

**Wallingford Committee on Aging
Agenda
October 17, 2025**

Call to order @ 9:00 a.m.

Secretary's Report

- Vote to accept minutes of September 19, 2025 Meeting

Treasurer's Report

- Vote to accept monthly report of revenues and expenditures for September 2025
- Vote to accept the September 2025 Program Account Report

Consent Agenda – Accept the following September 2025 reports as emailed:

- Executive Director
- Program Director
- Social Services
- Memory Lane

Staff Reports

- Executive Director
- Program Director

Old Business

- Ballot Box Camera System
- Fire Alarm Panel Upgrade
- Computer Replacement Plan
- Approval for IT Upgrade
- Chamber Membership

New Business

- “Join Hands for Happiness” Campaign
- Staff Holiday Party

Other Business: announcements, appointments, questions, items to be noted for the record of the meeting.

Adjournment (10:00 a.m.)

Next WCOA meeting – November 21, 2025

Executive Director Report to the WCOA Board for the 10-17-25

Days of Service:	21	Memory Lane Units:	186
Recorded Attendance:	4,918	Health Service Units:	
Transportation Units:	898	New Members:	32
Community Café Meals:	201	New Members 55-59:	3
Social Service Units:	549	Total Members:	4,181

- The center participated in Celebrate Wallingford with the help of our fabulous volunteers and staff. Thank you to everyone who came out and represented the WSC at the event!
- Our next big event will be the Craft Fair on November 1st. Volunteers are still needed for raffle ticket sales and the event itself.
- DPW has determined that we don't need a new fire panel based on the review by JCS. I explained the situation again, and asked the vendor to confirm that the panel cannot work with any new devices installed. I don't believe my request is unreasonable to address the trouble alarms that occur and I'm open to other solutions if the info. I received is not correct.
- The Fire suppression system over the range will be replaced, I'm still waiting for the repairs to be scheduled.
- Toured Master's Manna and met with their Executive Director, looking forward to working with them for our members.
- Attended the Wallingford Community Resource Alliance and learned more about other local organizations in town.
- Reviewing Employee and HR policies for 2026.
- Working with Erin to resolve some complaints and issues regarding our Bingo group.
- The Travel Committee offer has received a great response with over a dozen participants so far. Should be a very dynamic group with lots of good ideas.
- Our insurance company has recommended that we conduct background/sex offender registry checks on all volunteers and staff every 3 years to reduce the risk of elder abuse occurring while members are using our services. This seems to be a standard that they ask of their insured clients (Mostly Adult Day centers). I will implement that starting next month on a rolling basis.
- I started a quarterly "Member Spotlight" article for the Primetime newsletter. First member is Kay Page from the Quilters group. Please see attached.
- Held a joint staff meeting here with SCOW to share information and talk about ways we can collaborate more together.
- Awaiting input from the Town Risk Manager on outside group use of the WSC.



MEMBER SPOTLIGHT: KAY PAGE

Kay Page has been a proud member of our senior center since 2016. When she retired, she took up quilting for the first time and found that she really loved to sew. It quickly turned into a passion and a purpose when she joined the "Quilting Club". They meet every Tuesday and are a tight knit group! Their time is sacred and everyone commits to not making appointments or other obligations that interrupt their time. Kay shared with me that she now sews 3-6 hours a day. She loves the colors, the patterns and creativity she uses to bring each piece to life. Every year, the groups works tirelessly on small lap quilts, bibs, coasters, dolls, placemats and eye glass cases. They sell their works of art at the annual holiday fair in November to support senior center programming and create a beautiful display of patriotic quilts for several other events. They also donate items to Birthright and our local nursing homes. Kay's husband Marc also contributes by making stands to display the quilts they've made.

Kay loves and appreciates the friendships she has built with other members over the years. There is such a great deal of respect, caring and support that they share. "We laugh, we cry, and we take care of each other, that's really what makes the group so special". A heartfelt thank you to all our members for making the WSC such an outstanding community of friends.

The Quilting Club appreciates donations of fabric in order to create the volume of work that they create. We hope you saw their table at the craft fair!

Submitted by Ann Zak

PROGRAM DIRECTOR'S REPORT

September	2025				
WEEKLY ACTIVITY	PD INSTRUCTOR	VOLUNTEER-LED	SESSIONS	ATTENDED	
Attendance Driver Club 60		X	0	0	
Art Appreciation		X	0	0	
Acting Studio	X		4	45	
Artist Studio		X	4	29	
Ballroom Dance Lessons	X		5	27	
Basic Social Dance Tues/Thur	X		8	33	
Bible Discussion Group		X	4	57	
Billiards		X	21	207	
Bingo		X	9	436	
Bocce		X	7	106	
Body in Motion (M,W) 2	X		8	111	
Bridge (Tuesday & Friday)		X	9	99	
Canasta		X	5	20	
Cardio Drumming	X		2	59	
Club 60 Plus Fitness Center		X	21	815	
Corn Hole		X	4	39	
Clay Class (Mon)			4	19	
Clay Class (Tue)		X	4	23	
Craft Corner		X	4	32	
Cribbage		X	4	23	
Dominoes		X	3	14	
Drumming - Basic + Advanced	X		5	29	
Golf League		X	9	297	
Harmonica Group		X	7	7	
Hiking (Meriden Gorge)			1	8	
Knitters and Crocheters		X	4	48	
Mah Jongg & MJ Lessons		X	9	147	
Nickel-Nickel		X	4	29	
Other			21	559	
Parkinson's Fitness 2	X		8	43	
Pickleball		X	4	65	
Pinochle		X	3	36	
Quilting		X	5	40	
Scrabble		X	4	10	
Set Back		X	5	41	
Shuffleboard		X	4	32	
SilverSneaker Boom	X		4	41	
SilverSneaker Circuit	X		5	39	
SilverSneaker Classic (T,TH)-2	X		9	119	
SilverSneaker Chair Yoga	X		4	46	
Strength and Balance 2	X		7	130	
Tai Chi + Beg Tai Chi - 2	X		6	42	
Tap Dance		X	4	31	
Texas Hold'em			4	49	

PROGRAM DIRECTOR'S REPORT

Total Fitness - 4	X		14	73	
Yoga Gentle	X		4	10	
YogaChair	X		4	49	
Zumba Gold	X		4	16	
Zoom Classes - 3	X		13	104	
WEEKLY ACTIVITIES TOTALS			305	4,334	
MONTHLY ACTIVITIES	Pd Instructor	Volunteer Led	SESSIONS		
AARP Driver Safety Program	X		1	8	
AARP Technology		X	0	0	
AARP Night Driving		X	0	0	
Caldwell Bank Realty		X	0	0	
Billiards Tournaments			0	0	
Birthday Party			1	8	
Book Club		X	1	16	
Chess Club		X	1	5	
Curiosity Club			1	8	
Foot Care Clinic		Dr. Gambardella	1	6	
Free Hearing Services		Home Hearing	1	3	
Idea Factory - Watercolor			1	9	
Military Whist Card Party		X	1	40	
Movie Matinees			3	45	
Parkinson's Support Group	X		1	11	
Q&A with the WPD		X	1	20	
Reiki Treatments	X		0	0	
Veterans Coffee House		X	1	46	
Wills, Trust and Probate		X	1	21	
MONTHLY ACTIVITIES TOTALS				246	
GROUPS & WORKSHOPS					
A.G.E. Workshop		X			
iPhone Workshop		X	1	13	
iPad Users' Group		X	1	2	
Support Group		X	5	41	
T.A.B.s		X	0	0	
Jam Band		X	4	40	
GROUPS & WKSHOPS TOTALS				96	
SPECIAL EVENTS					
Hanburgers and Hotdogs	9/4/2025			61	
Jimmy Mazz	9/4/2025			98	
Italian Night	9/11/2025			66	
Tamijiro	9/11/2025			82	
Muder Mystery Dinner	9/18/2025			80	

PROGRAM DIRECTOR'S REPORT

Stuffed Cod	9/25/2025			66	
Disco Party	9/25/2025			80	
Bingocize!	7 sessions		7	49	
Karaoke	2 sessions		2	50	
Use Mind to Enhance Mood	9/16/2025		1	21	
SPECIAL EVENTS TOTALS		Total	3	653	
MEETINGS ATTENDED BY PROGRAM DIRECTOR					
Hospitality Committee			1	14	
WCOA			1	11	
Staff Meeting			1	12	
				37	

Notes:

Trips Commission: September - \$2968.00

9/4/2025 - Boston Lights - \$225.00

9/23/2025 - Mackinack Island - \$2743.00

Club 60+

July: Silver Sneaker 1408- swipes=\$2400.00 * Renew Active 611 swipes= \$1122.00

October Program Highlights: Edgar Allen Poe, Michael Jackson, Halloween Party

October Promotion: Best in Show Dog Costume Contest - Upcoming Holiday Craft Fair and Annual Holiday Raffle

Social Service Monthly Report

Joann Hummel Social Service Coordinator

Month: September 2025

Social Service Coordinator completed 549 units during the month of September.

The Senior Farmers Market Nutrition Program was a great success! All the ecards that were received from the program, were distributed to Wallingford residents who were eligible. The community was delighted to have the experience to shop and receive quality, local, farm fresh items for free. The feedback was all very positive. All the surveys that were received had excelled ratings. Final paperwork was completed and sent to the state of Ct. I am very hopeful that this program will return again next year so the Wallingford Senior Center (WSC) may again be a distribution site for the community.

In addition to the Senior Farmers Market program (SFMP), The Connecticut Food Share mobile pantry continues to come twice a month to offer fresh food and pantry items to the Wallingford residents. The coordinator of Ct Food Share informed me that the amount of people served at our location has doubled from their previous location. A greater increase is also seen during the holidays and the warmer months. They are very grateful to have us as a partner to help individuals with food insecurity. People continue to express how grateful they are for having the Ct Food Share Mobile Pantry so close to their home. New attendees are requesting information monthly. It is truly helping them every month. We are honored to partner with Ct Food Share and will continue to provide a safe and convenient location for them and the community.

I continue to be involved in the Wallingford Works for Housing (WWFH), with Ben Fink from SCRCOG and other community leaders, service providers, relaters, town employees, and retirees. Our goal is to raise community awareness and support for expanded housing options. We want as many people as possible to be informed and involved. There are challenges wherever you are on your housing journey and all ages are affected. Together, we are building relationships with our neighbors, our town officials, and those in other towns as we work toward common goals. Our goal is housing for all, economic growth, and a healthy future for Wallingford. During the month of September, I presented with Mary Mushinski, State Rep, and Kristen Butts realtor at the YMCA Over 55 Community. About 25 attended and several attendees asked many questions about new housing development and shared their personal struggles and concerns.

On September 15th, I presented a power point presentation at the Wallingford Public Library on *New to Medicare Enrollment*. The presentation offered the community insights on Medicare and the different programs that are available, as well as, informing the community information on Wallingford Senior Center's social service offerings. Several attendees from the presentation afterwards sought services and then became members to the center.

Weekly support groups held at the WSC continue to assist people who are grieving, feel alone, are overwhelmed by their stress and anxiety. Having a qualified license therapist to help facilitate the support group adds a therapeutic need for the participants who have depression and anxiety disorders require. Offering them professional tools and guidance for them to adopt has become crucial to the uniqueness and success of our support group setting. This has set us apart from most other support groups that are offered in other environments. Most Medicare plans do not cover mental health, leaving people alone and suffering because they cannot afford private care. We have been successful in creating a safe place for them to express their emotions and needs. Each month, community residents are calling requesting to join the support group. The ARPA Grant money has ended and new ideas are being discussed with our new Executive Director on creative ways to keep the funding for mental wellness programs active at the WSC. Ending the current support group due to funding would

Month/Year: September 2025 STATISTIC REPORT
INFORMATION AND ASSISTANCE AND FOLLOW UP STATISTICS
SOCIAL WORKER REPORT

	I & A	FOLLOW UP CALLS	APPOINTMENTS OFFICE/OUTREACH	
1. ABUSE NEGLECT PROBLEMS				
2. ADULT DAY CARE	1	1	1	
3. AGENCY ON AGING	3	3	3	
4. HOMESHARE				
5. ASSISTED LIVING	4		4	4
6. BEHAVIORAL HEALTH/SUBS ABUSE/GAMBLING/HOARDING	21		21	
7. BENEFITS CHECKUP	5		5	
8. CHORE/HOMEMAKER/FRNDLYVISITOR	4		4	4
9. COMPANION/LIVE-IN				
10. CONGREGATE HOUSING				
11. CONGREGATE MEALS//ENP				
12. CONNPACE/CONNMAP				
13. CT HOMECARE PROGRAM	1		1	1
14. MEMORY LANE	1	1	1	
15. ENERGY ASSISTANCE	7	7	7	7
16. FINANCIAL ASSISTANCE	2		2	2
17. FOOD PANTRY/OTHER	6	6	6	6
18. SNAP	8		8	4
19. GERIATRIC ASSESSMENT PROG.				
20. HEALTH INSURANCE/DENTAL	5	2	5	
21. HOME REPAIR	2	2	2	2
22. HOUSING	10	10	5	10
23. HOME HEALTH	6	6	6	6
24. INCOME TAX	2		2	
25. LEGAL	2		2	2
26. ADVANCED DIRECTIVES				
27. CONSERVATORSHIP				
28. POWER OF ATTORNEY				
29. LONG TERM CARE OMBUDSMAN				
30. MEALS ON WHEELS				
31. MEDICARE C	15		15	
32. MEDICARE PART D	16		16	
33. MEDICAID				
34. MEDICAL CARE/.DENTAL CARE	15		15	
35. MEDICARE A, B	15		15	
36. MEDICARE SAVINGS PROGRAM	17		17	
37. MEDIGAP	15		15	
38. STATEWIDE RESPITE PROGRAM				
39. SKILLED NURSING HOMES	2		2	2
40. SOCIAL SECURITY	2		2	2
41. STATE SUPPLEMENTAL/SSI				
42. SUPPORT GROUP/RESPITE	4		4	
43. TAX/RENT REBATE	5		5	5
44. TRANSPORTATION	4		4	4
45. VETERAN'S PROGRAM	2		2	
46. WEAP				
47. YOUTH & SOCIAL SERVICES	1		1	1
48. *HOME BOUND/WEELLNESS RESPONSE				
49. NEW MEMBERSHIP	3		3	
50.COMMUNITY OUTREACH/ SOCIAL SERVICE VENDERS	3		3	2
51. COMPUTER SEVICES and MAIL	8		8	
52. *CLIENTS UNDER 60*	0	0	0	0
TOTAL:	235	38	212	64
TOTAL UNITS	549			

WALLINGFORD SENIOR CENTER
MEMORY LANE REPORT
SEPTEMBER 2025

GENERAL STATISTICS:

Active Participants	17	Days of Service	22
Wallingford	16	Service units actual	186
Out of town	01	Service units' budget	231
New	06	Service units if full	330
Discharged	00	Average attendance	8.45
Referrals	06	Budgeted attendance	10.5
Assessments	03	Capacity attendance	15

Regular Meetings:

09/17/25 Meet the ED w/staff
09/22/25 Staff Meeting with SCOW

Other Meetings:

09/02/25 Meeting with potential new client for assessment
09/03/25 Meeting with potential new client for assessment
09/08/25 Meeting with potential new client for assessment
09/11/25 Meeting with potential new client for assessment

Marketing Meetings

09/17/25 New Haven Area Senior Networking Meeting at Benchmark
 in Hamden attended by John Ardolino

Qualitative Statement:

We participated in many activities provided by the SC including the monthly birthday party with entertainment. We also attended a discussion with the Police Department. Young adults from Youth Services visited us on Thursday, 9/18. They got to interact and have some fun with our Seniors in ML. A great time was had by all. We had two new clients start this month. They are both nice additions to our program. The fall is a favorite time of year for us as it cools down a bit. We enjoy all the beautiful colors. Enjoy the colors of Fall.

Warm Regards,

Debbie Markiewicz,
Memory Lane Coordinator