

## **Danbury Commission on Aging -- Minutes of Oct. 13, 2015**

**Call to order** by Co-chair John Schroeder at 1:05pm.

**Attending:** Angela Hylenski, Barbara Newland, John Schroeder, Annemarie Walker, Connie Vitetta, Estelle Zimmer, Neil A. Corday

**Staff:** Susan Tomanio - Director, Michelle McNamara - Activities Director - Department of Elderly Services

**Absent:** Mary Beth Hickey, Mary Mazzucco, Riva Shoshana,

**Minutes** of Sept. 8, 2015 were accepted as presented .

### **Guest speaker:**

Joan Garbow of Joan Garbow & Associates,  
specializing in geriatric care management and eldercare consultation for an hourly fee.  
Phone (203) 894-1155      joan@garbow.com      www.JoanGarbow.com

Ms. Garbow discussed housing options for seniors with physical, medical or cognitive disabilities -  
in increasing order of level of care.

### **Highlights of Ms. Garbow's report:**

**Homecare:** Most seniors want to stay home, and should if they can.

Additional care starts with homecare help, sometimes part time.

Long Term Care insurance might cover part of the cost.

If homecare is not affordable, or if staying home is not feasible because of disabilities,  
a higher skill level than homecare might be needed.

**Assisted Living** is for people who can afford it, and who need more help than homecare gives.

Cognitive issues are not the prime focus of assisted living facilities,  
but some offer special care for seniors with cognitive issues.

Maplewood at 22 Hospital Ave. is the only local assisted living facility  
that offers care for all levels of cognitive issues.

Long Term Care insurance pays for living & nursing care in assisted living.

**Skilled Nursing Facilities** provide more help than assisted living.

Appropriate for people who are frail, or who have disabilities or serious cognitive impairment. -  
Facilities' fees are paid for by Medicaid

**Hospice** is end-of-life comfort or palliative care.

Can be at home, in a nursing facility, or in a Hospice center.

Clients need to be referred by a hospital or doctor.

Medicare covers most hospice costs.

**OLD BUSINESS**

Last month's guest speaker was Michael Dapolite, Asset Manager, Danbury Housing Authority. He substituted for his manager, Carolyn Sistrunk, Executive Director, Danbury Housing Authority who was originally scheduled but was unable to attend. John Schroeder will pursue rescheduling Ms. Sistrunk.

**NEW BUSINESS**

Discussion: Posting highlights of our guest speakers' presentations on Danburyseniors web site. Susan Tomanio will meet with Neil Corday and Michelle McNamara to set up a procedure.

**NEXT MEETING** will be Tuesday Nov. 10. 2015.

**ADJOURNED** at 2pm.

Prepared and submitted by Neil Corday, Secretary

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DANBURY TOWN CLERK  
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