

**Town of Somers  
Advisory Committee for Seniors  
MEETING MINUTES  
September 9, 1pm to 2pm**

**Present:** Pat Bachetti, Phyllis Gwilliam, Tina Toohey, Marilyn Gaskell, John Kelleher, Eileen Fedorowich, Maureen Parsell, Donna Richardson, Annette Ramsdell, and Matthew Cox

**Absent:** Ailene Henry and Joan Sizer

**Call to Order** at 1:10 p.m. by chairperson Matthew Cox.

**Approval of minutes of June 10:** Tina moved, and Pat seconded a motion to approve the minutes as presented. There was no discussion and the motion carried.

**New Business:**

**See attached Senior Center Report, presented by Donna Richardson, and the Human Services Report presented by Annette Ramsdell.**

Additionally, Maureen Parsell, shared that the senior center is working to host a fraud prevention workshop for seniors and that the Ad Hoc Building Committee – to build or renovate the senior center – has met monthly since July.

Data shared included that the senior center has 139 new members with 544 active members (40 average daily attendance) and that Dial-a-Ride provided more than 3,500 rides during the past fiscal year.

**Adjournment:** With no further business, Tina moved, and Phyllis seconded a motion to adjourn the meeting at 2:21 pm. There was no discussion, and the motion carried.

Respectfully submitted,  
Matthew Cox, Chair

**Next meeting:** October 14, 1:00 p.m. in the Senior Center Meeting Room.

## Senior Advisory Meeting - Tuesday, September 9, 2025

### Senior Center Updates:

- Senior Center renovations are complete. Restrooms are ADA compliant. However, we will be adding more handrails.
- Still interviewing for a Part-Time Sr. Center Bus Driver.
- No Flu Clinic at the Sr. Center this year. Insurance companies would no longer pay Priority Urgent Care for their service. We only had 20 people sign up last year so decided not to look elsewhere to do clinic here.
- No more Fit & Fun with Chelsea Lowe. She has opened a fitness & wellness place in Vernon. We will offer free video chair exercises with music to take its place for now until we find a new instructor.
- We have a new volunteer Justin Taylor who is retired from the Air Force and lives in town and has a business called Taylored Web Solutions and will be holding a "Fraud, Fakes, & Phishing" class on Oct. 28<sup>th</sup>.
- Footcare will be 2 times a month. It will be the 3<sup>rd</sup> Wed. & 4<sup>th</sup> Thurs. every month starting in Oct.

### Programs:

- Grief Support is back w/Visiting Nurses on Mondays at 10am. until Monday, Oct. 6<sup>th</sup>.
- 60 people signed up for Italian Lunch 9/12 & for Oktoberfest on 9/26! We will send out a blast to encourage everyone to carpool and staff will park on grass in back of shed.
- Friday, 9/19 we have 40 people signed up for Friend Toast Bake for Alzheimer's Awareness & encourage everyone to wear purple. The Reserve will present: "Walk in your shoes".
- Monday, 9/22 – Hello Fall! Build a Scarecrow & help decorate Sr. Center!
- Tuesday, 9/23 – Climb Mt. Kilimanjaro w/Kelly!
- Wednesday, 9/24 – AARP Smart Driver Course.
- Tuesday, 9/30 - Powerback Rehab presents the Zibrio Balance Board for Falls Prevention month.
- Friday, 10/3 – Country Jamboree & music w/Brian Chicoine.
- Tues, 10/7--Poland Documentary & Fri, 10/10--Polish Lunch w/accordion w/David Goclowski.
- Friday, 10/17 – Wear Pink for Breast Cancer Awareness w/Goat Snuggles & Apple Cider & Apple Cider Donuts from Johnny Applesseed!
- Wednesday, 10/22 – Fall Wreath Craft w/Darlene.
- Wednesday, 10/29 – Humor Event – "Active Listening w/Wally".
- Friday, 10/31 – Halloween Party – "Toy Story Theme"!

Social and Senior Services Report  
September 9, 2025

Over the past year, we served 406 people with 682 household members and 1294 interactions (services) – an average of 3+ services for each client.

Meals on Wheels – 19 individuals served, currently \_\_\_\_

Renters' Rebate – ends Sept 30 – 98 served, \$45,324 invested in Somers residents

Senior Farmers' Market Program – ends Sept 30 – 48 served, \$1,920 value

Generation Power (formerly Operation Fuel) – new approach – next dates Dec/Jan – 15 served during the first round, providing \$5,640 in assistance

CEAP – CT Energy Assistance Program – open September 16 – last year served 121 with \$40,025

Case Management – Annette is working with many local families and seniors to provide support, encouragement, systems navigation, assistance, resources, and referrals.

Cuts and Problems with Benefits – significant fraud has been identified in the SNAP programs – more than a dozen reported thefts of benefits. Benefits cannot be recalled, and our community is struggling to cope. To address the issue, new safeguards have been put in place, such as not permitting Connecticut-issued SNAP benefits to be used out of state and implementing a feature that enables users to “lock” their benefits between shopping trips.

CHOICES Seminar – collaboration of Somers, Ellington, and South Windsor. 20 people attended!

Respectfully submitted,

Annette Ramsdell  
Senior and Social Services Specialist