation, depression, and suicide risk. Supportive conversations and resource connections were prioritized to promote overall well-being.

##### **Upcoming Priorities – April 2026**

- Renters Rebate Program: April 1 – September 30
- Farmers Market Nutrition Program: May 1 – November 30
- TEARS Annual Elder Abuse Conference – April 9
- Complex Casework Grand Rounds Training (SHIP) – April 16
- Aging Matters Conference – April 22

##### **Services Provided**

- Case Management/Senior Case Management/Follow-Ups/Financial Coaching: 70
- Meals on Wheels Recipients and CHAMP's Referrals: - 26
- Application Assistance including CEAP - 21
- Emergency Assistance – 4
- Gift Cards - 2
- CHOICES Consultation - 6
- Walk-Ins and Calls: 100+

**Respectfully submitted,**

Annette Ramsdell, Social and Senior Services Specialist