

Commission on Aging  
Minutes of the Meeting  
March 21, 2017

Present: Chair Christine Robertson; Kathy Brennan; Marion Freer; Alice Kenny Lucas;  
Mary Morrisroe; Dayna Sierakowski; Sheila Silverman  
Advisor: Karen Gaudian

Absent: Lizabeth Doty; Mary Ann O'Grady

Chair Robertson called the meeting to order at 2:30 p.m.

Minutes of the February meeting were sent to members prior to this meeting for review. No changes or corrections noted. Alice Kenny Lucas moved that the Minutes be accepted as written. Sheila Silverman seconded the motion. All present agreed.

Chair Robertson reported that she had received only three responses to the meeting of area Commissions scheduled for Saturday, April 8, 2017, at the Ridgefield Park & Rec. Two of the responses were regrets from New Fairfield and Sherman. A representative from Weston will attend. Chris will send out a request for a response by March 24<sup>th</sup> to her invitation .

The RVNA Health Fair will be held on Saturday, April 1, from 10 a.m. to 2 p.m. at East Ridge Junior High. The Commission will have a table and will feature the new edition of the Senior Services Directory. Marion Freer and Sheila Silverman will staff the table from 12 to 2 p.m. Alice Kenny Lucas and Lizabeth Doty will staff from 10 a.m. to 1 p.m.

Chair Roberson advised that, if approved, the Commission's budget will be \$100.

Alice Kenny Lucas reported on final arrangements for production of the new edition of the directory. She advised that Typographic bought out both Economy and Ridgefield Printing. Alice recommended that the Town Seal and letter printing on the front cover be in black to provide contrast. All present agreed.

Five hundred copies will be printed before April 1<sup>st</sup>. The balance will be mailed later according to the list from the Register of Voters, one copy to a senior household.

Speaker

John Lisher of New Canaan spoke about the iSTEP and TIPS Tele-Medicare Programs

in New Canaan and provided members with a detailed handout outlining these programs. The iSTEP program was developed as a result of New Canaan citizens who wished to stay in New Canaan and age in place in their own homes. This program is a combination of Community Health Care, a psychosocial program and supportive Tele-health/Information management technology. It is supported by the Town with the seniors participating. Those seniors benefit by remaining in their homes and improving their health. The Town benefits by retaining tax payers who do not use the schools, etc.. It has been estimated savings from the program could be in billions per year.

Mr. Lisher also discussed the TIPS program for New Canaan's low income Medicare seniors. These citizens receive wellness education, track medical results, and receive psycho-social reinforcement in the senior center. TIPS was developed and is in use in Westchester County and in Pennsylvania, Mr. Lisher is also assisting in TIPS introduction in Stamford.

Mrs. Robertson thanked Mr. Lisher for his informative talk, and, with no further business, the meeting was adjourned at 4 p.m.

Respectfully submitted,

Mary Morrisroe, Secretary