



DEBI NEWTON  
Chair

# TOWN OF ELLINGTON

## Human Services Commission

55 MAIN STREET – PO BOX 187  
ELLINGTON, CONNECTICUT 06029-0187

HOCINE BAUCHE  
JESSICA FAY  
DEANNA WAMBOLT-GULICK  
LENORA WILLIAMS  
GAYETHRI NARAYANSWAMY  
PAT SZAFIR  
DIANE HARDING

### **HUMAN SERVICES COMMISSION MINUTES**

Monday, February 12, 2024

Ellington Human Services

31 Arbor Way

**6:00 P.M.**

**MEMBERS PRESENT:** Lenora Williams, Deanna Wambolt-Gulick, Debi Newton, Pat Szafir, Gayethri Narayanswamy, Diane Harding

**OTHERS PRESENT:** Rebecca Stack - Director of Human Services; Stephen Clapp – Elderly Outreach; Shiela Grady – Ellington Senior Center

#### **Call to Order:**

Debi Newton called the meeting to order 6:04pm.

#### **Speaker from Ellington Senior Center: Sheila Grady**

Mrs. Grady went over the services and programs that the Senior Center Offers; Transportation, nutrition program, specialty dinners, exercise programs, card/board games, educational talks, movie showings, tax services, medical equipment lending program/medical programs, and various other categories.

Following this a discussion was held on the volume of participation in the different programs and program popularity.

A new fitness center is being added to the Senior Center. This is currently being worked on and will be located in the already existing structure. One of the multipurpose rooms is being renovated to accommodate the needs of the fitness center. This is estimated to open for use this April.

Mrs. Wambolt-Gulick mentioned operating hours and asked if the center will be expanding hours to accommodate seniors who still work and may want to utilize this fitness center. Mrs. Grady said that they will be addressing that once the center open and running.

#### **Approval of Minutes:**

MOVED (SZAFIR) SECONDED (WILLIAMS) AND PASSED UNANIMOUSLY TO APPROVE THE MINUTES OF THE JANUARY 8, 2024 MEETING.

**Citizens' Forum:**

None

**Food Assessment**

a.) Discussion & Action Items

Rebecca gave an overview of the Community Conversation/Forum event that took place on 2/5 for those who were not able to attend. Some of the topics that were discussed were communication with the community/sharing information, healthy options in the foodbank, collaboration with local religious organizations, addressing stigma/changing the narrative of food insecurity.

Following this review a conversation was held on the action plan going forward and how the information from the Food Insecurity Survey and the Community Conversation can be used to improve our community.

**Adjournment:**

MOVED (WILLIAMS), SECONDED (HARDING) AND PASSED UNANIMOUSLY TO ADJORN THE MEETING AT 7:16 PM.

Submitted By:

X \_\_\_\_\_  
Kelly Hearn, Recording Secretary