Approved

East Haddam Commission on Aging
COA Meeting Minutes
January 22, 2026 Senior Center

Present: Brad Parker, Jo Cozean, Barbara Davis, Maureen Gillis, Heather Hunt, Elaine Flaherty and Tom O'Brien

Absent: Joe Sina, June Guertin, Mary Ellen Klinck

Guest: First Selectman Todd Gelston

Meeting called to order at 10:35 AM. First Selectman Todd Gelston was introduced and welcomed.

Minutes: The Minutes from November 20, 2025 were accepted by T. O'Brien and E. Flaherty.

Treasurer's Report: No change in account as reported by B. Parker. B. Parker explained to all that the COA money belongs to the Senior Club and pays for items other than utilities, maintenance and salaries, which is paid for by the Town. The Senior Club bank account was funded with donations when the Center was built. The largest donor at the time was Consumer Union.

Correspondence: None

Old Business

- Senior Meals Delivered: The current company provides meals every two weeks to clients. Before that, meals were delivered daily and that also provided a 'wellness check'. To make up for the lack of personal contact, a volunteer is visiting the MOW recipients and a few others, once a week to make sure everything is okay.
- Senior Meals: at the Senior Center are enjoyed by more people on Tuesdays and Thursdays because the meals come from Hometown Market. Overall, numbers are lower due to weather.

Coordinator's Report:

- Tai Chi and Pilates: attendance has increased considerably since July 2025.
- About 60 people attended the Holiday Lunch in December.
- The High School Choir usually attends the Holiday Lunch and then performs for the Seniors. They could not attend as a tree had fallen across Wm. Palmer Road, and the bus had to pick up school children instead.
- Holiday Fair: was very successful this year! There were 12 vendors @ $10 per table, Tea Cup Auction brought in $225, the bake sale brought in $589 and the Knitters made $488 for a total profit of $3,455. Great job!
- The Senior Club (with profit from the Holiday Fair) paid for a new treadmill for the exercise room. It also pays for programs enjoyed by the Seniors.
- Late January: the ever popular Souper Bowl Party where people bring in crockpots with soups and chilis for all to enjoy for a minimal charge.
- Valentine's Day Ice Cream Social: free ice cream sundaes for all.
- Storm Closings: See channel 3 for Senior Center closings. If the Town offices are closed, then the Senior Center is also closed.
- Walt Golec: Walt Golec passed away in early January. Walt and Jo were instrumental in the planning and building of the Senior Center. As of today, approximately $600 has been donated to the Senior Center in Walt's memory.
- Game Day: every Friday afternoon about 22-30 people gather to play a variety of games.
- Red Hats: take trips every month.
- Tax Help: beginning Feb. 11 through April 1 you can call to sign up for free tax help and prep.

- Trips: last year **Atlantic City** was very popular, so we are offering it again March 30 – April 1.

Holyoke, MA: Day trip to Log Cabin Restaurant for lunch and Rock 'n Roll Show. July 14.

- Lunch Today: we have 27 people, then Bingo.

First Selectman's Report:

- East Haddam will celebrate America's 250th Birthday: there will be a series of events starting in April at the Library, the Memorial Day Parade and much, much more.
- East Haddam was invited to participate in an All Town Parade in Middletown. There is a possibility of an East Haddam float.

Other: M. Gillis reported that Youth & Family Services hopes to hire a new Director very soon.

The next COA Meeting will be held on March 26, 2026.

New Business: None.

Respectfully submitted by,

Barbara Davis, Secretary