

## Senior Advisory Council Meeting Minutes

Wednesday May 10, 2023

### 1. Attendance/Email addresses/Introductions

Present-Jerry Dixel, Georgette Giuffre, Marion O'Connor, Wanda Strong, Joan Cavanaugh, CSW and Melanie Decker, Director

Excused-Gerry Barron, Gail Hurley, June Kolacki,

Absent-0

2. Old Business-Minutes from the March meeting approved.
3. Staff-Our new kitchen site manager, Noel is currently out, Marlie is covering until his return. We lost Lorraine who is now working at another Meals on Wheels site. We now have Beth Meehan in her spot.
4. Members-We registered and welcomed 12 new members in March, 13 in April and to date, 4 new members in May.
5. New Programs/Services/Re-Start-Tai Chi and Mindfulness and Meditation recently ended, Zumba has resumed in that time slot. Zumba will be replaced shortly by Senior Boxing. The clay sculpture class is receiving positive feedback from the attendees. We may increase the amount of classes offered in future.
6. Lectures and Screenings-to date and upcoming lectures and screenings include Care One Trivia and Lunch, Marijuana/Cannabis Use and Seniors, Mediterranean and DASH (Dietary Approach to Stop Hypertension); the 6 week diabetes workshop was cancelled due to a lack of participants.
7. Intergenerational Programs-to date we have hosted the Ramtown Chorus who followed the program with a technology display.
8. Special Events-to date and upcoming Special Events include spontaneous trips, Cinco De Mayo Celebration, Mother's Day Week of Pampering (cozy slipper raffle, Mother's Day High Tea demonstration hosted by Cris Brown from Imperial Healthcare, manicures, Mother's Day yogurt parfait bar hosted by Brandywine ALF and a Mother's Day celebration lunch with music provided by the Happy Days String Band), two trips to Point Pleasant Boardwalk, May Birthday Celebration with Joe Holiday, magician/illusionist, Echo Lake Summer Kick Off, Memorial Day Summer BBQ with entertainment from the AKA Band, Friendship Game Day at Asbury Park Senior Center, trip to Silverball Arcade and trip to The Singing Ice Cream Man in Lavallette.

- 9. Recreation/Physical Health**-all former programs are up and running. Tuesdays continue to be a rotating schedule of different types of fitness/exercise classes-Meditation and Mindfulness, Zumba, Boxing, Tai Chi, etc. Exercise class is held on both Monday and Wednesday morning. Walking Club has resumed in its usual time slot of Tuesday mornings at 10:30. Chair Yoga is held Wednesdays at 1:15. The VNA Blood Pressure Screening Clinics are held monthly. The COVID clinic program was discontinued after the April 2023 event due to lack of attendance for the last several months.
- 10. Member Assistance Programs**-Our SHIP/Medicare counselor, Al, is only working over the phone until further notice. If a 1:1 meeting is requested, Joan contacts Family and Children's Service to arrange for an in person meeting with another SHIP counselor. South Jersey Legal is scheduled to come to HSC on June 15, 2023, from 1-3 PM.
- 11. Volunteers**-We are always in need of volunteers to drive for Meals on Wheels.
- 12. Building Maintenance**-Our tent has been put up and the electrical upgrades for the kitchen are complete. Not sure if we will need any electrical work for the Kiln room when we get new kilns.
- 13. New Equipment/Vehicles**-Our new bus has been delivered in record time, the white board is hanging upstairs for communication with members and our stove is delivered and working.
- 14. Budget/Grants**-Our budget was passed on 5/9/23.
- 15. New Hours**-Our new hours of 8:00 AM-4:00 PM are working well for all staff. The drivers are leaving at 8:15 AM to start to pick up members.
- 16. Medical Appointments**-Our drivers are inundated with requests for transportation to medical appointments. We try to accommodate as many as possible. Other staff often assist in this. Sometimes there are between 2-4 appointments in one day.
- 17. Facebook posts**-Mel has been trying to keep up with sending stories to FB. All FB posts go through Steven F. at Town Hall. Mel cannot post things directly so sometimes there is a delay.
- 18. Open Discussion**-Marian O'Connor verbalized a safety concern for those members who walk on the grounds but also on Old Tavern Road. We answered that members are alert

and oriented and independent in decision-making and we cannot stop them. She then complimented new SAC member, Wanda Strong, for always being helpful and concerned. Lastly, Marian reminded us that member Rose Perotta will turn 109 on 5/12/23, Mel had flowers sent to her from the Center.

**19. Meeting Adjourned**-10:40 AM. Upcoming meeting dates are Wednesday July 12<sup>th</sup>, 10:00 AM, Wednesday September 1<sup>3th</sup>, 10:00 AM and Wednesday, November 8<sup>th</sup> 10:00AM.

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