

GLASTONBURY COMMISSION ON AGING

MEETING

MINUTES

Monday, May 4, 2026

5:30 P.M.

In Person
Riverfront Community Center

Gayle Kataja – Chairperson
Jennifer DiSette
Chris Haaf
Beth Hillson
Susan Pearlman
Denise Weeks

1. 1. **CALL TO ORDER:** Meeting was called to order at 5:36 P.M.
2. **ROLL CALL:** Attended Gayle Kataja, Jennifer DiSette, Beth Hillson, Susan Pearlman, Denise Weeks. Absent: Chris Haaf. Lisa Zerio and Ronda Guberman in attendance. Chris Siwy was a guest speaker.
3. **MINUTES:** of the March 2, 2026 meeting were reviewed. Beth Hillson made a motion to accept and Susan Pearlman seconded. Unanimously approved.
4. **SENIOR & SOCIAL SERVICES DEPARTMENTAL REPORTS:** were submitted in the packets for April 2026.
5. **OLD BUSINESS**
 - a. Age Friendly Initiatives: Continue to promote Respect & Inclusion as well as Social Participation. French classes with Glastonbury High School ended in April and was very successful and well received. Plans are underway to continue offering foreign languages classes next year beginning in the Fall. The Pen Pal Exchange program ended with a luncheon/reception so the pen pals could meet in person. This program will also continue next school year. A “Caribbean Celebration” launching a new dominoes program will be held in early June.
 - b. Pride Day: Senior and Social Services will have two tables. Give-a-ways will include pride pins and pride key chain lanyards.
 - c. State-wide COA Networking Connections: Susan had nothing to report. Susan will continue to attend and report back to COA every other month.

6. NEW BUSINESS

- a. Jean Mayer USDA Human Nutrition Research Center (HNRCA) on Aging at Tufts University Congregate Meal Study: Glastonbury Senior Center was selected to participate in a 6-month nutrition study to evaluate whether providing healthier, culturally tailored lunch meals along with nutrition education sessions can improve diet quality and well-being among older adults who attend meals at a senior center. Up to 30 study participants. The study will include assessments, participation in focus groups, nutrition education sessions. Data will include surveys, dietary recalls, basic health measurements (height, weight, blood pressure). Healthy meals will include more vegetarian options, more fresh veggies, whole grains, salads, soups, fresh fruit. They will provide in-person training for kitchen staff in August and program will begin in September. The Commission is in full support of this initiative.

- b. Bike/Walk Glastonbury: Chris Siwy, President, provided an overview of the work the committee does and interest in further collaboration with the COA and Senior Services.

- c. Staff Update: new staff has been hired for part-time program coordinator, clerical assistant and memory care coordinator for Friendship Circle.

7. ADJOURNMENT: Motion was made by Denise Weeks and seconded by Jennifer DiSette to adjourn at 7:05 p.m.

8. NEXT SCHEDULED MEETING: Monday, June 1, 5:30 P.M.