

TOWN OF PUTNAM

COMMISSION ON AGING MEETING MINUTES

OCTOBER 4, 2016

TOPIC	DISCUSSION		ACTION/ RESOLUTION
<p><b>PRESENT:</b></p> <p><b>ABSENT:</b></p>	<p>Chairman Dignam, Vice Chairman Coderre, Members Brodeur (6:15)r, Cassio, Desautels, Jarmolowicz, Lamoreaux, Russo, ExOfficio Spagnuolo</p> <p>Members Jarmolowicz, Selectman Liaison Lasko</p>		
<p>1. <b>CALL TO ORDER</b></p>	<p>Meeting called to order at 6:00 P.M. by Chairman Dignam</p>		
<p>2. <b>PUBLIC COMMENT</b></p>		<p>None</p>	
	<p><i>Chairman Dignam called for a Moment of Silence to reflect on Town Administrator Cutler's passing</i></p>		
<p>3. <b>APPROVAL OF MINUTES</b></p>	<p>A.</p>	<p><u>August 02, 2016 Commission on Aging Meeting Minutes:</u></p> <p><i>Member Desautels made a motion to accept the minutes as presented. Member Cassi seconded the motion, which passed unanimously.</i></p>	
<p>4. <b>PETITIONS &amp; COMMUNICATIONS</b></p>	<p>A.</p>		
<p>5. <b>MUNICIPAL AGENT TO THE ELDERLY REPORT</b></p>	<p>A.</p>	<p>See attachment "A"</p>	
<p>6. <b>UNFINISHED BUSINESS</b></p>	<p>A.</p>	<p><u>Senior Fair:</u></p> <p>The Senior Fair has been scheduled for October 18, 2016 from 10:00am – 3:00pm in the St. March Church Hall. Topics of discussion:</p> <ul style="list-style-type: none"> <li>• 25 confirmed attendees</li> <li>• Table covers – to be purchased at the Dollar Store - <i>Linda</i></li> <li>• Refreshments – None will be offered, but water will be available – <i>Ann Russo</i></li> </ul>	

			<ul style="list-style-type: none"> <li>Name tags for Commission Members – <b>Denise to create</b></li> <li>Flyer Distribution - <b>Denise to create the flyers and Member Russo to distribute</b></li> </ul>	
		B.	<p><b><u>Senior Center:</u></b></p> <p>Chairman Dignam invited Facilities Study Group                  Chairman Rawson to speak on the tentative plan to remodel the Armory to include a senior center</p>	
		C.	<p><b><u>Use of St. Mary Church Hall for Senior Activities:</u></b></p> <ul style="list-style-type: none"> <li>November 2, 2016 1:00-3:00 Smart Phone Training by Verizon Staff</li> <li>December – Tentative Slip/Trip/Fall prevention put on by NDDH (will be determined by funding)</li> </ul>	<p>Member Brodeur to confirm with Verizon Staff</p> <p>Member Lamoureux to notify St. Mary’s of the date/time choice</p> <p>Member Brodeur to contact Linda Colangelo from NDDH for a possible December program</p>
7.	<b>NEW BUSINESS</b>	A.	<p><b><u>Presentation – Putnam Senior Group:</u></b></p> <p>No one from Putnam Seniors attended the meeting to give a presentation</p>	Member Russo to try and confirm attendance for the November meeting
		B.	<p><b><u>Next Meeting Location:</u></b></p> <ul style="list-style-type: none"> <li>November meeting will be held at Ella Grasso Gardens</li> </ul>	
		C.	<p><b><u>Future Planning:</u></b></p>	
7.	<b>PUBLIC COMMENT</b>	A.	None	
8.	<b>ADJOURNMENT</b>		<p><b><i>Member Russo made a motion to adjourn the Commission on Aging Meeting at 6:48PM. Member Cassio seconded the motion, which passed</i></b></p>	

		<i><b>unanimously.</b></i>	
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Respectfully submitted,

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Denise S. Roireau, Secretary  
Commission on Aging

October 4, 2016

TO: Commission on Aging  
FROM: R. Spagnuolo  
Municipal Agent for the Elderly  
RE: Monthly Report

Below are statistics for current fiscal year 7/1/16 to 9/30/16

Farmers Food Vouchers	31
Transportation Request	4
Legal aide	1
Insurance assistance	3
Residential housing	1
Medicaid assistance	2
Energy Assistance	2

My understanding of my position as it relates to the Commission is one of information and that I would be the one to contact concerning elderly needs.

My attempts to reach the elderly have included;

- A newsletter ( example included )
- Visits to the residential facilities
- Visit to the Senior Center at the VFW
- Monthly visits to the public library
- WINY presentation

Future plans for public access TV would help in reaching the elderly.

Cc: D. Cutler, Administrator

**The Putnam Senior Newsletter**  
**December 2015**

Hope everyone had a great Thanksgiving.  
Now get ready for the next holiday at the end of this month.  
This means buying presents for loved ones and hoping we can pay for them.  
It also means stress which could be harmful to our mental health if not handled correctly particularly where it concerns your memory.

Here are some tips to preserve and boost your memory:

1. Exercise both physically and mentally
2. Don't smoke
3. Drink alcohol only in moderation
4. Maintain a healthy diet
5. Be social. Don't isolate yourself
6. Get a good night sleep

In future newsletters I will elaborate on each of the above topics.

Remember if you don't use it you will lose it!

I would be interested to know if these tips might be useful.  
I am at the Town Hall Thursday & Friday from 8am to 11am.  
The phone number is (860) 963-6800. Call for an appointment.  
My name is Robert Spagnuolo and I am Municipal Agent for the Elderly



– Growing Older Together –

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## SDA Weekly Update

Municipal Agents and Senior Center Directors

Week of September 5, 2016

Compiled by Sandy Leubner

“How can we help you achieve your goals through senior centers?”

-MCOA

“Senior Centers will play a bigger role as the gateways to the nation’s aging networks.”

-Nat’l Resource Center on Nutrition and Aging

## Contents:

- 1. First-Ever National Resource Center for Self-Advocacy to Empower People with Intellectual and Developmental Disabilities Established!**
- 2. The Commission on Women Children and Seniors (CWCS) is serving as the administrative staff for the Senior Center Task Force “to study best practices concerning the delivery of health and human services and related information to persons age sixty and older.....”. For additional information see below!**
- 3. The Conn. Health I-Team, in collaboration with ConnectiCare and the Hispanic Health Council, invites the public to a free forum on diabetes, “Recipes for Healthy Living: Defeating diabetes” with a focus on healthy eating, Thursday, Sept. 29, 5-7:30 p.m. · The Lyceum, 227 Lawrence St., Hartford.**
- 4. What are the risk factors for shingles? See this information from the National Institute of Health Senior Health page!**
- 5. From the National Council on Aging: Using SNAP (“Supplemental Nutrition Assistance Program”) at Your Local Farmers Market. Participate in the Blog, and watch the video!**





2. The Commission on Women Children and Seniors (CWCS) is serving as the administrative staff for the Senior Center Task Force “to study best practices concerning the delivery of health and human services and related information to persons age sixty and older.....”. For additional information see below!

From Christianne Kovel, MA, Senior Policy Analyst-Aging, Commission on Women Children and Seniors:

“...The Commission on Women Children and Seniors (CWCS) is pleased to learn that the appointments for the Senior Center Task Force (SA 16-7) are moving ahead and we’re eager to have a fully comprised task force. CWCS is serving as the administrative staff for the task force and is looking forward to collaborating with the community on its first organizational meeting in the near future.....”

If you are interested in serving on the Task Force *contact your state legislator in the town where you live!*

“An Act Concerning Senior Centers”, Substitute House Bill No. 5291:

<https://www.cga.ct.gov/2016/ACT/sa/2016SA-00007-R00HB-05291-SA.htm>

For *general questions* about the Bill you may contact:

Christianne Kovel, MA  
Senior Policy Analyst-Aging  
18-20 Trinity St., Hartford, CT 06106  
Direct line: 860-240-5202  
Cell: 860-913-8279

CONNECTICUT

HEALTH I-TEAM

3. The Conn. Health I-Team, in collaboration with ConnectiCare and the Hispanic Health Council, invites the public to a free forum on diabetes, “**Recipes for Healthy Living: Defeating Diabetes**” with a focus on healthy eating, Thursday, Sept. 29, 5-7:30 p.m. · The Lyceum, 227 Lawrence St., Hartford.



6. From the National Council on Aging: "It's election season, and politicians are looking to connect with voters, particularly seniors. Now is the perfect time to make your voice heard on protecting and strengthening the health and economic security of older adults in your community. Major decisions on the federal budget and deficit reduction are looming soon after the election. Use these tools to take action today."

### Questions to Ask Candidates

#### 1. Long-Term Care

Millions of Americans will need some long-term care services in their lifetime. Yet, most do not realize that Medicare does not cover these costs, and private insurance is unaffordable for many. Too often, seniors are forced to impoverish themselves to get assistance from Medicaid. In addition, access to home care is limited because of Medicaid's institutional bias. The result is that burdens on family caregivers are only getting worse.

*What to ask the candidate:* What are your plans to address America's growing long-term care crisis for families?

#### 2. Funding for Senior Programs

Senior programs—such as home-delivered meals, falls prevention, caregiver support, and elder abuse prevention—keep older adults healthy, secure, and independent in their own homes. They also help families who are juggling elder care with other responsibilities. Yet, the Older Americans Act and other senior services are drastically underfunded with growing waiting lists under recent budget caps.

*What to ask the candidate:* What will you do to reverse the downward trend in support of aging services and make overdue investments in programs that support seniors' health and economic security?

#### 3. Medicare Low-Income Protections

Half of Medicare beneficiaries have incomes below \$24,500. Yet, on average, they must pay more than \$5,000 annually out-of-pocket for their health care needs. These seniors face impossible decisions each month on whether to spend their limited incomes on medicine, food, or rent.

*What to ask the candidate:* What are your plans to strengthen Medicare to ensure that seniors with low incomes who are struggling to make ends meet can afford their health care needs?



National Alliance on Mental Illness

5. Learn about “ADVOCACY AND ACTION FOR CONNECTICUT’S MENTAL HEALTH ACROSS THE LIFESPAN”. **Sign up now** for the annual *Keep the Promise Coalition’s (KTP) Legislative Advocacy Trainings*, facilitated by Attorney Jan VanTassel. Dates are in November and December. See more details below!

**The Essentials of Legislative Advocacy Training** is scheduled for November 17 (Thurs) & 21 (Mon)), 2016.

- Registration is at 8:30AM on the second floor Atrium of the Legislative Office Building (LOB); Class begins at 9AM and ends at 3PM
- Highlights include a discussion with a guest legislator and a tour of the LOB/Capitol.
- The fee for the two-day training is \$25 for KTP members and \$65 for non-members. (We ask that you commit to both days)
- Lunch in the Old Judiciary Room in the State Capitol is included along with a copy of the legislative advocacy resource binder and a certificate of completion for each participant.

**The Legislative Leadership Training** is scheduled for Thursday, December 8 and 15, 2016.

- Registration starts at 8:30AM on the second floor Atrium of the LOB; Class begins at 9:00AM and ends at 3:00PM.
- The fee for the two-day training is \$25 for KTP members and \$65 for non members. (We ask that you commit to both days)
- Lunch at the LOB Cafeteria is included along with a resource binder and certificate of completion.

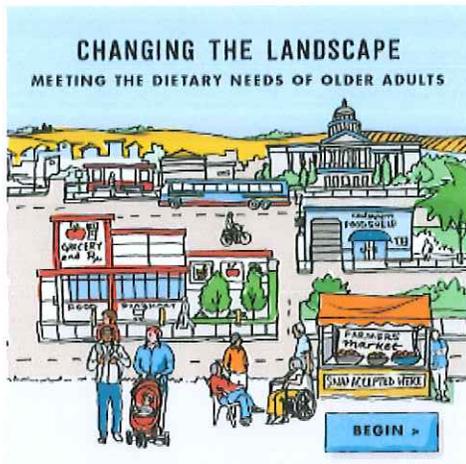
*Click here for registration forms - [Essentials](#) and [Legislative Leadership](#)*

*Note that scholarships are available to KTP low income/non-working members. Special accommodations may be available with sufficient advance notice and depending on funds.*

Completed registration forms with payment can be sent to Maura Sheil-Hughes at Keep the Promise Coalition, 576 Farmington Avenue, 1st Floor, Hartford, CT 06105 or fax to 860-882-0240 or e-mail to [ktpassistant@namict.org](mailto:ktpassistant@namict.org).

For inquiries into scholarships/special accommodations, contact Maura at:

Maura Sheil-Hughes  
Policy Staff Support  
Keep the Promise Coalition  
576 Farmington Avenue  
Hartford, CT 06105  
860-882-0236, 1-800-215-3021, Fax: 860-882-0240  
[ktpassistant@namict.org](mailto:ktpassistant@namict.org)



4. Free video and downloadable booklet! The National Academies of Sciences, Engineering, and Medicine published a report that includes discussions and presentations from a previously held Food and Nutrition Board workshop. *"Meeting the Dietary Needs of Older Adults"* convened last fall and was designed to examine factors in the physical, social, and cultural environment that affect the ability of older adults to meet their daily dietary needs. Released July, 2016.

"...Older adults are a growing demographic group in the United States, and a range of physical, social, financial, and cultural factors affect their nutritional status. Metabolic and physiologic changes that accompany normal aging modify the nutritional requirements of older adults. An examination of evidence is needed to better understand how nutritional status is associated with aging and risk of mortality or chronic disease among older adults.

On October 28-29, 2015, the Food and Nutrition Board convened a workshop, Meeting the Dietary Needs of Older Adults. The workshop was designed to examine factors in the physical, social, and cultural environment that affect the ability of older adults to meet their daily dietary needs. This document summarizes the presentations and discussions from the workshop...."

Webpage to view video and booklet, and download booklet:

[http://www.nationalacademies.org/hmd/reports/2016/Meeting-the-Dietary-Needs-of-Older-Adults-WS?utm\\_source=HMD+Email+List&utm\\_campaign=f4f0f693fb-Meeting+the+Dietary+Needs+of+older+Adult7+12+2016&utm\\_medium=email&utm\\_term=0\\_211686812e-f4f0f693fb-180238581](http://www.nationalacademies.org/hmd/reports/2016/Meeting-the-Dietary-Needs-of-Older-Adults-WS?utm_source=HMD+Email+List&utm_campaign=f4f0f693fb-Meeting+the+Dietary+Needs+of+older+Adult7+12+2016&utm_medium=email&utm_term=0_211686812e-f4f0f693fb-180238581)

or, just to view interactive booklet:

<http://resources.nationalacademies.org/infographics/NutritionAging/nutritionaging.html>



3. Consumer calls are received monthly by the State Department on Aging regarding Bed Bugs. Guidance for tenants and landlords is now provided on Bed Bug infestations with passage of *House Bill No. 5335, Public Act No. 16-51, "AN ACT CONCERNING THE RIGHTS AND RESPONSIBILITIES OF LANDLORDS AND TENANTS REGARDING THE TREATMENT OF BED BUG INFESTATIONS"* - Effective *October 1, 2016*. See below:

Excerpt from the Bill ".....A tenant shall promptly notify a landlord orally or in writing when the tenant knows or reasonably suspects that the tenant's dwelling unit is infested with bed bugs. Not later than five business days after receiving such notice, the landlord shall inspect or obtain an inspection by a qualified inspector of the dwelling unit and any contiguous unit of which the landlord is an owner, lessor or sublessor, and may enter any such dwelling unit or contiguous unit for the purpose of conducting such inspection as provided in subparagraph (A) of subdivision (2) of this subsection. If the landlord conducts the inspection, the landlord must provide written notice to the tenant within two days indicating whether or not the unit is infested with bed bugs.

The notice shall inform the tenant that, if the tenant is still concerned that the unit is infested with bed bugs, the tenant may contact the local health department and shall provide relevant contact information on said notice. If the inspection determines that any such dwelling unit or contiguous unit is infested with bed bugs, the landlord shall, not later than five business days after the date of the inspection, take reasonable measures, as determined by such qualified inspector, to effectively treat the bed bug infestation, including treating or retaining the services of a pest control agent to treat the dwelling unit ...."



Bed Bug Legislation  
2016.pdf

**To see the entire bill:**



5. From the National Council on Aging: Using SNAP ("Supplemental Nutrition Assistance Program") at Your Local Farmers Market. Participate in the Blog, and watch the video!

"...Older adults who receive benefits from the Supplemental Nutrition Assistance Program (SNAP) can use them at their local farmers market, and September is a great month to do it. Learn how it works in our latest video...."

Blog and video: [https://www.ncoa.org/blog/snap-farmers-markets/?utm\\_source=email&utm\\_medium=newsletter&utm\\_campaign=NCOAWeek](https://www.ncoa.org/blog/snap-farmers-markets/?utm_source=email&utm_medium=newsletter&utm_campaign=NCOAWeek)

## Medicare Corner:



6. Center for Medicare Advocacy Launches "Home Health Access Initiative" to Open Doors to Home Health Care. Important news for obtaining home care services. Help needed!

— Submit Your Home Health Access Story —

"...As [we have reported](#), the Center has been hearing more and more about people who meet Medicare criteria but cannot obtain, or retain, necessary home health care ordered by their physicians. In particular, people living with long-term and debilitating conditions such as ALS, MS, paralysis and Parkinson's disease find themselves without necessary home care. For example, patients have been told that Medicare will only cover 1 to 5 hours per week of home health aide care, or only one bath per week, or that they must first decline before therapy can commence (or recommence). Individuals and their families are struggling as a result of these inappropriate limitations with too little care, or no care at all.

**To respond to this crisis, the Center is building a coalition to support a *Home Health Access Initiative*. The *Initiative* will oppose inappropriate restrictions on Medicare to open doors to Medicare-covered, necessary home care.**

Steve Gleason and Team Gleason have made a significant financial commitment to help launch the initial phase of this *Initiative*. The Center also has some support for this work from the John A. Hartford Foundation, as part of a multi-focused grant. We are immensely grateful for their support to enhance access to Medicare-covered, necessary home health care. It's an important step forward, but we need other committed partners to advance this urgently needed education and advocacy *Initiative*...."

**Join Team Gleason and the Center's *Home Health Access Initiative*.**

**Help open doors to necessary home health care!**

**[Tell us your story!](#)**

**If you or someone you know cannot obtain Medicare-covered home health care ordered by a physician, let us know!: <http://www.medicareadvocacy.org/submit-your-home-health-access-story/>**

**Support the Initiative! Or contact the Center's Development Director, Scott Perkins  
at (202) 772 - 1015 or [Sperkins@MedicareAdvocacy.org](mailto:Sperkins@MedicareAdvocacy.org)**

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