

## PLAINVILLE SENIOR CENTER COMMITTEE ON AGING

June 8, 2017  
(date)

**MEMBERS PRESENT:** Director: Shawn Cohen, Assistant Director: Ronda Guberman, Susan DesRochers, , Ann Krupinski, Marilyn Petit, Anna Smedick, Soni Sperduti, Tina Wishart, Rosemary Morante (Town Council Liasion)

**MEMBERS ABSENT:** Rita Dewyea, Sally Miller, Joan McBain

Meeting was opened at 12:00 Noon by Ad-Hoc Chairperson Joan McBain

The meeting was opened with a prayer by Soni Sperduti

**MOTION:** was made by Sue DesRochers and seconded by Soni Sperduti (vote unanimous to accept the minutes of May 18, 2017)

**TOWN OF PLAINVILLE TREASURER'S REPORT:** read by Joan McBain

**MOTION:** made by Anna Smedick and seconded by Ann Krupinski (vote unanimous to accept the report as read).

**THE SENIOR CENTER STATEMENT OF CASH BALANCE ENDING** May 31, 2017 was read by Ronda Guberman

**MOTION:** was made Soni Sperduti and seconded by Anna Smedick (vote unanimous to accept the report as read)

**EXPENDITURES:** Motion was made by Anna Smedick, seconded by Joan McBain. (vote unanimous).

1. To give \$100.00 to the Plainville Fire Department Balloon Festival. Money to be taken from fund raising.

### **DIRECTORS REPORT:**

1. We had a problem with the air conditioner in the Dial-A-Ride bus. This has been corrected.
2. **Volunteer Thanksgiving** – Party was on May 31, 2017 at Nuchies Restaurant and was attended by 175 volunteers. All participants enjoyed great food, wonderful music, and dancing.
3. **Caregivers – Changing Brain** – The program was held on June 7 at the Plainville Library with 34 people in attendance. Dinner was served and much information was provided.
4. **Mental Health 101** – UPDATE – The program was held on June 1 at the Plainville Library with 35 people in attendance of different age groups. Dinner was served and lots of important information was given out.
5. **Municipal Aging Grant** – Format has changed to make it less time consuming to prepare this grant. The grant is for \$18,312.00. The grant covers quick trips, social day care, shopping trips and is open to the disabled as well as seniors. The Senior Center provides funds to PARC for transportation for social activities and camp. We are waiting to see if the grant is approved.
6. **Upcoming Programs** – Reported by Ronda Guberman.
  - a) Home Care Resources – June 9, 2017 at 10:00 a.m. Attorney Denny from the Greater Hartford Legal Aid presented this program.
7. **Scavenger Hunt** – June 15 at the Westfarms Mall. This event is co-sponsored by the West Hartford Senior Center, Hartford HeathCare, and the Westfarms Mall. A white t-shirt with a special colored logo, designed by a West Hartford senior will be worn by all participating.
8. **Senior Picnic** – June 20 at 12:00. The picnic is co-sponsored with the Plainville Lion's Club who is doing all the hot dog and hamburger cooking. A special musical program will serve as entertainment.
9. **Tennis** – June 20 – August 1, 8:00 a.m. Senior Center office assistant, Matt Wayton will be giving tennis lessons at the Plainville High School courts.

10. **All About Spinach** – June 22 at 1:30 p.m. Cooking the Indian way using spices and other Indian Condiments. This class is led by an Indian woman from Farmington, volunteering her expertise. A shopping trip was planned to an Indian market in Southington for anyone signed up for this program.
11. **Your Home & Title 19** – June 22 at 10:00 – 11:00 a.m. Attorney Denny from the Greater Hartford Legal Aid will explain all aspects of Title 19.
12. **Remembering Cuba** – June 23 at 10:00 a.m. Many members of our Senior Center will tell stories about this trip and show photos.
13. **Bear Reality** – July 7 at 10:00 a.m. A Connecticut master wildlife conservationist will be our guest speaker.
14. **Android Cell Phone** – July 11 at 10:00 – 11:00 a.m. Senior Center member, Patti Anne Cook, will volunteer to review all the features used on this phone.
15. **Exercise & Arthritis** – July 21 at 10:00 a.m. This program is to teach you how to manage your symptoms and pain through exercise and will be presented by Mark Colello.
16. **2017 Post Session Wrap Up** – July 25 at 10:00 a.m. – 11:30 a.m. State Representative Petit and State Senator Martin will talk on legislative matters.
17. **Focused Awareness Meditation** – August 10 at 10:00 a.m. This program will discuss a simple five step technique to help you feel more relaxed, focused, and calm.
18. **Tag Sale** – August 16-17. No items will be accepted before August 7 due to lack of space.
19. **Membership Breakfast** – The Pines of Bristol have offered to sponsor this breakfast in September.
20. **Komanetsky Vacancies** – These are not assisted living apartments but are senior housing apartments. They are located near the Bristol Senior Center.
21. **Dental Clinic** – The Community Health Center in New Britain will not have the mobile clinic at this time but will provide dental care at another location in July. The fee is \$30.00 and Dial-A-Ride will be available for any resident age 60 or older.
22. **Camp Committee** – Plans for a Senior Center camp for next summer are in the very early stages. This will not be a sleep over camp.
23. **Program Accomplishments for 2017** – Reviewed and it was also noted the amount of time our two social workers, Bette and Stephanie, spend on our social services because our over 60 age group continues to grow in Plainville.

**OLD BUSINESS:** NONE

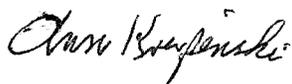
**NEW BUSINESS:** NONE

**MOTION:** was made to adjourn at 1:40 by Sue DesRochers, seconded by Anna Smedick. The vote was unanimous.

**ALL COA MEETINGS ARE OPENED TO THE PUBLIC**

**NEXT COA MEETING: SEPTEMBER 14 at 12:00 p.m.**

SINCERELY,



**ANN KRUPINSKI**  
SECRETARY