

**MINUTES**  
**MEETING OF THE KILLINGWORTH**  
**COMMITTEE ON AGING**

**Wednesday, July 26, 2023 at 5:00 p.m.**

**Killingworth Town Hall**

**Members in Attendance:** Joan Gay, Bill Joyce, Joyce Mason, Mary Solera

**Members Excused:** Jean Panciera

**Members Absent:** Ex-officio Member Mercedes Ricciuti

**Visitors:** Sandy Allard, Eileen Blewett, Heather Milardo, Kate Moran, and Jamie Sciascia (Via Remote)

**Called to Order:** The meeting was Called to Order at 5:03 p.m. by Joan Gay, Chair

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

Chair Gay introduced Guest Speaker, Heather Milardo, from The Estuary.

Heather came to the Committee on Aging Meeting as guest speaker to update the COA and Visitors on the available programs and activities available for Senior citizens in Killingworth.

Heather spoke about how she met Chair Gay and Mary Solera recently at the Clinton Library during a presentation she was giving on The Estuary programs, and services for adults over the age of 50, a copy of the presentation she handed to members of the Committee on Aging. She reviewed the Nutrition Programs: 1) Congregate Dining Program and 2) Meals on Wheels. Heather noted the Congregate Dining Program serves many areas and is the most popular. The Towns the Estuary Services are: Chester, Old Lyme, Lyme, Deep River, Essex, Killingworth, Clinton, and Westbrook, and Old Saybrook. Medical Transportation is offered through their EMOTS Program. The Center that is located and headquartered in Old Saybrook, there is a gym on site, Wellness Services, Fitness Programs, Group Class, Clubs, Game Clubs, Book Clubs, and Card Clubs. Their Mission is to serve anyone aged 50 years and older, noting the Nutritional Program, since it is governed by a State Grant, in order to receive meals the age requirement is 60 and over. Heather spoke about how The Estuary recently submitted a Grant for Transportation services that would allow a Bus to come through Killingworth and drive them down to Clinton on site, this would apply both for Clinton and Killingworth Seniors.

Chair Gay inquired how information about programs and services would be relayed to the Killingworth Seniors. Heather stated there are multiple ways the information gets circulated: 1) In The Estuary's Month Newsletter Gazette 2) Contact Chair Gay directly so she could disseminate the information and 3) Town Selectman - to put the information on the Town's Website. Discussion regarding in demand services for Killingworth residents and the process in order for Heather to provide these services took place as well as making a centralized location

(for example, Foot Care and Hair Services). Heather stated that once the Committee knows what the need is, then she can work together with the COA to put a plan together moving forward for the Killingworth Seniors.

Chair Gay inquired if the COA can give the \$17,000 ARPA funds to provide services specifically for Killingworth Seniors or does that go into The Estuary General Budget. Heather spoke briefly on how this goes into the General Budget and does not specifically apply towards one specific project. A brief discussion followed.

Heather also spoke about the use of The Shopping Bus. Driver David brings the bus to Stop and Shop and takes Seniors back to their homes and helps bring their groceries inside. The Fee for service is \$5.00, you pay in advance and the bus can accommodate 12 people. There is no deadline but availability is limited until they fill up (in person).

The Estuary has a partnership with Cold Spring Farms out of Colchester. Every other week on a Friday the Chief holds a cooking Workshop, where he takes a different fresh vegetable they have chosen and makes a meal from it. The first 12 people to sign up will get a taste of what the Chief is making along with sampling of fresh vegetables to take home with them. This week it's tomatoes and basil.

Please feel free to contact The Estuary with any questions that you might have 860-388-1611 or via email: [info@yourestuary.org](mailto:info@yourestuary.org) for more information. You can sign up to receive the monthly Estuary Gazette via regular mail by calling the office and providing your name, address and number or by subscribing via their website [yourestuary.org](http://yourestuary.org). Heather noted that they are 6 weeks out in terms of printing but you can always find a copy located on the website.

**Communications:** No Report.

**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 June 28, 2023 as Amended:

Corrections are as follows:

1. On Page 7, Under Other, At the bottom of the page “Chiqui gave a copy of the Transportation Services...Visitors.” replace “Chiqui” with “Kate Moran”

Voting to Approve: J. Gay, B. Joyce, J. Mason, M. Solera,

Motion unanimously passed (4-0-0).

**Report from Municipal Agent for the Elderly - Mercedes Riccuiti:**

Chiqui wasn't in attendance tonight to give a Report. Also, Chair Gay noted she didn't receive an email with a Report.

**Review of FOI:**

Chair Gay spoke about the wonderful meeting that was held with Town Clerk Mooney via remote regarding the review of the Freedom of Information Act (FOIA). After the meeting commenced, Town

Clerk Mooney followed up with the Director of Education and Commission for FOIA, Russel Blair, who has been newly appointed to the position, to discuss the situation regarding the COA breaking out into smaller groups in order to do research and bring back recommendations to the full Committee. Chair Gay also spoke with Mr. Blair as a follow up and gave him some further background on what the groups of 2 would consist of in terms of research, having an assignment on a specific topic, and bringing back recommendations and feedback to the full Committee to make decisions for a vote. They would be a temporary group, wouldn't have their own mission or Charter and would never present a quorum. Mr. Blair said that classifying the group as "Researchers" would be allowable under FOIA, further noting he would document this and send such documentation via email to Chair Gay for her record.

Chair Gay revised the list of Actional Items noting the only change is editing "Working Groups" to "Researchers". Joyce Mason put together information for Housing, different statistics and websites to gather information on. Susan Dean last month brought some suggestions in so they will be distributed when they are working on research topics. Chair Gay distributed Joyce Mason's document of information for Housing, different statistics and websites and Susan Dean's suggestions to assist in research topics.

### **Reports:**

#### **- Identification of Needs of Seniors**

Joyce Mason updated the Committee on work the Researchers did regarding the Identification of the Needs of Seniors. The Researchers consisted of herself, Mary Solera and Sandy Allard from the Community. The meeting commenced at the Library on Thursday, July 15th. Joyce read the Meeting Minutes that were posted with the Town with the COA:

"The Working Group reviewed the charges put forth by the Selectmen: "...study the needs among Senior Residents and Community as such needs are related to housing, economic employment, health, and recreational matters." The group had a vibrant discussion of how best to connect with Killingworth Seniors to find out what are their concerns and needs.

First, we created a list of ways to reach out to Senior residents. Among them was the development of a Senior Survey that would encompass the charges. Second, we brainstormed ways and means to distribute such Survey, and how best to retrieve the data generated. The ideas follow:

1. Publication/Advertisement through Shoreline Publishing outlets
2. Church Bulletins (St. Lawrence, Killingworth Congregational Church, Emanuel Church)
3. Beechwood Bulletin [mlpirani1@yahoo.com](mailto:mlpirani1@yahoo.com)
4. Estuary Newsletter
5. Valley Shore Community Television – creation of a video explaining needs Survey

6. Face-to-face meetings at Churches, Lions Club meetings, Nutmeg Button Club meetings and the Wednesday Senior lunches at the Killingworth Congregational Church

7. Provide Surveys at pick-up and later drop-off sites such as Helping Hands, Killingworth Library, Town Hall, Post Office, Killingworth Family Pharmacy, Killingworth Veterans' Representative and others as needed. Requires drop-off boxes.

8. Senior Day at the Library for pick-up, fill-out, deposit surveys

9. Mail Surveys to targeted addresses provided through Voter Registration records and Mercedes Ricculti.

10. Explore the possibility of having a table at KES during the election cycle to distribute, explain, pick-up/drop-off Senior Surveys (School Library??)

11. Explore private email to send Surveys and return information, collect data.

12. Update the Senior Bulletin Board at the Library to promote a Needs Survey and create a Senior Suggestion Box.

A Survey concerning the needs of Killingworth Seniors was developed by Joyce Mason, Mary Solera, and Sandy Allard and will be forthcoming.

The meeting adjourned at approximately 6:30 p.m.

She went over the Survey information in detail. This would be presented to a Senior when received asking them to check the box of which item they feel is most important to them -

1. Recreation and Activity
2. Health and Safety
3. Nutrition and Food
4. Housing
5. Assistance and Rent Rebate
6. Having a Senior Center
7. Socialization and Loneliness
8. Employment
9. Economics

An Additional 3 Questions to Broaden the Scope -

1. Do you attend the Wednesday Senior Lunches at the Congressional Church? Y/N
2. Do you utilize the Services of other nearby Senior Centers Y/N
3. Is Transportation to Doctors or Shopping an issue for you? Y/N

**Suggestions to add into the Survey:**

- Number 11 - To Identify which Senior Centers they go to.
- Add in “May we contact you in the future regarding additional information?”
- Information is shared only with Committee Members, is this sentence needed? Chair Gay suggested that the Researchers meet and come up with new language. Want to make sure the Seniors know that their personal information won't be shared but just the Statistics will be.

**Next Steps** - Chair Gay asked the Researchers to review the means of distributing the Surveys and present specific recommendations to our next meeting. Discussion on how to collect the Surveys took place. Bill Joyce suggested collecting the Survey during the Senior gatherings at the Church once a month would be ideal for the Beechwood residents. Also, suggestions at the Garden Club, KWO meetings, Markets, Churches. The Survey can also be directly sent in to the Town Hall addressed Committee on Aging MailBox.

Chair Gay noted that she sent an email about Economics for clarification and will share it with the Committee as soon as she receives a response back.

The Committee had a discussion in length on defining a Senior Citizen and setting a standard age requirement in order to be able to utilize the program services and activities.

**Committee Homework** - Chair Gay asked for COA members to brainstorm about the age for a Senior and give rationale for it. She will place it on the Agenda for the next COA meeting.

**Health** - This Agenda item was rescheduled until the next COA meeting.

- **Communications:** No Report
- **Recreations/Programs:** No Report

**Old Business:** No Report.

**New Business:** No Report.

**Next Meeting: August 23, 2023:**

Several Members of the Committee won't be able to make the August 23rd scheduled COA meeting, therefore, Bill Joyce made a suggestion to commence the COA meeting in the month of September.

Motion #2 - Bill Joyce *Moved* and Mary Solera *Seconded* a motion to cancel the Committee on Aging Meeting scheduled for August 23, 2023 and to resume their next regular scheduled meeting on September 27, 2023 at 5:00 p.m. at the Killingworth Town Hall.

Voting to Approve: J. Gay, B. Joyce, J. Mason, M. Solera,

Motion unanimously passed (4-0-0).

**Adjournment:**

Chair Gay adjourned the meeting at approximately 6:29 p.m.

Respectfully Submitted,

Jamie Sciascia  
Clerk