

MINUTES
REGULAR MEETING
COMMISSION ON AGING
LISBON SENIOR CENTER
MONDAY, OCTOBER 2, 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(remote), Karen Washington, Donna Gahrman

MEMBERS ABSENT: Joseph Doran

2. Reading of previous minutes – Motion by D. Gahrman second by A. Wilnas to accept the previous minutes of the Regular Meeting of September 11, 2023 as presented.

VOTE: UNANIMOUS, MOTION CARRIED

3. Correspondence

- a. Flyer, from the Lisbon Historical Society, re: Walktober event on 10/7/23 at the Newent Congregational Church

4. Bills and action thereon

- a. Review Financial Reports - Financial Reports were not ready in time for the meeting.
- b. Ratify/Approve Bills – (see attached). Motion by K. Arremony second by J. Carvalho that bills #1-5 be ratified and added to the permanent record.

VOTE: UNANIMOUS, MOTION CARRIED

Motion made by K. Arremony second by D. Gahrman to research other more affordable online options to replace the current cable system and contact Comcast to cancel the current cable subscription.

VOTE: UNANIMOUS, MOTION CARRIED

5. Senior Coordinator's Report – (see attached).

6. Old Business

- a. Name change / sign – Chairman Szruba has been working with Town Planner, M. Murphy and will present the name/signage changes to the Planning & Zoning Commission at their meeting on Tuesday, 10/3/23. The committee discussed various methods of financing through donations, fund raising and existing funds. The Woodturner's group has pledged a donation of \$200.00 and the Lisbon/Griswold Lion's Club has pledged a donation of \$300.00. The remainder of the cost would be funded through the Shooting Stars.

Motion made by K. Arremony second by A. Wilnas to use the American spelling in the name of the building as Active Aging Center, not Active Ageing Center.

VOTE: UNANIMOUS, MOTION CARRIED

- b. Side garden cleanup - A. Wilnas has recruited a couple of volunteers to help with this project. She will contact J. Sparkman to decide on a date.

7. New Business

- a. ARPA funds suggestions – A. Wilnas attended a regional meeting with other Senior Centers to get ideas of how best to use these funds. There is ARPA funding of \$11,000 specifically to be used by the Senior Center. She will present some suggestions at the next meeting.

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

BILLS TO BE RATIFIED AT THE 10/02/23 COA MEETING:

1. \$25.47 to Amazon Business for batteries (Sr Ctr Supplies & Expenses)
- 2) \$62.95 to Walmart for food (Lunch Program)
- 3) \$94.96 to Comcast for cable (Sr Ctr Utilities)
- 4) \$75.46 to W.B. Mason for creamers, cups & facial tissues (Sr Cit Services); & \$29.76 for stales and wet erase markers (Sr Coord Supplies & Expenses); & \$22.79 for urinal deodorizers *Sr Ctr Supplies & Expenses)
- 5) \$25 to CASCPC for membership renewal (Sr Coord Supplies & Expenses)

Commission on Aging Monthly report

For the month of:	July	August	September
Center visitors	422/20	491/22	360/20
Van rides	38	28	21
Meals on wheels	148	169	141
Sandwich program	163	192	174
Other meals	38	37	15

Updates:

- Wi-fi Access Point update: Installed and working. Ipads are also able to access it now.
- Garden cleanup: Spoke with Jonathan about having a crew person come down to help, and about meeting with Joe. He said he would come down on a Wednesday but since he has not made it yet, perhaps we should decide on a date and then I can ask him to send someone for that day.
- ARPA Funds update: Will have more details from the meeting for next month.

September Trips and Events:

- Thursday September 7th 9-10:30 Blood Pressure Screening by Uncas Health
- Friday September 8th Art Class with Jacqui
- Wednesday September 13th Love on a Plate lunch Special – Stuffed Shells (15 attended)
- Friday September 15th Trip to Davenport's Restaurant in RI (21 attended)
- Monday September 18th Chair Yoga and Senior Fitness Classes with a focus on Fall Prevention (14 attended)
- Tuesday September 19th Celebrate September Birthdays with cake (2 people had birthdays)
- Tuesday September 19th Chair Massage (10 attended)
- Wednesday September 20th Trip to the Big E for CT Day (22 attended)
- Friday September 22nd AARP Safe Driving Class (7 signed up but only 2 attended))
- No RSVPs or walk-in attendees for Outreach Brunch on September 27th

- Friday September 29th Movie Matinee at the center with popcorn (6 people attended)

Upcoming Trips and Events:

October

- Thursday October 5th Uncas Health Flu Vaccine Clinic
- Wednesday October 11th Love on a Plate Beef Stew
- Monday October 16th Scarecrow making with pumpkin donuts and hot chocolate
- Tuesday October 17th Chair Massage
- Wednesday October 18th Fall Foliage Cruise – with picnic lunch Wednesday
- Friday October 20th Veteran's Breakfast
- Wednesday October 25th Medicare Advocacy Presentation and Movie
- Thursday October 26th Bingo and Halloween Party at New London Senior Citizens Center
- Friday October 27th October Birthday celebration
- Saturday October 28th Pen Turning Class

November

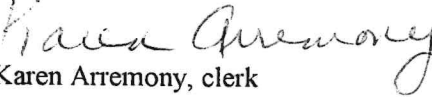
- Thursday November 2nd Uncas Health Blood Pressure Monitoring
- Tuesday November 14th Turkey Day
- Wednesday November 15th Red Cross Blood Drive
- Monday November 20th Old Mystick Village Trip with lunch at Rocks 21

December

- Friday December 1st AARP Safe Driving Class
- Tuesday December 5th Holiday Luncheon with Prime Rib & Stuffed Shrimp (snow date Dec. 6th)
- Thursday December 7th Uncas Health Blood Pressure Monitoring
- Wednesday December 13th Dreamgirls at the Goodspeed Opera House (17 signed up)

9. Adjournment – Motion by J. Carvalho second by P. Walburn to adjourn at 10:30 a.m.

VOTE: UNANIMOUS, MOTION CARRIED


Karen Arremoney, clerk

APPROVED: _____
Leonora Szruba, Chairman

RECEIVED FOR RECORD AT LISBON, CT
ON 10/4/23 AT 10:24am
ATTEST. MICHELLE GRANT, TOWN CLERK
