



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
January 7, 2025

OFFICIAL MINUTES

Commissioners Present: Kathy Roby, Lois Arsenault, Amy Silliman Avedisian, Danette Brown, Marsha Brown, and Linda Massa

Commissioners Excused: Marva Douglas

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: None

Called to order at 7:00pm by Chairperson Kathy Roby

Communication from Commissioners

Commissioner Arsenault reported that she had attempted to post information about the AARP tax presentation at the Senior Center on the Windsor Community Bulletin Board, but encountered difficulties as the post would not go through. A discussion followed regarding the matter. Liaison Joyce mentioned that she is aware Stephanie posts event information to various Windsor Community Groups and will check if the Windsor Community Bulletin Board is included in those groups.

Commissioner Danette Brown noted the ideas discussed for future programming in 2025 and suggested considering topics like Cyber Security and Fraud Prevention, recognizing that these are important issues that warrant attention.

Chairperson Roby shared that Vita White, an AARP volunteer, had reached out to both her to request a meeting. The purpose of the meeting was for Ms. White to learn about the work the COAPD is currently doing, as well as to inform the group about AARP's recent initiatives, including legislative actions and efforts related to tax incentives and tax rebates for caretakers.

Chairperson Roby then recapped the meeting for the group, noting that while the group has sponsored various programs, the primary concern expressed by the community remains the desire to stay in their homes. Chairperson Roby stated that she will continue these conversations, and report back to the group with updates.

Commissioner Silliman Avedisian mentioned that her term has expired but stated that she is willing to stay on the Commission if needed. A discussion followed regarding her term status. Liaison Joyce will look into what steps Commissioner Avedisian needs to take to become an alternate member.

Communication from Liaison

Liaison Joyce provided an update on Senior Services, highlighting several exciting developments. She shared that the AARP tax appointment scheduling opened on January 3, and there has been progress in streamlining the DAR Ride Reservation process—now, only one phone number is needed to schedule

both in-town and out-of-town medical rides. Liaison Joyce also announced some exciting new travel opportunities through Collette Travel, including trips to Alaska, Iceland, Canyon Country, and Costa Rica. She highlighted the upcoming Senior Fitness Center Open House in January, noting that in addition to daytime hours, a new evening session will be added in February. She mentioned that the Hearing Clinic, offered by Solinsky Hearing, has resumed in January at the Senior Center. Looking ahead, Liaison Joyce shared that planning is underway for the Windsor Senior Center's 55th Anniversary celebration. She requested the Commission's support in spreading the word about the various programs and services being offered at the Senior Center, as well as assistance with planning and executing the 55th Anniversary event. This item will be added to the agenda as new business for further discussion.

Communication from the Public

None

Approval of the Minutes from the December 3, 2024 Regular Meeting

A motion to approve the minutes from the December 3, 2024 Regular Meeting was made by Commissioner Massa and seconded by Commissioner Arsenault. The motion passed 6/0/0.

Old Business:

CVS Windsor Plan Update

Chairperson Roby shared that she had met with the Loomis Chaffee student interested in designing the content for the window display. She explained the concept the group had in mind. Commissioner Danette Brown mentioned that she had visited the window display area to assess the space. The group discussed who would be responsible for overseeing the project. Commissioner Brown offered to connect with Deb Deluca from First Town Downtown to coordinate efforts. Liaison Joyce will collaborate with the student on the design.

Mental Health Program

Commissioner Arsenault suggested that an informational rack at the Senior Center could be a great starting point, featuring a listing of support groups. She shared with the group a booklet she had obtained from the Annual Windsor Senior Health & Wellness Fair. Chairperson Roby added that organizations such as the National Institute on Aging (NIA), the National Institutes of Health (NIH), the World Health Organization (WHO), and the Center for Disease Control (CDC) may have useful materials that could be included as well. Commissioner Arsenault agreed to research additional items to include in the rack. Liaison Joyce mentioned that she has a rack available for use.

Commissioner Arsenault also proposed hosting a presentation on Caregiver Stress. She expressed willingness to present, possibly with a representative from the Alzheimer's Association, and mentioned she would reach out to the Director of the Caring Connection to see if respite care could be arranged for attendees. The group expressed interest in holding this presentation before June. A discussion followed, and the topic will be added to the next agenda for further planning.

Crosswalk Flags

Chairperson Roby reminded the group that the crosswalk flags had been placed back in the center of town, and she reached out to the Chief Engineer to thank her for the effort. She also mentioned that the Traffic Diet will be discussed during a town meeting in February and encouraged everyone to attend.

Advisory Committee Member Request for Windsor's Plan of Conservation and Development (POCD)

Chairperson Roby shared that she attended the first meeting and raised the topic of the walking trail at Great Pond Village. She emphasized the need for additional benches and railings along the trail and also suggested the installation of 911 emergency buttons for safety in case of emergencies. Chairperson Roby mentioned that another meeting is scheduled at Town Hall, and she will keep the group informed of any further developments.

Windsor Resource Booklet 2025 Edition

The group briefly discussed this project and members committed to updating their sections and sending information to Liaison Joyce prior to the next meeting.

New Program Ideas for 2025 – Fall Prevention/Balance Training

Commissioner Danette Brown mentioned that she had made contact with CT Physical Therapy Specialist in Granby. The group would like to sponsor a program at the Senior Center potentially in March. She also made mention of Cyber Security and the importance of offering programming relating to this topic. This new programming will be further discussed during the February meeting.

New Business

None

Motion to adjourn the meeting

A motion to adjourn the meeting at 8:20pm was made by Commissioner Silliman Avedesian and seconded by Commissioner Danette Arsenault. The motion passed 5/0/0.

Respectfully Submitted,
Rebecca Joyce