

MINUTES
SPECIAL MEETING OF
THE KILLINGWORTH COMMITTEE ON AGING
(WORKING GROUP ON HEALTH)
Wednesday, July 19, 2023 1:30 p.m.
Westbrook Senior Center

Members in Attendance: Joyce Mason

Visitors: Kate Moran and Alice Lucas (Via Telephone)

Called to Order: The meeting was Called to Order at 1:30 p.m. by Joyce Mason

Discuss and Identify Senior Resources and Issues Related to Health:

Joyce Mason, member of the Committee on Aging, began the discussion on Health-Related Issues and Resources available to Killingworth Seniors. The group identified local health providers, local resources for Seniors including transportation to doctor appointments, services offered by the Healing Ministry of St. Lawrence Church, and other additional local services.

The group researched the offerings of The Estuary, Old Saybrook noting their Mental Health and Care Management Programs. Other Senior health-related resources were shared from the information Kate Moran and Joyce Mason had acquired in their own research for “Living Your Best Life”, a program offered last year. This included information from Hartford Health Care Center for Healthy Aging, CT River Area Health District, Middlesex Health Care at Home, Yale New Haven Health, and the Shoreline Elder Alliance. The group felt it important to include nearby Senior Centers noting that some offered VNA services.

Supporting studies on aging were reviewed and links will be included in the report. Particularly useful, is The Senior Blue Book of CT. Possible grants were identified and a listing of area hospitals prepared. Several suggestions were also made based on the discussion: Caregivers Support Groups in Killingworth, Creation of Senior Handbook, Establish Senior Phone Chain, Monthly Data of Services given to Seniors in Killingworth, and Estuary services brought to Killingworth.

Of particular interest is the “The 12th Annual Celebration of Healthy Aging!” planned for September 13th at Woodwinds, Branford by the Shoreline Eldercare Alliance. This event is free and open to Seniors along the Shoreline. It includes an interactive Wellness Room, Exhibitors, Guest Speakers, Lunch, Entertainment, and Raffles. The question remains: What transportation is available to Killingworth Seniors so they can attend this program?

Joyce Mason agreed to compile the information in a document for the Committee on Aging.

Adjournment:

Joyce Mason adjourned the meeting at approximately 3:30 p.m.

Submitted By: Joyce Mason