

# Senior Advisory Council Meeting Agenda

Wednesday January 11, 2023

## 1. Attendance/Email addresses/Introductions

Present-Gerry Barron, Jerry Dixel, Georgete Giuffre, Gail Hurley, June Kolacki, Marion O'Connor, new member Wanda Strong, Joan Cavanaugh, CSW and Melanie Decker, Director

Excused- None

Absent- None

## 2. Old Business

November minutes approved. Please see attached yearend report for statistics, programs, etc.

## 3. Elected Positions

Gerry Barron was nominated and accepted to be the chair for 2022. Jerry Dixel was nominated and accepted to be the co-chair for 2022. Joan Cavanaugh, CSW, to take minutes for 2022.

## 4. New Business

The new tablecloths are upstairs, the ones that used to be there have been re-purposed in the craft room. We have a new sound system upstairs for events and lectures but are awaiting two last pieces of equipment to arrive and be fully functional. We need to ask permission to discard the old equipment as it was purchased with county funds. We have an exercise bicycle in the upstairs lobby as requested by some of our members. We have a color copier downstairs and are now able to print our newsletters in color. We also purchased new BINGO cards and a Shop Vac. Our new electric stove is due for delivery on February 1, 2023. We need a second estimate from Public Works for the electrical upgrades needed. We will be looking into purchasing a new oven as our current one is 40 + years old. We also need a new bus as one has over 180,000 miles on it, is a 207 and is on "borrowed time." We are waiting to order a large new white board for upstairs which will allow us to share information, play games, etc. We will also be ordering a new TV stand for upstairs; both of these purchases are to be made from using grant funds. \$400.00 was collected at the Christmas Luncheon at The Lobster Shanty to be used for JIT Food Pantry.

## 5. Members

We registered 136 new members in 2022.

## **6. New programs/services/restart**

We will be hosting COVID clinics through June from 4-6 PM. As before, those interested can get an initial vaccine, boosters or be tested. This is in conjunction with the Monmouth County Health Department. We will be offering Tai Chi followed by Mindfulness and Meditation.

## **7. Lectures and screenings**

These include VNA BP screening, Improving Your Balance, Twelve Ways of Coping with Stress, to date.

## **8. Intergenerational Programs**

All intergenerational programs are up and running, for example the Howell REBS assist by rolling cutlery for meals and parties and helping with MOW/Congregate lunches by packing items like bread, pudding, fruit etc., NHS students bake for the center and other high school students volunteer as well.

## **9. Special Events**

To date, special events include Mocktail Party Healthy Holiday Bites, Ugly Sweater Christmas Movie Day, Holiday Luncheon at Jack Baker's Lobster Shanty, Hanukkah Treats, INF Winter Luncheon, River of Life Bingo, Dessert and Delight Day.

## **10. Recreation/Physical Health**

All previously held programs are up and running, with Tuesdays as the day of the week for the rotating schedule for blocks of different types of fitness/exercise, for example, Tai Chi, Meditation and Mindfulness, Boxing and Zumba.

## **11. Open Discussion**

The topic of other member's behaviors was discussed, for example, those who exert influence on others to participate in a certain event or to ask for changes to be made to pre-existing plans. There are also those who take advantage of the "Free" table upstairs by taking more than their fair and equitable share. These issues will be addressed as needed.

It was asked if an additional Pokeno day could be added to the schedule if possible; to be explored.

## **12. Meeting Adjourned**

Meeting adjourned at 11:00 AM. Our next scheduled meeting is on Wednesday March 8<sup>th</sup>, 2023 at 10:00 AM.

*Submitted by: Joan Cavanaugh, CSW Social Worker & Melanie Decker, MA, NCC, LPC,  
ACS Director of senior Services*