

## Senior Advisory Council Meeting Minutes

Wednesday March 8, 2023

### 1. Attendance/Email addresses/Introductions

Present-Gerry Barron, Georgette Giuffre, Gail Hurley, June Kolacki, Marion O'Connor, Wanda Strong, Melanie Decker, Director and Joan Cavanaugh, CSW, Evelyn O'Donnell, Deputy Mayor

Excused-Jerry Dixel

### 2. Old Business

The minutes from the January 2023 meeting were approved. We held a moment of silence for Don Mazza, former two-time Mayor of Howell who passed away recently.

### 3. Staff

We welcomed a new kitchen Site Manager, Noel Campbell as well as a new clay sculpture instructor, Carol Gleason.

### 4. Members

We registered 16 new members in January, 25 new members in February and 1 new member in March to date, 42 new members in total since the start of 2023.

### 5. New programs/services/restart

Tai Chi ended recently and Mindfulness and Meditation has begun again. Zumba will be back in the spring as well as Senior Boxing with Coach Headd. The ceramics program has ended, however, we recently began a new clay sculpture activity.

### 6. Lectures and Screenings

To date and upcoming lectures and screenings include Music for a Healthy Brain, Random Acts of Kindness Lunch & Learn, The Price if Right, Stop the Bleed, Hoarders/Declutterers Express, Extreme Temperatures, Scam Awareness and Protection, Winter Safety, The M.I.N.D Diet for Brain and Heart Health, Coffee: Should It Be Your Mug of Choice?, 6 Week Diabetes Workshop

## **7. Intergenerational Programs**

All previous intergenerational programs are up and running as before. Intergenerational programs include collaborations with the Memorial Elementary School Valentine's Bingo, Aldrich School Everything Green Bingo and assistance from the Howell REBS who roll cutlery for meal programs and other tasks as requested.

## **8. Special Events**

To date and upcoming special events include spontaneous trips to local stores, Memorial Elementary School Valentine's Bingo, Elks Valentine's Day Party with Ashley and The Pettets, mother and daughter singing group, Hot Cocoa Social with Brandywine Senior Living, NJ State Museum Trip, Monthly Birthday Party with the Strictly 60's Band, Caregiver Volunteers of Central Jersey and Beacon of Life (PACE), Elks St. Patrick's Day event at the Elks lodge, Chinese food Meet & Treat, IFN St. Patrick's Day Celebration, two trips to Neptune Culinary, Mr. Shrimp lunch outing, trip to Dollar Tree, Manalapan with McDonalds lunch to follow, Casino Day hosted by Imperial Health Care, IFN Spring Luncheon, Volunteer Recognition Day, AARP Driving Class, Monmouth Mall Trip, Men's Pool Tournament, Men's Breakfast, Root Beer Float Social with Bella Terra ALF, Monthly Birthday Party with Kathy D and her Variety Show, trip to Jersey Shore Outlets

## **9. Recreational/Physical Health**

To date and upcoming-Walking Club to resume in April, Project Medicine Drop Off, COVID clinics, 4-6 PM through June, exercise on Mondays and Wednesdays and chair yoga on Wednesday afternoons; Tuesday afternoon exercise programs are rotated between various forms of exercise, for example, Zumba, Tai Chi, Boxing, etc., VNA blood pressure clinics, monthly haircuts with Jen

## **10. Hard Work by the Staff**

Staff appreciation was expressed by those in attendance.

## **11. Member Assistance Programs**

SHIP (State Health Insurance Program)/Medicare insurance counseling is available via telephone with Al Skalecki, certified SHIP counselor. If a face to face meeting is requested, Family and Children's Services, the SHIP headquarters in Monmouth County, is contacted for an appointment in person. South Jersey Legal has a new Managing Attorney, Chris Benson. They will be resuming their quarterly workshops here.

## **12. Volunteers**

We are always in need of volunteers to drive and deliver Meals on Wheels to the community

## **13. Building Maintenance**

Our tent will be put up in April. We have a new sound system which can be used outdoors and four misting fans. Our new stove has arrived and we are upgrading the electrical system in the kitchen.

## **14. New Equipment/Vehicles**

Our new stove was delivered 3/7/23. We have a new freezer on order through IFN. A new bus is also being ordered with an August delivery date; the bus being replaced is approximately 20 years old with close to 200,000 miles on it. We got the approval today from the Monmouth County Office on Aging to order a new 8 foot whiteboard for upstairs. This will be helpful in relaying information to the members.

## **15. Budget/Grants**

We are still working with a temporary budget. We will be getting grant money for a new oven and two new kilns. The money will not be awarded until mid-year.

## **16. New Hours**

The center's new hours of operation, Monday – Friday, 8:00 AM – 4:00 PM, went into effect on March 1, 2023. This allows our staff to be more productive, is a better use of their time and allows for a smoother coordination of services.

## **17. BINGO**

Bingo is taking a bit longer because of the new boards which are stiff, however, Bingo needs to end at 2:30 PM in order to get members home and the drivers back to the office before end of day.

## **18. Open Discussion**

Old topics were mentioned, namely, members talking during programs, making it hard for others to hear and members saving multiple seats; saving one seat only is permitted. Similarly, during large events, members are asked to not put bags/purses on chairs and to utilize the coatrooms but this does not always happen. Those present were told that reminders will be posted and verbalized but those affected also need to speak up for themselves and “self-police.”

The Shade Tree Commission will be hosting a seedling give-away on 4/22/23 and on 4/28/23, 3<sup>rd</sup> graders will each be given a seedling. On 5/21/23 Howell Farmers' Market will re-open at Echo Lake Park.

**19. Meeting Adjourned**

Meeting adjourned at 11:30 AM. Our next meeting is Wednesday May 10, 2023 at 10:00 AM. Meeting dates for the rest of 2023 are:

Wednesdays July 12, 2023, 10:00 AM

September 13, 2023, 10:00 AM

November 8, 2023, 10:00 AM

*Submitted by Melanie Decker, Director and Joan Cavanaugh, CSW, HSC*