

Commission on Aging

Minutes of the Meeting

March 18, 2019

Present: Chair Chris Robertson, Marion Freer, Dayna Sierakowski, Kathleen Brennan, Advisor Karen Gaudian, George Noyes, Debra Francheschini-Gatje, Mary Morrisroe, Sheila Silverman.

Absent: Mary Ann O'Grady

The meeting was called to order by Chair Chris Robertson at 2:35pm.

The minutes from the February 2019 meeting were reviewed. Dayna Sierakowski approved, and George Noyes seconded. Debra Francheschini-Gatje agreed to assume the position of Secretary upon Dayna's departure from the Commission next month.

Karen reported that Chamber of Commerce continues to hand out senior directories and she found out that to reprint would be \$1694 for 300 senior directories, \$2100 for 500. Sheila reported that Founders Hall is out of copies and would like more as well. George made motion to go up to 750 or 1000, given numbers handed out and cost effective to order more. Sheila seconded motion. Commission approved. Tony mentioned the option of considering promoting the directory PDF in the future (or even getting an app) for the tech savvy seniors that utilize their phones or computers.

Debra spoke about the Senior Camping Trip in Ashford, CT Aug 12-16, 2019—Theme is "A Walk Down Memory Lane"

Price for single is \$375 per \$285 per person for double

Capacity is 25 double rooms, 50 people

They came up with criteria to go—SPIF, Medicaid eligible, energy assistance, renters' rebate
Transportation to be figured out.

Grant from Leir to be used to pay for camp; other monies from SPIF may also be applied.

Meeting adjourned at 3:05pm.

Margarida Velardo from new Atria Ridgefield was speaker

Will have 86 units, 27 memory care (shared apartments and single living spaces), other 59 a mix of assisted and independent living

Courtyard in middle; bottom floor for memory care; first and second floor for assisted and independent living

Similarities with independent and assisted living—everyone receives emergency call system, 3 meals a day, activities, all utilities except for telephone and cable, car service. Will have PT, OT on staff, lab services, etc.

Care and medication management are separate—considered assisted living.

How we age? Statistics show that 70% of how we age is in our control—exercise, nutrition, staying active, etc.

These types of settings (like Atria) were created as communal living for people to have a better quality of life in their senior years. Upon admission, will meet with person to find out his/her background and what individual would like to do. They take the data and use it to see what overall residents are interested in to create a social activity calendar.

Ridgefield location due to open second week of August. Will move in 4-5 residents a week.

They'll be hiring a minimum of 70 people.

Studio apartments are \$6000 a month, 2 bedroom apartment just under \$10,000. Payments are month to month, not a buy-in.

Six levels of care—determined by nursing assessment. They are a social model, not a medical model (it is NOT a nursing home). They provide basic assistance with activities of daily living. Medication management—per CT law, meds are kept in resident's apartment. Atria staff will come to apartment and help with medication management if needed. Meds are locked up in individual's apartment.

Memory care setting is all inclusive--\$8500 per month. Unit is similar to rest of the building. Use "parallel programming"—doing similar activities at different levels.

You have to be able to get around independently—if someone is showing signs of needing help, will intervene with PT/OT to help keep person independent.

If person ends up in hospital, still pay rent; Atria will follow person to rehab, hospital and be involved in situation to find out how they can help upon resident's return.

Meeting ended at 4:05pm.