

## Danbury Commission on Aging -- Minutes of March 10, 2015

Co-chair John Schroeder called the meeting to order at 1:00 pm.

**Attending:** Carol Gerner, Mary Beth Hickey, Angela Hylenski, Riva Shoshana, John Schroeder, Connie Vitetta, Annemarie Walker, Estelle Zimmer, Neil A. Corday

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

**Absent:** Charlotte Barrows, Jay Geib, Mary Mazzucco, Barbara Newland

**Guests:** Guest speaker Jean Campbell (JF Campbell Consultants)

**Minutes:** Minutes of Jan. 13, 2015 were accepted as presented.

**Guest speaker:** Ms. Campbell spoke about the importance of being our own self advocate at medical appointments. Years of working with the National Organization for Rare Disorders, and her experiences as a care giver, shaped her ideas and her approach to communicating with doctors.

Her main points:

- You have the right to information and reasons, so don't be afraid to ask—it's your health.
- Get answers, not from newspapers or friends, but directly from your doctor.
- Have a dialog, build a relationship with your doctor.  
It not only helps you, but also builds your doctor's respect for you.
- Ask questions about proposed tests, treatments, procedures and medications:  
Why do I need it? Alternatives? What will it do? Prognosis?  
Complications? Side effects? Interactions with other drugs?
- It's OK to challenge, to be assertive, to question a doctor's opinion, even to ask where to get a second opinion.
- Bring a notebook and pen; take notes.
- See these websites for additional information and guidance:  
NIH.gov      National Institutes of Health  
AHRQ.gov    Agency for Healthcare Research and Quality

### OLD BUSINESS

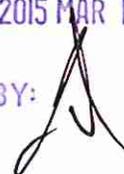
**Ordinance Update:** Still no word from the Ad Hoc committee since their only meeting, which was one year ago.

**Jay Geib's resignation:** John Schroeder has Jay's letter, not yet signed.  
John will officially present it to the Commission after it is signed.

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## **NEW BUSINESS**

Scam Presentation will be on Wednesday, April 22, 1p.m , at Elmwood Hall.

Don McGran, Security advisor for Fairfield County Bank will discuss

Elder fraud schemes

Identity theft detection and prevention

Safe banking and financial management

General crimes

Discussion about publicity followed. Susan Tomanio created a flyer that will be posted at Elmwood Hall and other locations that have bulletin boards. She will also post an announcement on the *danburyseniors.org* website. The News-Times was also suggested as a means of getting the word out.

Estelle Zimmer suggested that we invite James Maloney of Connecticut Institute for Communities to return as a guest speaker, to update us on developments in senior housing.

Carol Gerner informed us that Goodwill Industries offers assistance in finding jobs, including help with resumes. Call 1-800-GOODWILL for information.

**ADJOURNED** at 1:54 pm.

Prepared and submitted by Neil Corday, Secretary