

MINUTES
SPECIAL MEETING OF THE KILLINGWORTH
COMMITTEE ON AGING

Wednesday, June 28, 2023 5:00 p.m.

Killingworth Town Hall

Members in Attendance: Joan Gay, Joyce Mason, Jean Panciera, Mary Solera, Bill Joyce
(Arrived at 5:19 p.m.) Ex-officio Member Mercedes Ricculti

Members Excused/Absent: None.

Participating Visitors: Susan Dean, Sandy Allard, Kate Moran, Glen Johnson and Clerk Jamie Sciascia (Via Remote)

The meeting was Called to Order at 5:00 p.m. by Joan Gay, Chair

Roll Call: Chair Gay took a Roll Call of Committee Members who were in attendance at the meeting.

Communications:

Chair Gay updated the Committee on Aging (COA) about the use of ARPA Funds, specifically, the \$17,500 grant money set aside for the Senior Center. She spoke with First Selectman Gorski who advised under the requirements for funding that the Town doesn't qualify to use that money because it is only for a municipality that has a single municipal center, has more than one Senior Center or that if it doesn't have one, it has an agreement with another municipality or non-profit than they would qualify but they don't qualify as a stand alone. Since the Town of Killingworth belongs to the Estuary Transit then Gorski suggested that the Committee move the ARPA funds over to them. Chair Gay spoke to Heather Milardo, Director of Development and Outreach at The Estuary, and stated that the Committee of Aging is interested in having the Estuary Transit provide programs in Killingworth. Ms. Milardo plans on bringing forth programming information to the Committee at one of their upcoming meetings.

Chair Gay updated the Committee that Kathy Amoia volunteered to research becoming a Board member and what those responsibilities would entail. Kathy advised how there is already a representative in Killingworth but they are still looking for volunteers. Chair Gay will forward Kathy's email to all Committee members and if anyone is interested in serving, please reach out to Chair Gay directly.

Special Meeting Rules:

Chair Gay reviewed the Special Meeting Rules with the Committee under the Freedom of Information Act (FOIA). The monthly meetings are scheduled for the 4th Wednesday of every month and the Agenda is located on the Town Calendar when you click on the Committee on Aging meeting date.

Chair Gay will also send out the Agenda separately, before each meeting, to all Committee members. The filing of all Motions/Votes are 48 hours after the meeting and 7 Calendar days for the full set of Minutes to be filed with Town Clerk Dawn Mooney.

Approval of Minutes:

Motion #1: Joyce Mason *Moved* and Mary Solera *Seconded* a motion to accept the Minutes from the Committee on Aging special meeting that was held on May 24, 2023.

Voting to Approve: J. Mason, J. Panciera, M. Solera, J. Gay

Motion unanimously passed (4-0-0).

Clerk Position:

Chair Gay gave a warm welcome and introduction to Jamie Sciascia. She advised the Committee members that she worked with Jamie Sciascia on the Charter Revision Commission. Chair Gay stated this will be a paid clerk position and Clerk Sciascia will be helping with posting Agendas, posting Minutes, adding documents in SharePoint and anything else that the Committee may need. Chair Gay introduced the Committee Members as well as the Participating Visitors.

Report from Municipal Agent for the Elderly - Mercedes Riccuiti:

Mercedes “Chiqui” Riccuiti gave an update on the Renters Rebate Program. She went over the program in detail and the qualifications in order for an individual 65 years and older to qualify. Chiqui noted out of the 300 people that live in the Beechwood Community, she received 25 applicants.

Chiqui gave an update on the Fuel/Heat Assistance Program. She reviewed the program in detail as well as the proof of documentation that is needed. She also went over the different options to submit an application: in person via the Middletown or Hartford office, via online, and/or through her. She did advise if an application is submitted through her the response time takes longer noting that it could take up to 45 days.

The Fuel Assistance program runs from September through March and the Renters Rebate Program runs from April through October.

The Committee had discussion about advertising for the Fuel Assistance Program in: 1) Haddam-Killingworth Newspaper 2) The Source 3) The Valley Regional Television (interview Chiqui).

The Committee had discussion about the Renters Rebate Program typically being published in the Killingworth Krier as their way of communication to the Community. Since the Krier is no longer running, other avenues were looked at in terms of how to get communication out to the Community effectively: 1) St. Lawrence Church 2) Living Rock Church 3) Gorski putting an email out via Constant Contact. Chiqui will also provide dates of when the Renters Rebate Program is Open to the Community.

Discussion of Prioritization of Table with Actionable Items:

Chair Gay thanked all the Committee members for submitting comments and suggestions on what is important to the Committee to address during their time as a Committee organizing by topic: Housing, Economics, Health, Employment, Recreation, Programs, General Categories, and Other. Chair Gay stated that the main focus of this meeting is to identify the Committee's Priorities: High, Medium and Low and she explained priorities in length. After the Committee determines that, then smaller Groups will be formed to identify their own priorities addressing: 1) Identify low hanging fruit actions that could be taken right away; 2) Short Term Goals; and 3) Long Term Goals.

Chair Gay reviewed the Table with Actionable Items with the Committee:

1. Item: Senior Center **Suggested Activity:** Meet with Nancy Gorski re: Grant

*Chair Gay reported on the Senior Center noted above in Communications.

*Chair Gay reported that at the last BOS meeting they spoke about the Shed as a possible meeting location for the Committee; however; the BOS is planning to issue an RFP but the work won't begin for 2 years eventually causing a delay. Different meeting spaces were discussed:

1) Town Hall 2) Club House 3) Library 3) Saint Lawrence Church 4) Congregational Church 4) Running Brook.

2. **Suggested Activity** - Identify building sites that offer space for programming. Consider rental and insurance fees.

*Discussion took place about being a Committee of the Town and if the Committee offers a program, are they covered by Town Insurance. ***Action Item** - Chair Gay will check into this and get back to the Committee by next meeting.

*Further discussion took place about looking into all schools throughout Killingworth and possibly the Fire Station (note: loud noise might be an issue due to the Fire alarm going off)

3. **Suggested Activity** - Meet with Nancy Gorski, Rep. Chris Aniskovich and Sen. Christine Cohen re: funding for a senior center.

***Action Item:** Chair Gay will work with First Selectman Gorski, Representative Aniskovich and Senator Cohen to give them information they need in order to search for funding for a Senior Center. She stated this is the process that the Legislators need to have in order to move forward.

Bill Joyce suggested researching via the internet for these types of Grants, specifically, for a Senior Center in Town.

4. **Item:** Identification of needs of seniors **Suggested Activity** - Develop survey

5. **Suggested Activity** - Instead of a survey, distribute an information sheet to get involved that could include name, address, home number, email, their skills.

6. **Suggested Activity** - Meetings with Stakeholders e.g. Churches, Financial Planners, Private Practice Social Workers, Physicians, Real Estate Agents, Sun Community Office, Civic Organizations

7. **Item:** Communications - **Suggested Activity** - Identify mechanisms to communicate to seniors re: where is the information, how could it be accessed and distributed

8. **Suggested Activity** - Check with Bob Joyce regarding communications with Beechwood Community and Mercedes regarding Town Hall communications by age during Covid.

*Chiqui confirmed that the information came from the Voting Registry List, breaking it down by age.

9. **Suggested Activity** - Meet and Greet with the Committee. Distribute pamphlets detailing Members meeting info eg Aging email address, meeting info. Phone number extension at Town Hall?

*Chair Gay spoke to First Selectman Gorski and confirmed that there is no Town Committee that has an extension at Town Hall. She stressed the importance of publicizing the Committee on Aging's email address again for the Community to be able to contact them directly. Chair Gay suggested revisiting this possibly down the road when they get a part time employee or establish a Commission.

10. **Suggested Activity** - Communicate availability of programs from other Communities e.g. Haddam Senior Picnic, June 19, St. James Community Hall

*What do you need to join, is it paid by program, is it paid by membership, is there a fee for residents versus non-residents.

11. **Suggested Activity** - Encourage intergenerational activities e.g. Westbrook High School's Community and Global Awareness Class where students meet with senior citizens, have lunch and game activities

12. **Suggested Activity** - Explore grants and funding to continue Killingworth Krier or type of published town newsletter

*Discussion took place about how the Killingworth Krier is no longer in existence.

13. **Suggested Activity** - Develop senior handbook (Check Haddam's Handbook)

14. **Suggested Activity**- Inclusion of committee on Aging news in Haddam-Killingworth News, (Library and Congressional Church)

the Source, Estuary newsletter

15. **Suggested Activity** - Electronic sign at Town Hall to promote activities

*Discussion about how to sign up to receive the Estuary Newsletter as well as where it is located in the Town took place

HOUSING

1. **Item:** Determine availability of housing for Seniors **Suggested Activity** - Meet with P&Z re: current regulations, Plan of Conservation and Development

*Chair Gay put together the information that exists on the Killingworth Conservation and Development regarding the Goals for Senior Housing. She also noted the P&Z Regulations for: Alternative Housing, Accessory Apartments for Low Income Housing, Two Family Dwellings as a starting point.

2. **Suggested Activity** - Obtain results of Alternative Housing Committee

*Chair Gay suggested for the Committee to meet with Tom Hogarty.

3. **Suggested Activity** - Identify possible future options for 55 and over housing i.e. apartments/condos/stand-along housing

4. **Suggested Activity** - Identify rent control and tax relief

*Chiqui stated there are Programs available through the Assessor's Office for Veterans to receive tax breaks. Chair Gay will add this information onto the Table.

5. **Suggested Activity** - Receive input Fair Rent Commission re: Senior Concerns

6. **Suggested Activity** - Identify difference between affordable and low income housing

ECONOMICS

1. Item: Explore the impact of the cost of living for Seniors

*Get Information from Helping Helps.

2. Item: Regular reports from Municipal Agent for statistics re: Fuel Assistance, Food, Assistance, Medical Support, Number of Individuals Served, Amount Budgeted

Suggested Activity - Mercedes to provide Monthly Reports to Committee on Aging Ongoing

HEALTH

1. Item: Identify what is available from VNA for Senior support

2. Item: Exercise **Suggested Activity** - Look for grants to pay for exercise programs

3. **Suggested Activity** - Contact Legislators for guidance and assistance and to make them aware of Senior needs in Killingworth

4. **Item:** Identify Medical Services **Suggested Activity** - Identify services available from the CT River Area Health District (CRAHD)

5. **Suggested Activity** - Meet with Alice Lucas, St. Lawrence Parish Nurse

6. **Suggested Activity** - Do we have or need a town nurse or doctor?

7. **Suggested Activity** - Obtain information on getting rides to Dr. appointments

*Discussion about putting a Table together for Community Members that outlines ride availability to doctor appointments via: 1) River Valley Transit 2) Night Time Transit 3) Bus Service 4) Dial a Ride 5) Estuary Transit

8. **Suggested Activity** - Contact Hartford Health, Yale Health, Middlesex Health to see what programs they have for Seniors

9. Item: Work with United Way of Middletown for statistics and possible funding of health programs

EMPLOYMENT

1. Item: Identify employment issues and opportunities

Suggested Activity - Determine if this is a current concern, what is available, obstacles such as distance from Killingworth, transportation, skills, accommodations, how to job search, etc

RECREATION

1. Item: Identify activities

Suggested Activity -

- Social activities during the daytime
- Educational activities during the daytime
- Recreational activities during daytime/early evening

2. **Suggested Activity** - Identify programs for seniors

PROGRAMS

1. Item: Explore possible programs **Suggested Activity** - Hartford Health Care Center for Aging

2. **Suggested Activity** - Lifelong learning lectures during the daytime; Library offers programs in the evening

3. **Suggested Activity** - Programs on safety, fraud, smart technologies for seniors at home, health-related issues

4. **Suggested Activity** - Bring back the Senior Expo - usually one by Park and Rec but declined this past year

GENERAL CATEGORIES

1 Item: Obtain information from related organizations

Suggested Activity - Speaker from Estuary Transit District regarding current Senior opportunities. *Chair Gay spoke to Heather Milardo noted above.

Topics to include -

Health:

- improve the nutrition (meals) and increase the days meals are offered and consider raising the price to \$5 to provide better food . Visit and eat at various meal sites e.g. Clinton, Westbrook, Madison
- Work with Estuary to deliver this service once a week in Killingworth
- Deliver Senior exercise once a week
- Bring once a month services e.g.1 haircuts, foot clinic, hearing clinic, Reiki, manicures and Medicare enrollment (Some are free, some have a fee)

Recreation: Work with Estuary to determine what recreational activities could be brought to Killingworth

2. Suggested Activity - Library: Explore possibility of the Library to visit the meal site once month to distribute books and magazines

3. Item: Transportation **Suggested Activity** - Speaker from River Valley Transit regarding transportation options for seniors

4. Suggested Activity - Determine possible use of transportation from Madison Senior Center and Masonicare for grocery shopping

5. Item: Funding **Suggested Activity** - Identify sources of funding for programs

6. Suggested Activity -Contact Senator Christine Cohen to “deliver to Killingworth” needed funds done for Haddam, Madison, North Branford, Durham; need to identify specific funding needs

OTHER

1. Item: Coordination of Senior activities **Suggested Activity** - Identify individual to coordinate senior activities

The Committee Members took time to identify each category as High, Medium and Low Priority.

Bill Joyce suggested adding Probate Judge in the Table since he feels it would be beneficial for the Beechwood Community, also suggested adding it under Related Organizations.

Transportation - Obtain a speaker from the River Valley Transit, Madison Senior Center Masonicare and The Estuary.

***Action Item:** Chair Gay will take this as a Stand Alone Item and Contact these organizations herself. No Group needed.

Chiqui gave a copy of the Transportation Services in the Middlesex Hospital Area, by Town and

Cost of Services to all Committee Members and Participating Visitors.

High Priority Categories Are as Follows:

1. Communications
2. Health
3. Recreation and Programs
4. Identification of Needs of Seniors

Medium Priority Categories Are as Follows:

1. Housing
2. Economics

Low Priority Categories Are as Follows:

1. Employment

Chair Gay asked Committee members to notify her via email within two weeks what Group they would be interested to serve on. She indicated that one Committee member serves on each specific Group, and also asked that Committee members reach out to the Community to see if anyone is interested in participating.

Next Meeting: July 26, 2023:

Chair Gay stated that the next Committee on Aging meeting is scheduled for July 26, 2023. As a standing Agenda Item, each Group will be asked to open up for discussion to report their research. Also, during that time, input/suggestions from other Committee members and/or Participating Visitors that could be beneficial to the Groups could be brought forth for discussion. Distribution of documents was also briefly discussed.

Adjournment:

Chair Gay adjourned the meeting at approximately 6:49 p.m.

Respectfully Submitted,

Jamie Sciascia

Clerk