

MINUTES
REGULAR MEETING
COMMISSION ON AGING
LISBON SENIOR CENTER
MONDAY, SEPTEMBER 11, 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 10:00 a.m.

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

MEMBERS ABSENT: none

2. Reading of previous minutes – Motion by J. Doran second by M. Brown to accept the previous minutes of the Regular Meeting of August 7, 2023 as presented.

VOTE: UNANIMOUS, MOTION CARRIED

3. Correspondence - none

4. Bills and action thereon

- a. Review Financial Reports- Chairman Szruba noted that expenditures from the Senior Center Coverage and Senior Center Services line items will need to be watched. She also reported that the Sandwich Program balance as of the end of August is at \$2308.32.
- b. Ratify/Approve Bills – (see attached). Motion by J. Doran second by M. Brown that bills #1-19 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, the floors will be waxed in October when it is less humid. The Veteran's Breakfast will be held on Friday, October 20 and the Pen Turning event will be held on Saturday, October 28.

6. Old Business

- a. Name change / sign – Chairman Szruba has received quotes and some markup photos of the new signage on the building from Prokop Signs and Camaro Signs. The committee discussed various methods of financing through donations, fund raising and existing funds. Chairman Szruba will meet with T. Sparkman, First Selectman to discuss next steps.
- b. Side garden cleanup - nothing new to report

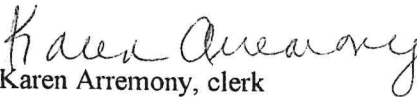
7. New Business

- a. ARPA funds suggestions – A. Wilnas will be attending a regional meeting with other Senior Centers to get ideas of how best to use these funds.

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

9. Adjournment – Motion by J. Doran second by P. Walburn to adjourn at 10:53 a.m.

VOTE: UNANIMOUS, MOTION CARRIED


Karen Arremony, clerk

APPROVED: _____
Leonora Szruba, Chairman

BILLS TO BE RATIFIED AT HE September 11, 2023 COA MEETING:

- 1) Amazon Business: \$35.83 for bank bags & puzzle glue (Sr Ctr Supplies & Exp); \$31.32 for batteries (Sr Ctr Supplies & Exp); \$30.36 for potato chips (Lunch Program)
- 2) Ara Wilnas: \$23.58 for mileage (Sr Cit Services)
- 3) dII Finacial Services: \$115 for July copier lease & \$120.75 for August copier lease payments (Sr Ctr Copier Exp)
- 4) Donna Benoit: \$140 for August Fitness Classes & \$350 for September Fitness & Yoga classes (Sr Cit Services)
- 5) Postmaster: \$132 for 2 rolls 1st class stamps (Sr Cit Services)
- 6) Frontier: \$43.77 for July phone bill & \$44.34 for August phone bill (Sr Ctr Utilities)
- 7) Fab 5 Star Cleaning: \$1,050 for July cleaning & \$1,500 for August cleaning (Sr Ctr Maintenance)
- 8) Verizon: \$40.96 for Jun-Jul van phone & \$40.96 for Jul-Aug van phone (Sr Ctr Utilities)
- 9) Eversource: \$621.68 for 2,736 kwh Jun-Jul & \$672.47 for 3,157 kwh Jul-Aug – 30 days each billing (Sr Ctr Utilities)
- 10) Comcast: \$94.96 for Jul-Aug cable (Sr Ctr Utilities)
- 11) Walmart \$28.57 for coffee (Sr Cit Services) & \$85.67 for food (lunch Program)
- 12) W.B.Mason: \$31.98 for water + jug deposits (Sr Ctr Utilities); \$14.98 for receipt book (Sr Ctr Supplies & Exp); \$22.48 for labels (Sr Coord Supplies & Exp); \$55.15 for foam food containers (Sr Cit Services)
- 13) W.B.Mason: \$15.16 for ziplock bags (Lunch Program); \$54.44 for creamers (Sr Cit Services)
- 14) W.B.Mason: \$120.54 for plastic cups, portion cups + lids (Lunch Program); \$7.38 for plastic cups (Sr Cit Servixes; \$22.38 for garbage bags (Sr Ctr Supplies & Exp)
- 15) W.B.Mason: \$63.96 for water + jug deposits (Sr Ctr Utilities); \$12.48 for wrapped straws (Lunch Program)
- 16) W.B.Mason: \$22.48 for labels (Sr Coord Supplies & Exp)
- 17) W.B.Mason: \$128.05 for bathroom tissue & roll paper toweling (Sr Ctr Supplies & Exp); \$59.63 for kitchen paper towels & napkins (Lunch Program)
- 18) W.B.Mason: \$20.28 for Lysol wipes (Sr Ctr Supplies & Exp)
- 19) W.B.Mason: \$12 & \$6 CREDIT memos for return of empty water jugs (Sr Ctr Utilities)

Commission on Aging Monthly report

For the month of:	June	July	August
Center visitors	438/21	422/20	491/22
Van rides	32	38	28
Meals on wheels	163	148	169
Sandwich program	193	163	192
Other meals	38	38	37

Updates:

- Wi-fi Access Point update: It is completely installed and Al just needs to configure it and shut down the other. This weekend (Sept 9-10) will try to do and text me. Will also try to get some of our ipads onto it.
- Floor Wax Update:
- ARPA Funds update: Will be meeting in Groton with other Directors to hear about ideas at 2pm on September 12th

August Events:

- Uncas Health will be back Thursday August 3rd for Blood Pressure monitoring and screenings (Oct. 5 will be our flu vaccine clinic)
- Friday August 4th Trip to Riverview Restaurant in Moosup, CT (12 people signed up)
- Monday August 7th Red Cross Blood Drive
- Tuesday August 8th will be our first chair massage event (12 signed up)
- Wednesday August 9th at 11am Farmer's Market Vouchers were handed out (21 were signed up, all but three received that day)
- Tuesday August 15th Rhode Island Lighthouse Cruise (21 signed up)
- Wednesday August 16th Love on a plate BBQ Chicken (11 signed up)
- Friday August 18th Art Class with Jacqui (9 signed up)
- Friday August 25th Birthday Celebration (4 signed up)
- Friday August 25th Movie Matinee - Hairspray (12 signed up)
- Wednesday August 30th Annual Picnic (26 attended)

Upcoming Trips and Events:

September

- Thursday September 7th 9-10:30 Blood Pressure Screening by Uncas Health
- Friday September 8th Art Class with Jacqui (8 signed up)
- Wednesday September 13th Love on a Plate lunch Special – Stuffed Shells
- Friday September 15th Trip to Davenport's Restaurant in RI
- Monday September 18th Chair Yoga and Senior Fitness Classes with a focus on Fall Prevention
- Tuesday September 19th Celebrate September Birthdays with cake
- Tuesday September 19th Chair Massage
- Wednesday September 20th Trip to the Big E for CT Day
- Friday September 22nd AARP Safe Driving Class (7 signed up)
- No RSVPs for Outreach Brunch on September 27th (will have a committee meeting after the RSVP date of Sept. 15th)
- Friday September 29th Movie Matinee at the center with popcorn (showing: Book Club)

October - December

- Wednesday October 18th Fall Foliage Cruise – with picnic lunch (8 signed up)
- Wednesday October 25th Medicare Advocacy Presentation and Movie
- Thursday October 26th Bingo and Halloween Party at New London Senior Citizens Center
- Tuesday November 14th Turkey Day
- Wednesday November 15th Red Cross Blood Drive
- Friday December 1st AARP Safe Driving Class
- Wednesday December 13th Dreamgirls at the Goodspeed Opera House (17 signed up)

RECEIVED FOR RECORD AT LISBON, CT
ON 09/13/23 AT 9:07am
ATTEST. MICHELLE GRANT, TOWN CLERK

