

Town of Somers
Meeting of Advisory Committee for Seniors
December 11, 2018

Present: Pat Bachetti, Dori Bynack, Steve Getman, Phyllis Gwilliam, Ailene Henry, Carol Sarrantonio, Deanna Schuetz, Joan Sizer, Tim Welch (by phone)

Absent: Tina Toohey

1. The meeting was called to order at 1:32 p.m. by chairman Deanna Schuetz.

2. Amendment to 11/13/18 minutes. Motion to adjourn was made by Tina and seconded by Phyllis. Phyllis moved and Carol seconded the motion that the minutes of the 11/13/18 meeting be approved as amended.

3. Audience: Richard (Spider) Carey

4. Resignations/appointments: This is Tim's last meeting. Appreciation was expressed by all for his good ideas and good humor. Steve Getman has been approved by the Selectmen as our new member. Reappointment/reinstatement letters for the other members will be sent out soon.

5. Budget Discussion: The new budget must be submitted by Jan. 4, 2019. Deanna asked if there were any suggestions for programs or supplies that should be added into the budget. The budget will be similar to last year's budget. The proposed budget should allow us to return to a monthly newsletter rather than a bimonthly. We save \$120 per newsletter issue by not mailing. Printing for 450 copies costs \$220. By returning to a monthly newsletter we hope to decrease some forgetfulness and confusion about programs. Steve suggested adding local churches to the list of venues where the newsletters are available and adding a short message in church bulletins about where to find Senior news. It was reported that the robocall reminders are helpful but answering machines don't record the first part of the message. The new bus should be arriving soon.

6. Senior Resource Fairs Review/Discussion: Two recent resource fairs were attended by Pat and Phyllis and one by Ailene. Much good information was available. The venues were large and multiple agencies were involved. Opinion was such an event would be too large for us to undertake.

We discussed Tim's idea about providing a program for younger adults about what to look for in caring for older relatives, neighbors, friends; warning signs of not being able to care for themselves; when intervention by social services is necessary.

We discussed starting this off by putting an article about this topic in the "Somers Connection" magazine since this reaches a wide cross section of Somers residents. It was suggested that information about fraud/scams be part of this. Deanna suggested that this article could direct people to a website survey to see what people are interested in. Deanna will check on when the magazine deadline is. Committee members will give ideas to Deanna for the article.

7. Support groups: We discussed the importance of support groups and specifically talked about starting a group for people living alone that perhaps do not have close family or other support. A suggested name was "Friendship Network". A notice could be put in the newsletter asking if there is interest in this.

8. Committee Updates:

Senior Club: 204 members. A Christmas party on Dec. 12.

Meals on Wheels: Ailene has purchased food for the snow day meals and will distribute these next week. She asked again about adding a vegetable or salad to the MOW hot meal. Joan moved and Ailene seconded the motion that Deanna ask Colleen if this could be provided.

AARP Tax Prep: This will be available at the Senior Center during the upcoming tax season. Tim moved and Joan seconded the motion that our meeting be adjourned at 2:47 pm.

Respectfully submitted
Ailene Henry secretary

Minutes not official until approved at subsequent meeting.

