

**SPECIAL MEETING  
TOWN OF SOMERS  
THE ADVISORY COMMITTEE TO THE ELDERLY  
MINUTES OF AUGUST 23, 2011 MEETING**

**CALL TO ORDER:** Meeting called to order by Jenifer Charette at 10:00 A.M.

**MEMBERS PRESENT:** Pat Bachetti, Elaine Bemont, Jenifer Charette, Jordan Chatis, Ailene Henry, Karen Norrie and Marilyn Smith

**MEMBERS ABSENT:** Arlene Yarnes

**AUDIENCE:** Kathleen Devin

**Health Fair** – Judith Snyder has asked the Senior Advisory Board/Senior Center to put up a display board at a Health Fair to be held on Saturday, October 1. Ailene Henry volunteered to help Jenifer with this project prior to the fair. This health fair will be held in conjunction with a flu clinic for the public. A senior flu clinic will be held at the Senior Center on October 11 for those over sixty-five years of age.

**Girl Scout Badge Program/Brownies** – Samantha Zawistowski has taken on a project of planting flower gardens around the building and beautifying up the area as she works on earning her special badge. The girl scouts and brownies will be at the Senior Center on Wednesday, August 24 from one to four o'clock seeking information on old time Somers and things the seniors recall from their past. This should be an informational afternoon.

**Elderly Advisory Commission Appointments** – After some lengthy discussion at a previous meeting and much thought by the senior advisory board members, a motion was made by Jordan Chatis and seconded by Pat Bachetti stating the following: "A recommendation is being made to the selectmen that the representative from the senior club be relinquished of its duties due to unnotified absences of more than three months as per Somers Code 5-17." A vote was taken and the result was 6 for and 1 against this recommendation. It is now the duty of the Board of Selectmen to appoint someone to fill this Advisory Board opening.

**Heart Healthy Initiative** – Kathy Devlin was present to speak to the Board regarding this initiative with hopes that we would be interested in being of assistance in this matter. It is an attempt to expand through various grants, etc. various ways to interest people – from sixth grade through the elderly – to ways to remain more healthy in the future via proper exercise, diet, etc. Feeling is if we start with the younger ones, perhaps we can instill in them the necessity of creating good health habits for the rest of their lives. Recommendations included walking programs, blood pressure awareness programs, nutritional programs, community gardens, walkways etc. Awareness could be made through the senior center, schools and various businesses in town. This would become a

town wide project. It is certainly something for all to think about and more will be forthcoming about this in the future.

**ADJOURNMENT:** Meeting adjourned at 11:20 A.M.

Respectfully submitted,

Elaine L. Bemont, Secretary

**MINUTES NOT OFFICIAL UNTIL APPROVED AT SUBSEQUENT MEETING**