



# Town of Fairfield

## MINUTES

### HUMAN SERVICES COMMISSION

November 17, 2011

A meeting of the Human Services Commission was held on Thursday, November 17, 2011, at 4:00 p.m. in the Conference Room of the Fairfield Senior Center.

**PRESENT: Commissioners:** Doug DeFauw, Chairman; Selma Cohen, Vice Chairperson; Phil Stein, Joan Swanson and Nancy Legare.

**ALSO PRESENT:** Claire Grace, Director of the Fairfield Senior Center and Director of the Department of Human & Social Services

**GUEST SPEAKER:** Ms. Gretchen Goethner of the Lifelong Learners Committee

**CALL TO ORDER:** The meeting was called to order by Chairman Doug DeFauw at 4:00 p.m.

#### 1. APPROVAL OF MINUTES:

Commissioner Joan Swanson moved for approval of the minutes of the October 27, 2011, meeting as presented. Commissioner Phil Stein seconded the motion. **The motion passed unanimously.**

#### 2. GUEST SPEAKER: Ms. Gretchen Goethner of the Lifelong Learners Committee

Commissioner DeFauw welcomed Ms. Gretchen Goethner Co-Chairperson of the Lifelong Learners Committee of the Fairfield Senior Center. Ms. Goethner noted that Betty Minor is co-chair of the program.

Ms. Goethner explained that the Lifelong Learners Program is hosted by the Fairfield Senior Center in partnership with Sacred Heart University. Ms. Goethner noted that the program was initiated at the Senior Center about 12 years ago. The program offers fall and spring sessions with a \$20 fee for each course plus a \$10 annual fee which is valid from September through June each year. The classes include art, drama, history, politics, and many other topics which appeal to the seniors.

Ms. Goethner said the program also offers mini classes in late spring. These mini classes are held for one day only and are two hours long.

Ms. Goethner thanked the Commission for having her as a Guest Speaker and said she looked forward to meeting with them again soon.

**3. FAIRFIELD SENIOR SERVICES: Claire Grace, Director - Fairfield Senior Services**

Mrs. Grace reported that a Cardiovascular Screening was held at the Senior Center on November 16<sup>th</sup> at 9:30 a.m. and that 43 seniors were screened.

Mrs. Grace advised that Fairfield University received a grant for a Fall Prevention Program which they would like to conduct at the Fairfield Senior Center. Ms. Lydia Grenier, from the Fairfield University, will have someone from their facility contact the Center when they are ready to begin the program. Mrs. Grace said that they would like to train a Center Volunteer to help. Ms. Grace hopes to have the program up and running soon.

In addition, Mrs. Grace is looking into a new type of exercise program to add to the Center's activities. The program is called the 'Z Method' and Mrs. Grace is hoping of be able to offer the class soon.

Mrs. Grace also noted that the Fuel Assistance Program has received many more requests for help this year than in previous years.

**4. BOARD OF HEALTH LIAISON: Commissioner Doug DeFauw**

Commissioner Doug DeFauw reported that the Board of Health gave more than 700 Flu vaccination shots.

Mr. DeFauw also reported that the Board of Health will be giving 'Shingle' Shots. Anyone interested should contact the Board of Health.

**5. OLD BUSINESS:**

Mrs. Claire Grace said that the Center no longer receives lunches on Thursdays and she is looking into a way to resolve the problem as Thursday is one of the busiest days at the Center.

**6. NEW BUSINESS:**

Mrs. Claire Grace discussed briefly the need to upgrade the Center's buses.

**MEMBERS OF THE PUBLIC:**

Ms. Palma Senatore spoke briefly and said the Lifelong Learners Program of the Fairfield Senior Center is a good program.

**7. ADJOURNMENT:**

There being no further business to discuss, Commissioner Selma Cohen moved to adjourn the meeting. Commissioner Phil Stein seconded the motion. The motion *passed* and the meeting adjourned at 5:10 p.m.

Respectfully submitted,

CONSTANCE M. WADI  
Recording Secretary

**N.B. The next meeting of the Human Services Commission will be held on Thursday, December 15, 2011, at the Fairfield Town Hall at 4:00 p.m.**

Minutes are subject to review, correction, and approval by the Human Services Commission.