

## **Minutes of the 10/15/2018 Staying Put Board Meeting**

4:30-6:00 pm meeting of the Board of Staying Put in New Canaan took place at The Congregational Church of New Canaan.

Present: Barb Achenbaum, Betsy Afragola, Judy Bentley, Lyn Chivvis, Kelly Defrancesco, Amy Freyre, Patti Geanakos, Cathy Irwin, Phil Ives, Judy Johnson, Janet Lanaway, Steve Orteig, Lois Sandberg, Sue Scannell, Chris Snyder, Priscilla Thomas; Nicola Holzberger. Judy Bentley introduced new Board member, Chris Snyder.

**TeleHealth:** Has a new commission including: Barb Achenbaum, Mike Allocca, Lucy Baney, Michelle Beltrano, Ralph Hills, Quinton Leo, Jim Lisher, Carol McDonald, Bethany Zaro, Jim Beall, and Mark D'Agostino. TeleHealth promotes the in-home use of technology to help senior citizens monitor their health and safety.

**Advisory Council:** The Advisory Council will meet October 24th at the New Canaan Historical Society and will include two presentations: 1) independent senior housing in New Canaan by John Engel and 2) a report on the Village to Village Conference by Nicola Holzberger.

**Co-Sponsored Community Events:** Staying Put will host an End of Life Panel discussion at the Congregational Church on October 28th at 11:30 am. The panel will be moderated by Barb Achenbaum and include Pat Stoddard, Dr. Kristin Edwards and Rev. Chapin Garner as panelists. Barb and Kathy Collins and Ellen Brezovsky (from New Canaan Cares) are planning a panel discussion at New Canaan High School on the difficulties of raising children while also caring for aging parents. In the spring the Silvermine Art Guild will host an exhibit called "Reframing Aging." Staying Put will plan a member event at Silvermine to view the exhibit.

**Village to Village Conference:** Nicola Holzberger reported on the Village to Village National Conference. There were 97 Villages represented with 280 attendees. Some Villages are government affiliated; 90% of the Villages give rides and provide social events. The average dues are \$410 per individual. The national organization has 240 Villages: 36% are urban, 35% are suburban, and 13% are rural. Key issues that mature villages need to address were discussed and include: member engagement, leadership development and planning, changing (political) environment, revenue, marketing and branding. Some Villages are experiencing a drop in membership as their members age beyond what the Village offers. Villages also need to combat loneliness and isolation. Loneliness has been identified as a disease, and is a major risk factor for increased coronary disease, stroke, dementia, and just plain old death. Since loneliness increases with the isolation that comes with aging, it will become more and more of a problem.

**Communications:** A photo of Staying Put member, Katch Cerow, with four of New Canaan's Finest Firemen installing smoke detectors ran in the Advertiser and was a big hit for both Staying Put and the fire department.

**Member Events:** September events included 3 Lunch and Learns at Lapham and a Lunch and Fun at Waveny House. The latter event had 39 attendees. In September, Staying Put events had 133 attendees including 42 non-members.

Upcoming events include: a viewing of Ed Vollmer's art collection with lunch afterwards at Judy Johnson's, two Lunch and Learn events at Lapham, a Halloween lunch at the Sandberg's and a presentation by Dede Bartlett on Aboriginal Art at the New Canaan Historical Society.