Commission on Aging

East Granby, CT

Minutes
April 7, 2026
East Granby Community Center/ 6:30 p.m.

In attendance: Cheryl Bermani McCann, Chairwoman, Warren Miltimore, Jess Kuqi, Cathy Delasco, Kelly Jacobs, Danny Jacius (6:42 p.m.), Maya Betts, Ruth Akerlind, Visitor, Donna Mattera, Clerk.

Opening Remarks –Cheryl called the meeting to order at 6:35 p.m. Cheryl opened the meeting by welcoming everyone along with our visitor Ruth Akerlind. Cheryl reported Danny Jacius reached out to ask her to write a letter of recommendation for the National Honor Society of which she happily wrote and submitted. She passed around his resume noting it is quite impressive and we are fortunate to have him as part of our committee. She also noted we currently have three alternate positions open and possibly a past member might be interested in rejoining the committee. Cheryl also shared information about a program and company called the Repair Café International where companies repair items in hopes of keeping items out of the landfill. She attended one of their events in Suffield. The repairs are completed by experienced technicians who volunteer their time. She thought she would bring the idea to the committee with thoughts on the COA bringing it to the town. The program could be opened up to offer the services to our surrounding towns. There is an application fee to receive a packet on how to sponsor an event. Cheryl also came across a list of some past initiative from a couple of years ago that the commission could consider doing in the future. In addition, she passed receipts to Kelly for reimbursement of items that have been bought for previous events.
Minutes of Past Meeting - *MOTION:* A motion was made by Cathy Delasco, seconded by Warren Miltimore to accept the February 3, 2026 as presented ***Motion passed.***
Senior Services Update – Kelly reported there are 7 people signed up for Cares Day. There will be no further advertising. Senior Services is holding a PT program next week however there are only a few signed up as of today. There are 3 people signed up to participate in the Art Show. There is an upcoming painting program in April, and three trips in May that are all full. She apologized for having to leave as she needs to attend the Board of Finance meeting being held tonight.
Social Services Update – Elise was not present however, she provided Cheryl with the following information to share:
Energy Assistance – The *CT Energy Assistance Program* is designed to help offset the winter heating costs of Connecticut's lower income households. Winter heating assistance helps pay for a household's primary heating source such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. East Granby Social Services will take applications until Thursday, May 29th. Applications can also be made on-line at **https://portal.ct.gov/heatinghelp/applyonline**. Please contact Social Services for more information on income limits and requirements or visit the above website.
Renter's Rebate - The Elderly/Totally Disabled Renters rebate program is open from April 1st until September 30th for seniors age 65 and over (or under 65 and on permanent long-term disability receiving Social Security benefits) that rented in 2025 and have a total income less than $46,300 for a single person and less than $56,500 per married couple. Renters' Rebates can be up to $900 for married couples and $700 for individuals. The Renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the previous calendar year. There is no asset restriction. Please call Social Services for more information or to apply.
OLD BUSINESS
New Services Listing for Seniors –
Suzanne has been handling this project and Jess does not believe she needs to be on this committee as Suzanne is doing a great job. Cheryl reported her and Cathy attended the Senior Citizens Roundtable hosted by Jason Hayes. They learned about a program called Aarra RX that offers other options for prescriptions. Cheryl approached Sean Scanlon, State Comptroller suggesting they have a liaison that could help seniors to navigate the system.

Balance and Fall Prevention Program/Class – Jess reported there were 11 people who participated. The class was a success and the participants left with helpful handouts. She did 30 minute of exercise and was able to answer questions after the class. Cheryl thanked Jess for instructing the class.
Senior Art Show – The show will be in May – There are 3 people signed up to date. Cheryl has been promoting the art show. The deadline to register is April 15th. She has advertised it on Facebook and stopped in at the Senior Center letting seniors know the art show was coming up and how to participate. She is asking the committee to publicize as much as they can. Cheryl is working with Stonebrook to possibly have them donate refreshment or a monetary donation. They are an assisted living facility. Cathy suggested maybe Stonebrook's residents could get involved in the Art Show. The show will take place from 10:00 a.m. – 2:00 p.m.
2026 Initiative Ideas – Cheryl asked the committee to think about the Wellness Fair. Should we hold it every year? There was also a discussion took place around how to handle the raffles. The flu clinic would still take place even if we did not hold the fair. Cathy suggested we table the discussion when more members are present. Cheryl also reviewed the past ideas and noted we are set to hold Scones and Scams in the fall. Jess Kuqi went over the programs offered by a Cup of Connection and Health Benefits of Tea. An idea was offered to pull together with other surrounding towns to defer the costs. There is a 12 week commitment with the Tea at Three program. This is where they connect a younger person with a senior making connections. It is also possible that East Granby partners with another town to reach more seniors. Jess will reach out to her contact and invite the representative to attend one of our meetings to provide more information. The committee also discussed holding another Tech with Teens to take place in the fall. Cathy will work with Monique Gerken from the library to organize a session. Danny and Maya will work on volunteers and social media. We are possibly looking at a date in September.
3 Open Alternate Membership – As reported, we currently have alternate positions open. Cheryl gave Ruth our visitor an overview of the roles and responsibilities of the commission and how we help seniors within our town. Ruth is interested and Cheryl will connect with her after the meeting for her information. Cheryl thanked Ruth form coming tonight!
NEW BUSINESS
Cares Day update 4/25/26 – Kelly reported under Senior Services. Danny Jacius added there are 30 students who will be participating.
Comptroller Meeting 3/25 Assistance for Seniors – Cheryl reported earlier in the meeting.
Wellness Fair, open discussion of changes – Cheryl reported earlier in the meeting.
COMMENTS FROM THE PUBLIC – None
COMMENTS FROM COA –Warren has someone in mind for an alternate and he will continue to talk to the person. Danny thanked the commission for the letter of recommendation. Everyone recognized all of his accomplishments thus far. Cathy thanked Cheryl for a good meeting. The committee welcomed Ruth Akerlind to our meeting tonight! Happy spring!
ADJOURN - *MOTION:* A motion was made by Cathy Delasco , seconded by Warren Miltimore to adjourn the meeting at 7:20 p.m. ***Motion passed.***

Respectfully submitted,

Donna Mattera