

MINUTES  
REGULAR MEETING  
COMMISSION ON AGING  
LISBON SENIOR CENTER  
MONDAY, AUGUST 7, 2023  
10:00 A.M.

1. Call to Order: The regular meeting of the Commission on Aging was called to order by Leonora Szruba, Chairman at 10:03 a.m.

MEMBERS PRESENT: Leonora Szruba, Karen Arremony, Joyce Carvalho, Ara Wilnas, Patricia Walburn, Mary Brown, Joseph Doran

MEMBERS ABSENT: Karen Washington, Donna Gahrman

2. Reading of previous minutes – Motion by P. Walburn second by K. Arremony to accept the previous minutes of the Regular Meeting of June 5, 2023 and Regular Meeting cancellation of July 10, 2023 as presented.

VOTE: UNANIMOUS, MOTION CARRIED

3. Correspondence

- a. Memo, re: request for Fall 2023 submissions for Lisbon Quarterly Newsletter

4. Bills and action thereon

- a. Review Financial Reports- Chairman Szruba noted that after the first month of the new fiscal year expenditures are at 7.9%. She also reported that the Sandwich Program balance as of July 31, 2023 is at \$2038.43.
- b. Ratify/Approve Bills – (see attached). Motion by J. Doran second by M. Brown that bills #1-20 be ratified and added to the permanent record.

VOTE: UNANIMOUS, MOTION CARRIED

5. Senior Coordinator's Report – (see attached). The report was presented by A. Wilnas, Sr. Center Coordinator/Municipal Agent for the Elderly. Additionally, J. Doran and A. Wilnas discussed hosting the next Veteran's Breakfast quarterly beginning in October.

6. Old Business

- a. Name change / sign – Chairman Szruba has received some markup photos of the new signage on the building from Prokop Signs.
- b. Side garden cleanup - A. Wilnas will speak to J. Sparkman about meeting with J. Doran regarding cleaning up the ivy from the planter in front of the Senior Center building.

7. New Business

- a. ARPA funds suggestions – A. Wilnas reported that there is \$11,000 in available funding through ARPA specifically for Senior Centers. An application would need to be filled out and be approved in order to receive the funds. The funds would be used on items like repairs, infrastructure or programming. Ideas can be submitted to her at the Senior Center.

8. Any other business that may come before the Commission – none

BILLS TO BE RATIFIED AT THE AUGUST 7, 2023 COA MEETING:

- 1) \$23.58 to Kelly Miceli for mileage delivering MOW (Sr Ctr Coverage Wages)
- 2) \$99.95 to Ara Wilnas for reimbursement Poster My Wall subscription (Sr Coor Supplies Exp)
- 3) \$210 & \$350 to Donna Benoit for June & July fitness & yoga classes (Sr Cit services)
- 4) \$94.96 & \$94.96 to Comcast for June & July cable (Sr Ctr Utilities)
- 5) \$44.11 & \$44.57 to Frontier for May & June phone bill (Sr Ctr Utilities)
- 6) \$115 & \$115 to dll Financial Solutions for June & July copier lease (Sr Ctr Copier Expenses)
- 7) \$585.40 to Stilly's for tires, mounting & balancing (Sr Van Maintenance)
- 8) \$213 to ASP Security Systems for 3<sup>rd</sup> quarter monitoring (Sr Ctr Maintenance)
- 9) \$354.30 to Eversource for May billing for 1,671 KWH electricity (Sr Ctr Utilities)
- 10) \$1,350 & \$500 to Fab 5-Star Cleaning for May & rug cleaning (Sr Ctr Maintenance)
- 11) \$160 to State of CT for boiler/water heater inspections (Sr Ctr Maintenance)
- 12) \$314 to All Star P & H & C for June thermostat service call (Sr Ctr Maintenance)
- 13) \$40.97 to Verizon for van phone (Sr Ctr Utilities)
- 14) \$312 to Allstate Fire Equip for semi-annual kitchen system inspection (Sr Ctr Maintenance)
- 15) \$63 to Postmaster for newsletter stamps (Sr Cit Services)
- 16) \$706 to Uncas Gas for 6/7/23 delivery of 465 Gals propane @ 1.52 (Sr Ctr Utilities)
- 17) \$18.65 & \$17.46 & 9.92 to Walmart for coffee (Sr Citizen Services)
- 18) \$64.23 & \$40.53 & \$174.51 to Walmart for lunch program food (Sandwich Program Special Revenue)
- 19) W.B Mason (over 7 invoices): \$52.16 to Sandwich Program; \$112.30 to Sr Cit Services; \$60.94 to Sr Ctr Utilities + \$8.04 CREDIT; \$58.96 to Sr Coord Supplies & Exp; \$102.75 to Sr Center Supplies & Exp
- 20) Amazon Business (over 3 invoices): \$62.04 to Sandwich Program Special Revenue; \$32.38 to Sr Cit Services; \$103.70 to Sr Coord Supplies & Exp

# Commission on Aging Monthly report

For the month of:	May	June	July
Center visitors	443/22	438/21	422/20
Van rides	27	32	38
Meals on wheels	198	163	148
Sandwich program	181	193	163
Other meals	36	38	38

## Updates:

Floor and rug cleaning update:

- Tina won't be doing the last coats of wax on the floor until the fall due to difficulty drying in the humidity.

New Wi-fi Access point/HVAC

- There was a miscommunication about the fact that the thermostats no longer needed the app to control the temperature, so Al did not want to install the new internet access point in case we would lose climate control during the hot weather. I let Al know that they are now controlled manually, so he will come down soon and try to install the new access point.

ARPA Fund Ideas:

- Tom suggested a new roof and using some of it for the air conditioning
- Could we subsidize more expensive trips to allow those that normally couldn't afford it to go
- Any other ideas?

## July Events:

- Mondays Senior Fitness (9 people attended)
- Mondays Chair Yoga (8 people attended)
- Friday July 7<sup>th</sup> Art Class with Jacqui
- Monday July 10<sup>th</sup> Presentation on Wills with Attorney Madonna (10 people attended)
- Tuesday July 11<sup>th</sup> Annual Luau (30 from here and 22 from New London attended)
- Tuesday July 18<sup>th</sup> Trip to the Golden Greek Restaurant (14 attended)
- Wednesday July 19<sup>th</sup> Love on a Plate Special, Tapas (18 specials were served)
- Wednesday July 19<sup>th</sup> Scam Awareness with Trooper Adams (10 people attended)
- Friday July 28<sup>th</sup> Celebrated two July birthdays with pineapple cake

## Upcoming Trips and Events:

## August

- Uncas Health will be back Thursday August 3<sup>rd</sup> for Blood Pressure monitoring and screenings (Oct. 5 will be our flu vaccine clinic)
- Friday August 4<sup>th</sup> Trip to Riverview Restaurant in Moosup, CT (13 people are signed up)
- Monday August 7<sup>th</sup> Red Cross Blood Drive
- Tuesday August 8<sup>th</sup> will be our first chair massage event (10 signed up)
- Wednesday August 9<sup>th</sup> at 11am Farmer's Market Vouchers will be handed out
- Tuesday August 15<sup>th</sup> Rhode Island Lighthouse Cruise (16 signed up)
- Wednesday August 16<sup>th</sup> Love on a plate BBQ Chicken (1 signed up)
- Friday August 18<sup>th</sup> Art Class with Jacqui (8 signed up)
- Friday August 25<sup>th</sup> Birthday Celebration (3 signed up)
- Friday August 25<sup>th</sup> Movie Matinee - Hairspray (7 signed up)
- Wednesday August 30<sup>th</sup> Annual Picnic (2 signed up) \*NEED VOLUNTEERS\*

## September

- Friday September 15<sup>th</sup> Trip to Davenport's Restaurant (2 signed up)
- Wednesday September 20<sup>th</sup> we will travel to the Big E for CT Day (12 signed up)
- Wednesday September 27<sup>th</sup> planned Outreach Brunch

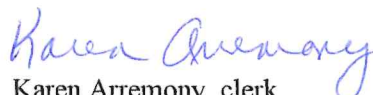
## October - December

- Working on: Medicare Advocacy presentation with lunch and movie
  - Lisbon Landing Theater (will rent to us for small fee \$99, and may be able to have them waive this – speaking with corporate office.)
  - Medicare Advocacy group has waived fee (can come Oct. 3<sup>rd</sup> but Fred has become unavailable, Cathy Paradise unwilling. Would Joe or his friend be interested in driving that day? If not, then I will reschedule)
  - Goal was to try to plan before open enrollment began or shortly into it
  - Teaches people about legal rights re: medicare
  - Guidance about choosing between original medicare and advantage plans
  - Teach about marketing strategies that they use to sell these plans
  - How to get certain services covered
  - Prescription for diapers and other benefits people don't know about
  - Difference between observation status and admittance in hospitals and how it effects what medicare will pay
  - Other important information to help prevent seniors from being taken advantage of during enrollment
- Wednesday October 18<sup>th</sup> Fall Foliage Cruise – with picnic lunch
- Wednesday December 13<sup>th</sup> Dreamgirls at the Goodspeed Opera House (five signed up)

MINUTES  
REGULAR MEETING  
COMMISSION ON AGING  
MONDAY, AUGUST 7, 2023  
Page 2

9. Adjournment – Motion by J. Doran second by P. Walburn to adjourn at 10:35 a.m.

VOTE: UNANIMOUS, MOTION CARRIED

  
Karen Arremony, clerk

APPROVED: \_\_\_\_\_  
Leonora Szruba, Chairman

RECEIVED FOR RECORD AT LISBON, CT  
ON 8/9/23 AT 10:10 AM  
ATTEST. MICHELLE GRANT, TOWN CLERK

 Asst.