

Commission on Aging
Minutes of the Meeting
October 20, 2008

Present: Christine Robertson, Chair; Kathy Brennan; Marion Freer; Alice Kenny; Mary Morrisroe;
Mary Ann O'Grady; Sheila Silverman

Absent: Eileen Wilson

The meeting was called to order at 9:30 a.m. by Chair Christine Robertson. Chris introduced Joan Garbow, advising Ms Garbow wished to observe the Commission meeting. Ms. Garbow is in private practice, providing geriatric and disability services(see attached)

Minutes

Minutes of the September 15, 2008, meeting were distributed prior to this meeting for members' review. The Chair asked for corrections/comments, noting that the correct spelling for Ms. Gibis' first name is Margot. Mary Ann O'Grady advised that the RVNA program in development is "Quality Living in Ridgefield & Redding. Kathy Brennan moved that the minutes be accepted with corrections. Mary Ann O'Grady seconded the motion. All present agreed.

Miscellaneous

Chris reported that there will be no increase in Medicare Part B costs, but there will be a cost of living increase in our Social Security checks! Chris also reported that, at the AARP meeting, Rudy Marconi had mentioned that the Commission on Aging had donated the \$5,000 given by the Leir Foundation to the Town fund for energy assistance for seniors. Chris has written to the officers of the Leir Foundation thanking them and advising what we have done with their donation. Mrs. Robertson advised that she had received a check for \$13,500 from the Laszig Fund toward the cost of the SweetHart bus. She had applied for \$20,000.

Senior Services Directory

Chair Robertson reviewed distribution of the new directories—a good number are gone. Mary Morrisroe asked if she could distribute copies to all members of the Ridgefield Woman's Club. All agreed. Chris has taken copies to Meals on Wheels and will take others to Meadow Ridge. Kathy Brennan has taken copies to St. Mary" office, and Mary will take copies to Sister Joan for her Senior Luncheons.

RVNA Planning

Alice Kenny reported on planning for "Quality Living in Ridgefield & Redding". They are looking at developing "One stop shopping" for medical issues, repair/handyman, etc. Questions to be resolved include: free or subscription services—scholarships? Next week the meeting will work on developing a business model. Mary Ann O'Grady advised that the full Committee has a meeting on November 4, considering possible coalitions with other towns, Greenwich, New Canaan, Westport, etc.

Midwestern Connecticut Council on Alcoholism(MCCA)

Kay Schreiber, Community Relations Specialist of MCCA. Inc., spoke to the Commission explaining that MCCA helps those who suffer from all types of addictions—alcoholism, drug addiction, and gambling. Kay distributed brochures outlining MCCA's locations and services(attached) MCCA's programs include: Long Term Residential treatment-Trinity Glen; Short Term Residential treatment-McDonough House in Ridgefield; Detoxification Center; Adolescent Residential Treatment; and Outpatient Programs in Danbury, New Milford, and Ridgefield. Ms. Schreiber advised that about 17% of those 65 and over have some form of substance abuse problems. She reviewed causes and discussed the support offered by MCCA to help those involved. She also mentioned the difficulty in getting people and their families to recognize that there is a problem. Discussion followed.

Chris Robertson thanked Kay Schreiber for her informative presentation.

With no further business, the meeting was adjourned at 10:40 a.m.

Respectfully submitted,

Mary Morrisroe, Secretary

The next meeting of this Commission will be held on Monday, November 17, 2008, in the small lower level Conference Room, Town Hall, at 9:30 a.m.

Anyone requiring accommodation due to disability is asked to contact Christine Robertson on 438-6165