

## Policy and Planning Board Minutes

**Monday, January 4, 2021**

Present: Virginia Ferrari, Robert Fox, Wendy Kleros, Doris Levinson, Barbara Pearson-Rac, Nor Smitobol, Andree Brooks

Staff: Elaine Daignault, Sue Pfister, Holly Betts, Jacqueline Villapandro

Absent: Aracelli Cetina, Karen Kleine, Kristen Witt

Meeting Called to order: Virginia Ferrari

- Approval of November 2, 2020 meeting minutes: Barbara Pearson-Rac/Robert Fox
- Update on re-opening plans as they relate to Covid-19, Sue Pfister: Sue is optimistic given the vaccine roll out 1a to health care providers, those living in long term care facilities and first responders are getting vaccinated. Next, 1b over 65 to start in late January or February 2021. Looking into a vaccination day for the seniors over 65. Sue is working with Mark Cooper, Director of the Heath Department along with Elaine Daignault in helping seniors to get vaccinated; can register on the Westport Weston Health District website. Hopefully, in the spring for indoor programing can resume. Outdoor programing may start in April, as weather permits. It was discussed about the concern of the rise in numbers of COVID-19. Health District has health care workers that do see the homebound people. Elaine attends weekly meeting with Mark Cooper on the COVID-19. Andre donated a like new projector screen. Sue is anxious to use it as soon as the center is opened.
- Report on holiday drive through/programs, Holly Betts: Holly reported, that the Hanukkah drive through had 60 lunches; 15 seniors attended the zoom program with Rabbi Elana Nemitoff-Bresler from Temple Israel. 73 Christmas lunches which included: holiday cards, candy, and cookies followed by a recording of the Rockettes which 25 people attended; 59 seniors, for the New Year's drive through and 16 attended the holiday program. Received a positive report regarding the lunches. Sue had purchased theme masks. Nor made 100 origami tree ornaments and attached to the cards, with meals provided by the Sherwood Diner for homebound seniors Christmas Eve. Again, a big thank you too Creative Culinary. If it wasn't for them none of these drive troughs would be possible. Program with the Girl Scouts 13 senior participated.
- Review upcoming calendar of events, Holly Betts; Holly stated, Winter 2021 there are 505 participants for 44 programs with registrations still going on. Some of the programs planned: January 14<sup>th</sup> Hot Pastrami Day provided by Golds with Holly making desserts with 14 people registered to date. January is National Oatmeal day, there will be a talk with the dietic intern on the benefits of oatmeal. National Granola Bar Day, Holly and the Dietic Intern will do a demo on how to make your own granola bars. There is an afternoon chat every third Tuesday at 3:30pm with staff for a social visit and to ask questions starting January 19<sup>th</sup>. Today, January 4, 2021 is National Trivia Day; Jason is doing a Trivia contest with a prize. February is Black History Month and joining with us are Senior Centers in lower Fairfield County with a speaker named Parkland CEO of the Workplace in

Bridgeport, focuses on job training and human resources on February 5<sup>th</sup>. Lectures on Wednesday February 3<sup>rd</sup> and 7<sup>th</sup> will talk about 2 Black Artists. Heart Healthy month Holly will be working with the dietic intern on making a vegetarian dish demo and talking about plant-based diets. Special event readings on February 11<sup>th</sup> Pocket Night. Title of the essays "What's New in the Romance Department" short love stories in their life. Chinese New Year and Valentine's Day drive through since they are around the same time. February 9<sup>th</sup> Heart Healthy Day Patty Kondub will be doing an exercise program on zoom 10-11am. Then, Holly and the dietic intern will be doing a talk on heart healthy diet. Holly will be doing a food demonstration for Purim and will be baking Hamantaschen on February 25<sup>th</sup>. March 2<sup>n</sup> Read Across America Day partnering with the Westport Library kids. Barbara Pearson-Rac and Holly will do an interview on Zoom March 4<sup>th</sup> with Dr. Oshman. St. Patrick's Day drive through meal on March 17<sup>th</sup>.

- Update on "Hello Neighbor" program, Jacqueline Villalpano: Jacqueline continued the dialog on this program "Hello Neighbor" there are 20 matches of people enrolled in this program. No negative reports given on this program, only a few dropped out as the program was not for them. Also looking into Grocery Bag to schedule participants and volunteers to go shopping.
- News from Municipal Agent Kristen Witt: Sue Pfister reported for Kristen Witt who is on vacation. Working on energy efficient and protective service applications. Finished up the Medicare assistance program 25 to 30 individuals.
- News from Board Members: Andree has nothing to report still working and doing Tech support. Doris recommends that we should go to the MoCA exhibit. Wendy is still taking the art classes at the center. Barbara interview with Dr. Oshman. Almost finished with 5<sup>th</sup> novel and doing very well health wise. Bob laid up over the holiday had pandemic anxiety on Christmas Eve day doing work around the house and fell of a step ladder. Taking a writing course with Jan at the center. Asked about other programs that the center can offer. Sue mention that when the Center does reopen there will be a newly paved parking lot and will not interfere with the operations of center. Holly talked about tax preparations that people have been calling up. Elaine is waiting for the press release from AARP. People will call the Human Services Department to make an appointment. It will be open to everyone not only Westport residents and will only be one location at the Westport Center for Senior Activities.
- Next meeting: February 1, 2021
- Motion to Adjourn: Barbara Pearson-Rac/Wendy Kleros

Respectfully Submitted,  
Diana Wendy Kleros  
04-JAN-2021