Town of Sherman
Commission on Aging
Monthly Meeting Minutes
September 21, 2026

Commissioners Present: Meredith Kroeger, Merialis Lewis, Jeanne McRoberts, Kim Thomson, Janet Wey, Lynne Gomez (Social Services)

Absent: Keith Barton (Chair), Sheila McMahon, Susan White, Suzette Berger (Senior Center)

Also Present: Paul Jaehnig

M. Lewis **made a motion** to make Janet Wey acting chair for this meeting.

Seconded by: K. Thomson

Vote for: Unanimous

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

Motion made by: J. McRoberts to approve the July 20, 2026 minutes.

Seconded by: M. Kroeger

Vote For: Unanimous

Senior Center/Social Services Report:

Senior Center Report

There is no report at this time.

Social Services Report

Per L. Gomez they are at the beginning of the energy season. Low-income earners can apply to their office for subsidized energy. The energy assistance awards can be approximately $1500 a year to help heat a home. The threshold for last year was $47,000 in income for an individual. L. Gomez will check this year's figures and

share with the commission. Per L. Gomez, there are charitable organizations she can contact to help folks get started now with 100 gallons. In addition, she shared that there were cuts at the federal level for energy subsidies but the state of Connecticut is still funding.

Open enrollment for Medicare starts in October. She is encouraging everyone to look at their plan to see if they want to make changes. Drug plans are changing on January 1st and there are big changes coming to Medicare at the same time. The Medicare planner that they use in their office allows you to put in your medication, dosage, pharmacy, etc. to help create a personalized plan.

Lastly, L. Gomez showed everyone the devices for Auracast. She emphasized that Social Services secured a $6,000 award to help purchase the system, which helps those with hearing disabilities.

Ongoing Business:

1) Senior Center Building Committee Update

K. Thomson shared that she recently read an article in the *News-Times*, which reported that Sherman has grown faster than any other town in terms of the growth of their aging population. In, the article Don Lowe (First Selectman) is quoted as stating that is why the town is building a new senior center.

K. Thomson went on to report that the Senior Center Building Committee (SCBC) interviewed architects during the week of August 3rd. There were 14 architectural firms that were interviewed. The committee selected the Christopher Williams firm out of New Haven, CT. Upcoming decisions include selection of construction company, civil engineer, etc. The A2 survey was previously done so the new architect will not need to repeat.

K. Thomson went on to share that at the September 8th meeting of the SCBC the architect walked through the site map, A2 survey, the front portico plan, van clearances, fire truck lane access/siphons, etc. The original plan was to build into the hillside, however the architect expressed concern about the cost to cut into the bedrock.

M. Kroeger said one side of the hillside was cleared in the past for the basketball court. P. Jaehnig stated that if a geo-technical survey is conducted it could help address the matter and this would likely be a requirement of the

architect prior to sign-off. Per K. Thomson, at the meeting D. Lowe said he and the architect will walk the property to assess slope, building placement, etc.

The next meeting of the SCBC is scheduled for October 13th at 7:00 p.m. at Mallory Town Hall. During this meeting the architect wants to review and discuss the purpose of the rooms to understand hard/soft costs, etc.

2) Town Hall Night Lighting

Commissioners discussed that within three days of the last meeting the lines at the Senior Center were painted. However, they have not heard anything back with regard to this specific issue. M. Lewis will write another letter.

3) New Candidate

J. Wey introduced new candidate P. Jaehnig who volunteers as the yoga instructor at the Senior Center, Sherman Library, and the JCC. He has lived in Sherman for 13 years and grew up in a town very similar to Sherman.

P. Jaehnig has a 50-year career in geophysics. He served on Ridgefield's conservation commission for nine years when he lived there. He has also worked with planning boards throughout his personal and professional life.

P. Jaehnig shared with the commission that he used to take his mother to the senior center and realized how important a resource it is for this population.

J. McRoberts **made a motion** to accept P. Jaehnig as a new member of the Commission on Aging.

Seconded by: M. Kroeger

Vote for: Unanimous

New Business:

1) Any New Business that Comes Before the COA

Commissioners discussed whether or not it would be practical to move the meeting start time to 5:00 p.m. Commissioners stressed that it would be difficult to drive due to limited visibility especially in the winter and with the new LED headlights. The 4:00 p.m. start time was originally chosen to Several

commissioners voiced that they will not be able to attend if the meeting is moved later.

J. McRoberts **made a motion** to keep the Commission on Aging meeting at 4:00 p.m.

Seconded by: K. Thomson

Vote for: Unanimous

Comments by Commissioners:

None at this time.

Public Comment:

None at this time.

Adjournment:

M. Lewis **moved to adjourn** the meeting at 5:02 p.m.

Seconded by: M. Kroeger

Vote for: Unanimous

Respectfully submitted by Christine Aruza
Next meeting: October 19, 2026 @ 4:00 PM at Mallory Town Hall