

Commission On Aging

May 20, 2019

Meeting Minutes

Attendees:

Chris Robertson, Chair, Marion Freer, Sheila Silverman, Mary Ann O'Grady, Kathy Brennan, Debra Franceschini-Gatje, Karen Gaudian, Commission Advisor, and Tony Phillips, Director of social service. George Noyes Absent.

Meeting was called to order at 2:30 P.M. by the Chair Chris Robertson.

April minutes were approved after certain corrections are made.

There is an opening on the commission, Laura Salvorsini was suggested as a possible new member, plus other suggestions were made.

Get well card was sent to Mary Morrisroe

Discussion was made of roles and duties of commissioners. Several roles were mentioned By Debra they were: Food and hunger, transportation, affordable housing, senior events, accessibility, scams update on latest, exercise impacts on mental and physical health, keeping social, avoiding loneliness.

Our speakers were Maria Victor Smith, Tina Moskwa plus Holly Batti they run a caregivers support group for Alzheimer's Dementia Caregivers each month at the First Congregational Church in Ridgefield. This group has been trained by the Alzheimer's Association. They told the group that they were the only type of group in Connecticut. Stress has been a very big problem for both the care givers and the clients. They said stats show 30% of caregivers die before the client. Communication was mentioned by the presenters as being invaluable and difficult to do. A few basic things were mentioned always look at person's face. Do things slowly because there can easily begin to be a wall that can develop between self and client. This is not any easy illness to diagnose or treat (no real cure). They mentioned that encouraging client to be engaged in activities when possible can be helpful. The group is friends talking to friends and sharing and exchanging practical information.

Meeting was adjourned at 3:30 P.M.

Respectively Submitted by acting secretary Kathy Brennan