

**TOWN OF DARIEN
COMMISSION OF AGING
REGULAR MEETING
OCTOBER 21, 2015**

ATTENDANCE: Joe Pankowski, Chair; Arden Anderson-Broecking, Mary McCarthy, Jennifer Geddes, Ron Heinbaugh, Robin Woods, Ray Slavin, AnneMarie Rayhill, Christine Castle, Gerri Genovese (9:27 a.m.)

STAFF: Olive Hauser, Darien Human Services Director; Beth Paris, Mather Senior Center Director

OTHERS: Peter Eder, At Home in Darien

CALL TO ORDER.

Mr. Pankowski called the meeting to order at 9:01 a.m. A quorum was present. Mr. Pankowski then introduced the two new members of the Commission, Ms. Castle and Ms. Rayhill, to the group.

APPROVAL OF MINUTES.

September 16, 2015

**** MS. ANDERSON-BROECKING MOVED THE MINUTES OF SEPTEMBER 16, 2015.**

**** MS. MCCARTHY SECONDED.**

**** THE MOTION TO APPROVE THE MINUTES AS SUBMITTED PASSED UNANIMOUSLY.**

MATHER CENTER REPORT.

Ms. Paris said that the November newsletter was available. The regular attendance is over 100 every day and has been over 200 for the special events or programs. Ms. Paris submitted copies of her September and October reports. (See attached).

HUMAN SERVICES REPORT.

Ms. Hauser presented her report. She cautioned everyone about scams involving seniors and reported that a senior resident had received a check for \$3,000. She said that the resident had been told that if the check was cashed, the return would be hundreds of thousands of dollars. The check was taken to the Darien Police, who will be looking into this matter.

**PRESENTATION BY PETER EDER ON CURRENT STATUS OF AT HOME IN
DARIEN AND RECENT LEGISLATIONS PASSED BY THE CONNECTICUT
GENERAL ASSEMBLY.**

Mr. Eder then gave a brief background on At Home in Darien program to the Commission. There are about 250 Aging in Place programs in the nation now. All Darien residents who are over 60 years of age are automatically part of the program. Surveys were done and the needs were identified as transportation, vetted services, volunteer help for shopping, driving and other simple tasks along with a closer relationship with the community. The program has recently expanded the driver services hours. A newsletter, Out & About, is sent out to everyone in town three times a year. This year, a membership card will be introduced. Mr. Eder then announced the dates for the annual luncheon and the annual meeting. The Fall Fundraising letter will be mailed out in the near future.

Mr. Eder then spoke about recent AARP issues. Events are held where the legislators listen to their constituents' concerns just before the start of the session. There were three initiatives: The CARE Act, Uniform Power of Attorney Act and the Paid Family and Medical Leave Act. (See Attached)

The CARE Act, passed unanimously, and is where the seniors designated their caregiver; advance notice must be given and provide training for dressing changes.

Ms. Genovese joined the meeting at 9:27 a.m.

The original Power of Attorney Act was created in 1965 and the law needed to be updated. The new update will bring Connecticut into harmony with laws in New York and New Jersey. The updated form is now longer with more options for the person to indicate which options they wished to activate. The new form will be activated in 2016.

The Paid Family and Medical Leave in the state provides for the residents to pay into a plan.

Mr. Eder said that CT AARP had put together a new guideline, which is available on line.

Mr. Pankowski said that there was a new law that was being tested in Hartford and New Haven that supplements Living Wills, DNR (Do Not Resuscitate) orders and POAs (Powers of Attorney).

OLD BUSINESS.

Ms. Anderson-Broeking said that the Housing Authority did not have a meeting and that the tenant meeting did not take place.

Mr. Pankowski said that with the new members, the quorum problems were likely solved.

Ms. McCarthy asked about the status of the Edgerton property. Ms. Paris said that with the exception of the area where the oil tank was located, the building was demolished. Discussion followed.

NEW BUSINESS.

Mr. Heinbaugh said that Mr. Campbell had championed the Senior Center and made sure that the Shuffle actually happened. He pointed out that Mr. Campbell had simply received a handshake and felt Mr. Campbell deserved more recognition. Discussion followed about the possibilities.

ADJOURNMENT

**** MS. MCCARTHY MOVED TO ADJOURN.**

**** MS. GEDDES SECONDED.**

**** THE MEETING ADJOURNED.**

The meeting adjourned at 9:50 a.m.

Respectfully submitted,

S. L. Soltes
Telesco Secretarial Services

Commission on Aging Report

Darien Senior Programs

September 16, 2015

Respectfully Submitted: Beth Paris, Director

September is National Senior Center Month the calendar is full of programs and activities for a wonderful start to the Fall. We also have been included in the Parks and Recreation Fall Calendar that went out to every home in Darien (2 Pages). – The Senior Community will be participating in a fund raiser the entire month of September to benefit the CT Chapter of the Alzheimer's Association- There are also quotes of encouragement, inspiration and mirth throughout the Mather Center regarding positive aging.

Our staff participated on September 2nd an educational filming of what is entailed in a Public Health Inspection to be aired on Channel 79.

Highlighted and New Classes: Bridge Series will begin again –Intermediate, Beginner, Newplicate; a new Monday Acrylic Art Class taught by Nobuko Miki local Darien Artist. AARP Driving Course; **Fairfield University Graduate Nursing Students** back with 7 Week *Matter of Balance Class* to begin Sept 30th

Health & Wellness Presentations: VN & Hospice FC- *Osteoporosis**; CT Pharmacy- *Vaccinations Information*; Bright Star Home Care presents –*Assisting with Activities of Daily Living in Your Home**; **Stamford Hospital Presents** –*Allergies**; Caregiver Support Group –*Alzheimer's Disease Facts & Figures*; **Waveny Care Center** presents- *Relaxation Techniques*; Flus Shots will be administered on 9/24 by Public Health Department. (*Program includes Complimentary Lunches)

Educational & Informational: World Trade Center History-Art Gottlieb LCSW; Reminiscence Groups- Memories of Summer Fun-Memories of Fall Fun- Geri Genovese Entertainments: Monday Movies themes based on Memory; AARP Driver Course

Entertainments: Overseas Chinese Association Choir Celebrates Harvest Moon Festival; Monday Movies themes based on Memory; Broadway Magic with Francine & Joel

Program Days: 21

Caregiver Educational Support Group: 7

Human Services Referral: 10

At Home in Darien: 5

Caregiver Options Supportive Counseling: 7

EMS Calls: 0

Highlighted Programs:

1st World Trade Center History –Art Gottlieb

2nd VN & Hospice FC –Osteoporosis

7th CLOSED Labor Day

9th AARP Driving Course
9th CT Pharmacy-Vaccination Information
10th Newplicate Bridge Begins
10th Memories of Summer Fun- Geri Genovese
11th Beginner & Intermediate Bridge Begins
14th Acrylic Painting with Nobuko Nobu
14th Bright Star Home Care – Assisting with Activities of Daily Living
14th 21st & 28th Monday Movies –Themes Memory
15th Stamford Hospital- Allergies
16th Entertainment Overseas Chinese Association Choir
16th Caregiver Educational Support – Alzheimer’s Disease Facts & Figures
17th Entertainment- Broadway Magic w/Francine & Joel
22nd Waveny Care Center presents- Relaxation Techniques
24th Flu Shots
30th Let’s Talk with Amanda Geffner-Family Centers
30th Matter of Balance 7 Week Series begins- Graduate Students Fairfield University

Ongoing Work in Progress:

Daily Statistics
Newsletter
Program Planning Winter/Early Spring
CT Alzheimer’s Association Fund Raiser Implemented
Channel 79/ Public Health Department Educational Program Filmed
Health Fair Planning with Public Health Department
Reunion Luncheon/ Tour Class 1955

Meetings Attended: 9/1 Meet with DHS & AHD; 9/2 SWCAA Senior Center Director’s Meeting; 9/8; Speaker at St John’s Chat and Chew; 9/9 SWCAA Advisory Board Meeting; 9/14 At Home Darien Full Board meeting 10 minute presentation on Senior Programs;

Building Issues: Elevator upgrade to be scheduled this month

Commission on Aging Report

Darien Senior Programs

October 21, 2015

Respectfully Submitted: Beth Paris, Director

October presents another packed schedule with diversity of programming. The Health Fair organized by the Department of Health hosted by Senior Programs has many health and wellness agencies involved. This is the first year the Fair is on a Weekday from 2:30- 6:30 to accommodate a wider level of participation. The entire café and lobby area will be the prime location for the event- Senior Programs staff will be stationed at the Welcome Desk for the entire event.

The fund raising month in September for the Ct Chapter of the Alzheimer's Association went very well. The Raffle prizes were given out on October 1st. Most importantly there were many conversations from caregivers that had journeyed through the disease and those currently facing the challenges and struggles. The caregiver educational support group/supportive counseling has had a boost in participation due to this event.

Highlighted and New Classes: Reminisce Programs w Geri Genovese; Pilot & Poet w Author Barbara L. Smith; Watercolor for Beginners (8 week course) ; Garden Club of Darien returns with "Pleasure through Plants" Program

Health & Wellness Programs: RVNA presents; What Flu Shot is Right for You? ; Flu Clinic Darien Public Health Department; VN& Hospice of Fairfield County *Discusses Arthritis**; Stamford Hospital: *Ear Nose and Throat Health**; Fairfield University School of Nursing- *Cardiovascular Screening by Appointment* (*Programs Include Complimentary Lunch)

Educational & Informational: Art Gottlieb LCSW-Exxon Valdez; **Cookie Martini** "Laughter is Still the Best Medicine; **AARP & State Rep. Terri Woods** presents Identify Fraud Protection; **Nancy Lombard SWCAA** Medicare and Medicare Advantage Plans; Caregiver Educational Support Group: Stress Management.

Entertainments: Oktoberfest – German Music and Fare; **Blue Notes Sing**; **Sinatra & Friends** of the 50's Musical Reviews; Mondays at the Movies; Celebrate Halloween w Costumes and Capers.

Program Days: 21

Caregiver Educational Support: 12

Human Services Referral: 8

At Home with Darien: 5

Caregiver Options Counseling: 7

Family Relative Inquiry: 5

EMS Calls: 0

Highlighted Programs:

1st Reminisce with Geri Genovese

5th Blood Pressure

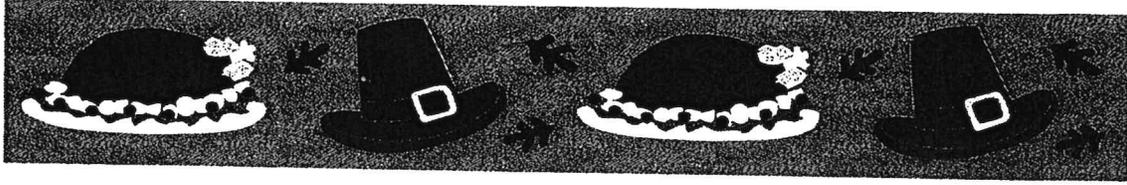
5h Ridgefield VNA "Which Flu Shot is Right For You"
6th Flu Shot Clinic Darien Department of Public Health
6th Historical Series with Art Gottlieb LCSW
7th -11/18th Matter of Balance Course with Fairfield University RN
7th Beginner Water Color Class 7 weeks
7th Garden Club of Darien "Pleasure through Plants Program
7th VNA & Hospice of Fairfield County –Arthritis complimentary Lunch & Learn
8th Oktoberfest Chris and Ronnie Entertainment
12th CLOSED Columbus Day
13th Blue Notes –Musical Entertainment
15th Barbara L. Smith "The Pilot and Poet" live dramatic play presentation
16th Fairfield University Cardiovascular Screening Health Clinic by appointment only
19th Representative Terry Woods and ARRP: Identity Fraud Protection
20th Stamford Hospital Complimentary Lunch & Learn- Ears Nose and Throat
21st & 28th "Let's Talk with Amanda Geffner from Family Centers
21st Health Fair 2:30 – 6:30 sponsored by Darien Public Health Department
22nd Laughter is the Best Medicine with Cookie Martini
26th Monday at the Movies
27th Sinatra and friend a Musical Entertainment
28th Caregiver Support Group Stress Management Techniques
29th Nancy Lombardi SWCAA – Medicare Choices presentation
30th Halloween Fun- Costume Parade

Ongoing Week in Progress:

Daily Statistics
Newsletter
Program Planning Winter/Early Spring
Health Fair Details
Employee Luncheon Logistics
Program Development
SWCAA Advisory Details

Meetings: 10/1 Time Clock Training; 10/7 Quarterly Report Presentation; P&R Stake Holder Meeting
Weed Beach Project; 10/15 SWCAA Annual Meeting; 10/19 Department Head Meeting; 10/20 Listening
Session at Baldwin Center with Commissioner Ritter; 10/21 COA Meeting

Building Issues: Waiting on third rail installation and elevator mechanical upgrade; all doors oiled



*The Darien Senior Activities Program
Cordially invites you
To join us for a
Thanksgiving Celebration*

*To express our gratitude to the
Commission on Aging*

Wednesday

November 18, 2015

12:00 noon

R.S.V.P

By Tuesday, November 10th

203-656-7490

Commission on Aging

October 21, 2015

Human Services Report

Olive Hauser, Director

1. The Renter Rebate program has ended and the checks are beginning to arrive. Thirty-nine elderly and disabled individuals will be receiving checks between \$100 and \$700 for a total \$20,030.
2. We have been taking Energy Assistance and Operation Fuel applications since September 15th. Oil and gas deliveries will be authorized starting November 1, 2015. Electric grants will be posted to bills closer to spring.
3. We have begun to prepare for Thanksgiving and Christmas. Anyone who would like to help a senior for either holiday, let me know. We are looking for Stop and Shop gift cards for Thanksgiving and gift baskets for Christmas.
4. We are presently working with the Fire Marshall's office on five cases of hoarding. We believe that this is a small number compared to the actual number that may be in Town.
5. There continues to be an uptick in the number of scams aimed at seniors. Seniors must remain hyper alert not to get caught in one. The scams are becoming more and more supplicated.
6. It's time to renew Medicare Part D and to review your Medicare supplemental policies. Inta and Ali have been retrained as CHOICES counselors.
7. The DDAP fundraiser and awareness program, Walk a Mile in My Shoes, raised over \$20,000 for DDAP programs in Darien
8. The Darien Health Department will be sponsoring a Health Fair on October 21st from 2:30pm to 6:30pm at the Mather Center.
9. I've requested an automatic door opener for the back door of the Town Hall where most of the handicapped parking spaces are.
10. Remember to vote in November 6th. If you need a ride to the polls call AT Home in Darien, 203-655-2227.



Real Possibilities in

Connecticut

2015 Connecticut laws impacting family caregivers and their loved ones.

The CARE Act, PA 15-32

Effective 10/1/15, the purpose of the CARE Act is to ensure that hospitals include the caregiver in discharge planning and provide necessary training. The new law requires a hospital, when discharging a patient to his or her home, to:

1. allow the patient to designate a caregiver at, or before, the time the patient receive a written copy of his or her discharge plan;
2. document the designated caregiver in the patient's discharge plan;
3. attempt to notify the designated caregiver of the patient's discharge home; and
4. instruct the caregiver on post-discharge tasks with which he or she will assist the patient at home.

Paid Family & Medical Leave Insurance (PA 15-5, sec 413)

The Labor Commissioner, in consultation with the State Treasurer, the State Comptroller and the Commissioner of Administrative Services, shall establish the procedures necessary to implement a paid family and medical leave program, including:

1. By 10/1/15 the Labor Commissioner shall contract with a consultant to create an implementation plan for the paid family and medical leave program. The implementation plan shall include, but not be limited to:
 - A process for employees to contribute a portion of wages to support paid leave;
 - Claims processes, fraud prevention, infrastructure, etc.; and
 - Funding start-up costs.
2. By 10/1/15 the Labor Commissioner, in consultation with the State Treasurer, shall contract with a consultant to perform an actuarial analysis and report of the level of employee contributions necessary to ensure sustainable funding and administration of a paid family and medical leave compensation program.
3. By 2/1/16 the Labor Commissioner shall submit a report on all of the analysis and implementation recommendations to the General Assembly.

EXISTING SHORT FORM - ENACTED in
1965 -

NO IRAs -
NO INTERNET

18 STATES NOW

Uniform Power of Attorney (PA 15-240)

Effective 7/1/16, this complex legislation will help family caregivers navigate financial challenges by making sure power of attorney laws are consistent and honored from state to state. The law will also add stronger consumer protections for seniors and their families. Compared to current law, the bill, among other things:

1. more extensively covers an agent's authority, duties, and liabilities;
2. allows a principal to grant an agent authority over more subjects, with more specific powers for agents described under each subject than under current law;
3. makes a POA created under its provisions durable, meaning its effectiveness continues after the principal becomes incapacitated, unless the POA expressly states otherwise;
4. allows a probate court to continue, limit, suspend, or terminate a POA when appointing a conservator;
5. authorizes certain people to petition the probate court to review a POA or an agent's conduct;
6. requires people to accept POAs in most circumstances, allows people to request information about them, and limits when people can refuse to accept POAs; and
7. provides sample POA forms to implement the bill's provisions, which require people to strike out which subjects on the form's list over which they do not want to grant agents any authority.

The bill gives the probate court power to construe POAs, require agents to account to the court about estates under their control, and provide relief.

More information on these Public Acts and other legislation can be found at

<https://www.cga.ct.gov/>