

Commission of Aging Meeting Minutes
July 16, 2018

Present: Chair Chris Robertson, Marion Freer, Mary Ann O'Grady, Sheila Silverman, Mary Morrisroe, George Noyes, Debra Franceschini-Gatje, Karen Gaudian, Kathy Brennan, Tony Phillips

Absent Dayna Seirakowski

Guest Speakers: Fire Chief Jerry Myers, Emergency Preparedness Volunteers Vivian Epstein and Gerri Lewis

Motion made to approve last month's minutes by Mary Ann, second by George.

SPEAKER SERIES

Fire Chief Myers:

Be prepared with extra medications, oxygen services, if you have medical equipment such as CPAP you need to have a backup plan. Talk to your doctor in advance to get a plan in place.

Smoke detectors and carbon monoxide detector batteries need to be check before a store. If you have a problem with them. Ridgefield Fire Department can provide you with a new one. RFD will provide one free of charge.

If you use the fire place, pellet stove or wood burning stove do not dispose of ashes in plastic bin, garage, etc. even if it is a couple days and you think the ashes are cool. Keep your ash in a metal container away from your home. This will prevent home fires.

In snowstorms shovel off front and back entrance so you have two ways out of your home in the event an emergency.

Water in the basement. To pump water out of a basement, water must be 2 feet deep in order for RFD pump to work. They can also help you get to somewhere safe.

If fire department has to knock down door to get in your home. You can purchase a Knox box (approximately \$200) The key is given to the RFD & RFPD so they can then get into your home without damage should the need arise.

Fire extinguishers should be UL approved and meet A,B,C standard.

CERT Program

Vivian Epstein and Gerri lewis

Program that educates volunteers in emergency preparedness.

Work in the emergency operations center.

On blue sky days they help out with fireworks, run like a mother among other things.

File of Life should be kept on refrigerator with all your health and medications.

Town program Safe Link will provide phone for cell phone use for emergencies.

Register with CTAlert.gov to receive accurate time sensitive alerts.

Have a go bag ready with items you would need should you need to leave your home quickly. Bag should have ID, medications, non perishable foods, tissues, wipes, batteries etc.

CT Sart is site that provide info for all emergency bags for pets. They will be at East Ridge Middle School on Sunday, September 23 to discuss in more detail.

Meg Whitbeck from RVNA and Meals on Wheels in August 20th will discuss nutrition for seniors. Samples will be provided.

Deborah Annes will provide Ice cream to Ballard Green and Prospect Ridge for an ice cream social as part of the Quality of Life Initiative.

Respectfully Submitted

Debra Franceschini

Substitute Secretary