Commission on Aging

East Granby, CT

Minutes
February 3, 2026
East Granby Community Center/ 6:30 p.m.

In attendance: Cheryl Bermani McCann, Chairwoman, John Kiang, Warren Miltimore, Jess Kuqi, Lee Galluccio, Pam Carroll, Elise Cosker, Kelly Jacobs, Suzanne Soucy, Donna Mattera, Clerk.

1. **Opening Remarks –** Cheryl called the meeting to order at 6:33 p.m. and thanked everyone for coming out tonight. She announced tonight's meeting was a Special Meeting as this meeting is less than 30 days from the January meeting. The meeting will be facilitated no different than a regular meeting. She reported the student representatives were not able to attend due to their basketball schedule.
2. **Minutes of Past Meeting -** ***MOTION:*** A motion was made by John Kiang, seconded by Warren Miltimore to accept the January 6, 2026 as presented ***Motion passed.***
3. **Senior Services Update –** Kelly Jacobs reported she is working on the spring calendar that runs from March to May. This Friday there is the Beating the Winter Blues program provided by the FVHD. On Friday, February 13th there will be Valentine Bingo and lunch! She has tentatively set Cares Day on April 25th. She is asking if any upcoming events the COA is sponsoring needs to be included in her newsletter, the blurb needs to be submitted to her no later than Monday morning. A discussion regarding the Financial Scams took place on who best to present. Ideas of a bank or local police department are a possibility. Chery will reach out to possible presenters.
4. **Social Services Update -** Elise Cosker noted the Energy Assistance program is underway. Anyone interested in applying can reach out to Elise's office or access information and applications from the link on the Social Services website. Elise also asked if anyone had ideas of finding volunteers to help community members in need of snow removal. They received a few phone calls this last snow storm from people who needed help. Some ideas were to reach out to the scouts and Cheryl will put out a Facebook post should we have another storm. Volunteers would be directed to contact Social Services.
5. **OLD BUSINESS**

New Services Listing for Seniors – Suzanne is working on the list. Elise and Kelly had reached out to her for a need and Suzanne was able to provide resources. Suzanne has offered to speak to anyone that has a need to help guide them in the right direction. As the list and topics are created, Suzanne will forward them to Cheryl to create a full document for the COA website.
Balance and Fall Prevention Program/Class – New Date: 3/21/26 10-11:00 a.m. Jess Kuqi reported she will have two handouts for the class. One on exercises and the other on fall prevention. Jess will send the flyer to Kelly Jacobs as she will handle the registrations.
Senior Art Show – Show will be in May – Jess Kuqi has been in contact with Monique Gerken at the EG Library. Jess will comprise a list of questions to pose to Monique. Cheryl will also connect with Monique. More information to follow at the next meeting.

6. **NEW BUSINESS**

2026 Initiative Ideas – Cheryl asked for ideas. Jess Kuqi presented an idea of a Cup of Connection and Health Benefits of Tea. She received some information regarding the program that is taking place in Newington and Plainville. After a discussion, the committee will invite the program facilitator to a meeting in the spring to give an overview of the two programs and see if there is an interest of the COA as one of the initiatives.
Warren would like to see the program we held in the past where high school students come to the town library and help seniors with their technology needs. Cheryl also asked if anyone has any other ideas to let her know.
Nominations for Board Positions – Cheryl announced we have a Vice Chair position open. She opened the floor for nominations.
MOTION: a motion was made by John Kiang, seconded by Jess Kuqi to nominate Suzanne Soucy as Vice Chairperson. Suzanne accepted. With no further nominations. ***Motion passed unanimously.***

3 Open Alternate Memberships – Cheryl noted we have three alternate positions open. She will publicize in Talk Turkey. She reached out to one community member who showed interest at the Volunteer Day that Cheryl attended representing the COA committee. She is awaiting a call back. If anyone knows of anyone who would like to serve as an alternate on the COA, please contact Cheryl.

7. **COMMENTS FROM THE PUBLIC –** None

8. **COMMENTS FROM COA –** Cheryl read a thank you note from a community member who was very appreciative of the Cares Day and the Wellness Fair.

Cheryl went around the table for comments from the committee members. Warren advised everyone to stay inside this weekend with the frigid temperatures predicted. John followed up with advise for being prepared with your car, fill your tank and top off your fluids. Lee noted the brownies were great. She also reminded everyone that if someone is in need of a pick-me-up, the Rich Galluccio Sunshine Fund is ready to help. Everyone wished each other a Happy Valentines Day. Suzanne is happy to report her puppy is doing good. Congratulations to Cheryl on her recent retirement from her job! Everyone was invited to stay after the meeting for our belated holiday celebration. Many delicious treats were brought by members to enjoy!

9. **ADJOURN -** ***MOTION:*** A motion was made by John Kang, seconded by Warren Miltimore to adjourn the meeting at 7:20 p.m. ***Motion passed.***

Respectfully submitted,

Donna Mattera