

SENIOR ADVISORY BOARD

SPECIAL MEETING

WEDNESDAY, JANUARY 29, 2025

2:00 PM

The Waverly Center
7 Waverly Avenue, Portland, CT 06480

PRESENT: Elaine Cote, Roselani Ferguson, Gail Landry, Pamela Willcox-Dapkus

MEMBER(S) ABSENT: Janet Colonghi

STAFF PRESENT: Sarah Elliot Carasios, Senior Service Administrator

PUBLIC:

1. Chairwoman Cote called the meeting to order at 2:07 pm. In the multipurpose room of the Senior Center
2. Minutes from October 23, 2024 were reviewed and accepted
3. Old Business:
 - 3a. Portland High School Multilingual Art Program: This successful Art program was geared to PHS students who are from different cultural backgrounds. This program provided the student an opportunity to work on their language skills by doing various artistic activities. This program's success will be extended.
 - 3b. Alzheimer's Association Collaboration: With assistance from the Portland Library and the Portland PD the Alzheimer's Association presented this no cost in depth program on how to recognize when a loved one is struggling with cognitive functions. Due to its success, the series will continue.
 - 3c. Better Software Program: This program had a start time of January 2025, and at this time has not yet begun. It is unclear at this time when the program will begin.
 - 3d. Bring Me Back Home: This program will be run with the assistance of the Portland PD. This program is designed to be a preventative measure in assisting families locate/find their loved ones if he/she has gone missing. The program starts by photographing the resident and obtaining information about the resident on their interests, their families and their popular visit spots. If a time came where a resident cannot be found the PD would already have a photo of the resident with a list of popular spots he/she frequents or where extended family resides. This program is designed to expedite the process in locating one who has gone missing.
4. New Business:

4a. Calendar dates for 2025, Sr. Advisory Board: The Sr. Advisory Board selected the 4th Wednesday in the following months of January, March, May, July, September and October of 2025 to hold their meetings. Meetings will be held at the Waverly Sr. Center at 11:00 am.

4b. Moms Meals and the Kitchen Futures: This home delivery of meals for Meals on Wheels clients has run into some Issues. Responses from the recipients state the deliveries are too heavy for seniors to pick up, and it leaves residents at their homes isolated from others. Moms Meals also requires volunteers to be able to deliver the meals. It was suggested that seeing the Portland Sr Center has a fully functioning kitchen, it was suggested to have food delivered to the center where residents could come in, have a meal and socialize with others.

Kitchen at Futures is a plan where residents would sign up ahead of time for a meal on a Tuesday and or Thursday and arrive at the Sr Center and have their meal at the center. This allows the residents to socialize with one another which helps with emotional health and isolation. At this time while school is in session, the Transition Students will assist with the congregate meals however volunteers would be needed once school is out for the summer.

4c. Neighbor Connect: A new program designed to be intergenerational, by bringing residents together. This program can help connect people, to allow a check in on residents to make sure he/she is doing well when delivering meals. Volunteers are needed.

5. Comments:

5a. Director Sarah Elliot Caratasios apprised the Advisory board of the The Long Range Capital Improvement meeting she attended Here she inquired about obtaining a Ring Alarm Security System for The Sr. Center. She also requested A Bottle-less Water Cooler and proposed a request for an Automatic Door system for the Upstairs and Downstairs Bathrooms. These requested improvements will address potential security risks and ensure greater independence and safety for our senior members, enabling all visitors to access restrooms without limitations .

6. Adjourned Meeting 3:30 pm.

Respectfully Submitted,
Pamela Wilcox-Dapkus