



Town of Windsor
Commission on Aging and Persons with Disabilities
Regular Meeting
February 4, 2025

OFFICIAL MINUTES

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

Commissioners Excused: None

Commissioners Unexcused: None

Liaison Present: Rebecca Joyce

Also Present: Amy Silliman Avedisian, Lily Oberweis

Called to order at 7:05pm by Chairperson Kathy Roby

Communication from Commissioners

Commissioner Arsenault provided an update on the resource booklets she ordered from the National Institute on Aging. She received five copies of each booklet and will leave them with Senior Center staff for distribution. Liaison Joyce mentioned that she would request additional copies. A discussion followed, during which Commissioner Arsenault recommended developing a speaker series or panel discussion focused on mental health.

Chairperson Roby shared that she recently saw a segment on NBC about a Connecticut man who helps Black individuals trace their ancestry back to enslavement. She suggested this might be an interesting program for the Senior Center to explore and stated that she would share the information with Senior Center staff.

Communication from Liaison

Liaison Joyce provided an update on Senior Services and distributed the Senior Center's February newsletter, which includes the Windsor Social Services insert.

Communication from the Public

None.

Approval of the Minutes from the January 7, 2025, Regular Meeting

A motion to approve the minutes from the January 7, 2025, Regular Meeting was made by Commissioner Arsenault and seconded by Commissioner Silliman Avedisian. The motion passed with one abstention, 6/0/1.

Old Business

CVS Windsor Plan Update

Liaison Joyce reported that she had connected with a Loomis Chaffee student working on this project,

who had planned to attend the meeting via Zoom. Although Liaison Joyce did not see the student attempt to enter the meeting, she later received an email confirming that the student had listened in. She noted that this student, along with other Loomis Chaffee students, is working on designing posters that will eventually be displayed in the CVS window. This project will be discussed further at the next meeting.

Mental Health Program

Commissioner Arsenault will present a one-hour program on mental health. She plans to coordinate with Senior Center staff to schedule the presentation once she is feeling better, with a tentative timeframe of March.

Windsor Resource Booklet – 2025 Edition

The group briefly discussed the project. Commissioner Danette Brown has taken over responsibility for updating the format and designing a new cover page. Each commissioner will provide updates to Commissioner Brown moving forward. The group aims to have a draft ready for the March meeting so that printing quotes can be obtained.

Windsor's Plan of Conservation and Development (POCD) – Update

Chairperson Roby attended the most recent POCD meeting via Zoom. She explained that the town is required to develop a new plan every ten years. She suggested the inclusion of designated bus routes and shelters, particularly in the Amazon business area. Chairperson Roby will continue to provide updates as needed.

New Business

New Program Ideas for 2025 – Fall Prevention & Balance Training

Commissioner Danette Brown reported that she had contacted CT Physical Therapy Specialists in Granby regarding a potential fall prevention and balance training program. The group is interested in sponsoring this program at the Senior Center, possibly in March. As the next step, Liaison Joyce will send an email connecting Commissioner Brown with Senior Center staff to facilitate scheduling.

Capital Improvement Project Request – Town Request for Input

At this time, the group has decided not to submit any suggestions.

State Ombudsman Program

Chairperson Roby proposed hosting a presentation at the Windsor Senior Center featuring the State Ombudsman Program, including information on the Nursing Home Ombudsman Program. Liaison Joyce will reach out to her contact with the State Ombudsman Program, with the possibility of scheduling a session in May or June. This topic will be revisited at the March meeting.

Selecting the Best In-Home Agency/Caregiver – A “How-To” Guide

The group reviewed the Connecticut Association for Healthcare and Home Care booklet, *Finding the Best Match for You & a Caregiver*. Liaison Joyce will request additional copies to be made available at the Senior Center and placed on the Commission on Aging and Persons with Disabilities Resource Rack.

Home Safety Assessment

Chairperson Roby suggested integrating a home safety assessment component into the Fall Prevention and Balance Training program. Commissioner Danette Brown will discuss this with her contact when planning the educational event to ensure this topic is included in the presentation.

Adjournment

A motion to adjourn the meeting at 8:17 PM was made by Commissioner Douglas and seconded by Commissioner Arsenault. The motion passed unanimously, 6/0/0.

Respectfully submitted,
Rebecca Joyce