

Minutes Hastings Senior Citizen Advisory Committee
January 22, 2024

Attendance: Polly Bijur, Patricia Bloom, Miriam Budin, Joyce DeVilbiss, Iris Dudman, Beth FonFrias, Tarry Hum, Pam Knell, Robert Sanborn, Paula Scheiber

Minutes from December were approved.

Polly was asked to add Tarry and Beth to the email list.

Medical Aid in Dying Presentation:

Guest speaker Tara Herman described a bill before the NY State Legislature that, under strict restrictions, allows adults with a terminal disease to take prescribed medication to end their life. At the next meeting, the committee will discuss what, if any action, we want to take on this issue.

Resources for People with Cognitive Impairment

Tarry and Miriam met with the library's director, Debby Quinn, who is open to collaborating on a \$2,500 grant application. They are considering several possible elements:

- Setting up a memory center in the library to display resources loaned from other libraries and/or acquired through the grant.
- Library programming possibly enlisting help from Hasting residents who have expertise on the topic, such Frank Silverstein, and his film "Lousy."
- Memory Café – a monthly social gathering for people living with cognitive impairment and their friends and family. It would require a facilitator.

Polly and Miriam suggested that Friends of the Library might be willing to help fund acquisition of some of the resources for the library's memory station. Iris suggested we sponsor an initial Memory Café in the spring and see what kind of response we get.

Investigating Programming and Facilities in Other Villages

Beth and Joyce volunteered to visit other senior programs in nearby villages.

Comprehensive Plan

Polly met with consultants for Hastings upcoming Comprehensive Plan. There was a handout that summarized the committee's suggestions about the plan before her conversation with the consultants (see attached). After the meeting Joyce suggested a clarification about the six regional centers mentioned in the handout. These centers are in Montgomery County not in Westchester. Polly included them as an example of the kinds of programs that could be made available in regional senior centers. Suggestions at today's meeting included benches around town and on the aqueduct and railings along steep, slippery sidewalks. A dedicated senior center was briefly discussed and rejected as too costly and not intergenerational. There was a question about how much capacity there is at the community center for additional senior programming.

Dark Skies

Beth reported that the issue of dark skies was referred to the Conservation Committee and is under discussion in that committee.

The next meeting will be held on February 26th at 3:15 pm at the Community Center.

Submitted by Iris Dudman

Handout: Comments by committee members on issues to be considered for Comprehensive Plan and our initiatives

General issues – sidewalks, housing, taxes, transportation

Senior Center/intergenerational center

Like senior center

Like senior center

Intergenerational – don't separate seniors from rest of population, intergenerational interactions benefit all ages – don't like age cutoff to use different buildings

Yes intergenerational – reexamine space use at library and community center, make rooms more attractive

Intergenerational center Dedicated senior center might turn off more active older residents

Intergenerational center – weekends, working elders can attend, library offers some intergenerational activities

Regional senior center

Look at existing senior centers (see at bottom of file for example)

Maybe not enough senior population that wants to attend to justify senior center

Possibility of expanding community center – is there need?

Do we need more space? More programming?

Benches

Benches all over, particularly aqueduct

Donate benches - dedicate

Yes benches

Yes benches

Benches

Benches

Other

Memory café

Aqueduct – smoother around HOH – fewer roots rocks etc

Aqueduct difficult walking for seniors

Waterfront – walking paths separate from bike paths

Community center space, rooms, layout, program

Collaboration with other villages – programs

Encourage volunteer activities – provide intergenerational contact

Importance of transportation

Use word – physically challenged

Possible outreach to churches and synagogues?

Addressing special needs – dementia, Parkinson's and movement disorders

Partner with local businesses – sewing

Look at existing centers – programs, fees, hours, distance from HOH

Regional centers could provide many more activities than local centers. Joyce described 6

regional centers in Montgomery County that are open 5 days a week from 8:30 - 4:00 offering exercise classes, a gym, an art room that also doubles as a sewing/ knitting room, a computer room, game room, pool tables, book club, cafe offering coffee, sandwiches, and snacks, a room for small group discussions, parties, musical experiences, lectures and even Friday afternoon dances at one of the centers.