



Town of Sherman
Commission on Aging
Monthly Meeting Minutes
April 21, 2025

Commissioners Present: Janet Wey (Acting Chair), Rick Hudson, Meredith Kroeger, Jeanne McRoberts, Kim Thomson

Absent: Lynda Arnold, Dr. Juan Garcia, Sheila McMahon, Lynne Gomez (Social Services)

Also Present: Don Lowe (First Selectman), Suzette Berger (Senior Center), C. Aruza (Clerk)

The meeting was called to order at 4:05 PM by Acting Chair, J. Wey.

Motion made by: R. Hudson moved to approve the 3/17/2025 minutes with minor edit on attending members.

Seconded by: J. McRoberts

Vote For: Unanimous

J. Wey asked the commission to take a moment of reflection to thank late commissioner Ed Hayes in memoriam for all of his contributions to the Commission on Aging and to the town of Sherman.

Senior Center/Social Services Report:

Senior Center Report

Per S. Berger they have had a couple of different programs. They did the Red Sox vs. Yankees last week. The turnout was twice as large as she expected. Not everyone signed up in advance. Next week will be the Mets vs. Yankees. Tomorrow they will have Skip Frederickson who is a senior who has hiked the

entire Appalachian Trail with his younger daughters. He will talk about how different it is hiking the trail as a senior and has set his presentation to song as well.

She has spoken with First Selectman Don Lowe about the challenges of transportation for the senior community to come to town events such as Board of Selectmen meetings. D. Lowe has agreed to hold a 30-minute talk at the end of each month to keep seniors updated. The program will be called, 'Updates with Don' and will be the last Thursday of each month at 10:30 a.m. J. McRoberts believes it is a good idea and anticipates there will be a number of questions posed.

S. Berger discussed the parking situation and the level of frustration experienced by attendees. Her intern did a survey to see if anyone would be: 1) willing to carpool, or 2) have a bus stop at the lower level of the parking lot at Town Hall. Survey findings showed it was too hard to coordinate with everyone's schedules. J. Wey added that it will be harder once the school renovation starts with the onset of construction vehicles needing to use Sawmill Road. R. Hudson inquired if they asked the Sherman Historical Society about using their parking area. S. Berger said she has and they can use it during seasonally good weather but the walk is hard for some seniors on the lawn. Commissioners also discussed the challenges of parking across the street and crossing Route 37 Center with the amount of traffic, speeding vehicles and sightlines.

Social Services Report

No report this month.

Ongoing Business:

1) Building Committee Update

R. Hudson said they put out a request for quote (RFQ) to the trades for a construction consultant to help with the estimation of costs. D. Lowe advised this is intended to assess if the figures proposed by the architect's estimator are in line. Once the figures can be verified, they can move forward. D. Lowe also shared that they have secured another donor for the project. M. Kroeger asked D. Lowe if the cuts to state funding will affect the project. Per D. Lowe, if the project is approved it will not affect direct funding. He praised the members of the building committee and their collective expertise. He added that he wants to propose at the next committee meeting that they name something inside or outside the building in honor of Ed Hayes and Ray Kelly.

- 1) Educational Program. J. Wey said they have lined up Art Gottlieb for June 12th at 12:00 p.m. The program chosen at the last meeting was 'Computer Anxiety and the Technology Gap'. He said it overlaps considerably with the presentation he recently did at the senior center. He recommended 'Male vs. Female Aging' or 'Effective Communication Skills'. A short discussion ensued about other presentation options. J. Wey asked the commission which topic they would like to vote for.

J. McRoberts **made a motion** that the Commission on Aging select 'Effective Communication Skills' for the program.

Seconded by: R. Hudson

Vote For: All in Favor

K. Thomson asked if presenters like Art Gottlieb would come back upon request as there is interest in multiple topics. J. Wey said he would but he is popular and hard to book. The speaker cost for the program is \$160.00. S. Berger said it would be best to do coffee and refreshments instead of a luncheon as it would require cancelling other programs that bookend the talk. J. Wey asked for volunteers to purchase cookies or donuts. J. McRoberts offered and will check with S. Berger closer to the event date to determine headcount. The senior center will provide the coffee.

- 2) Community Expo. R. Hudson will update the directory of Sherman resources. L. Arnold offered at the last meeting to print the directory. With the new template they will be able to print additional copies for the Senior Center. J. Wey is asking for volunteers to sit at the Senior Center table at the Community Expo. J. Wey, M. Kroger and K. Thomson will do an hour each. R. Hudson will lend a cooler and J. Wey will buy the candy. J. Wey will check with S. McMahon if she can also sit at the table. D. Lowe offered to pitch in if needed.

- 3) Update to Bylaws:

Per D. Lowe, new commissioner Betsy Duckworth had to resign due to other commitments. Commissioners discussed the bylaws and what they believed are optimal membership numbers.

R. Hudson **made a motion** to rescind the plan to change the bylaws from 9 members to 10 members.

Seconded by: J. McRoberts

Vote For: All in Favor

New Business:

Commissioners held a short discussion on how to solicit new members. The resultant recommendation was for D. Lowe to invite new members to join in his column. Commissioners will also communicate the need at the Senior Center and the Community Expo.

Comments by Commissioners:

None at this time.

Adjournment:

J. McRoberts moved to adjourn the meeting at 4:47 p.m.

Seconded: R. Hudson

Vote for: Unanimous

Respectfully submitted by Christine Aruza
Next meeting: May 19, 2025 @ 4:00 PM at Mallory Town Hall