

Hastings on Hudson Senior Advisory Committee

Meeting
September 26, 2023

Present: Polly Bijur, Iris Dudman, Joyce DeVilbiss, Paula Scheiber, Pat Bloom, Anne Russak, Marilyn Meese, Sandy Selikson, Miriam Budin, Kate Washton

1. The meeting began at 5:00. Minutes from the prior meeting were approved.
2. Polly announced that the Foodtown parking lot would be available for the resource people coming to the Open House.
3. The Exercise table preparation is evolving with input from Iris, Pat, and Marilyn. Pickle-ball, tennis, the pool, walks, and hikes will add to the Community Center weekly exercise activities (aerobics, silver sneakers, chair yoga , and modified Tai Chi) to provide numerous options for Seniors. Linda Johnson and Carolyn Hoffmann (Tai Chi and Westchester Hiking) will be at the table with Pat Bloom. Iris has signs and photographs for the table. There will also be written materials presenting Amanda Kupilas' dance classes for seniors.
4. The Lifetime Learning table is coordinated by Miriam and Sandy. Learning sources and subjects include:
 - Westchester Community College
 - Scarsdale Adult Education
 - Hudson River Community Education
 - Current Events
 - Folk dancing
 - Knitting class and other offerings (Library: Debbie Quinn will be there)
 - Men's club with Michael Holstein

The possibility of a Banner was mentioned.

Iris encouraged each of us to email flyers to all of our networks.

5. Polly spoke of needing two tables for Volunteer opportunities, as well as tables for visitors and resource people for sitting, talking, and eating. Some discussion of what size and shape the various tables should be followed, along with ideas of where to put the tables.

On October 5 the tables will be put out by the Community Center staff. At 9 or 10:00 AM we will set them up and arrange them in the large room. The bulletin boards will be made up Tuesday, October 3, at 12:15 PM. Chairs will be put in front of the bulletin boards to prevent tripping over the boards' legs.
6. Joyce DeVilbiss emailed the list of 20 Volunteer Opportunities to each of us. It was suggested that name tags be typed for each representative of an organization. The role of the coordinators will be to "match" representatives with visitors.

7. The Resources and Services table is coordinated by Polly. It highlights housing, health, caretaking, nutrition, and Medicare. The bulletin board text will say something like, "Do you know _____ can help you _____?"
7. Everyone agreed it's important to highlight Anne and all she does. Anne reported that she'd made a list of recent and prior activities. She will also have new fliers and calendars to distribute.
8. The six tables at the Open House will be:
 - Welcome Table
 - Lifelong Learning
 - Volunteer Opportunities
 - Exercise
 - Resources and Services (including "RUOK")
 - Anne's Table (Name TBD) (includes Games)

Iris made the suggestion that notecards be at each table for visitors to express their interests.

Polly announced that there will be a "Letter to the Editor" and an article in the ENTERPRISE.

Polly will send Anne a list of the resource people and the representatives of the Volunteer Organizations.

The meeting was ended at 6:00 PM with the reminder that everyone is to meet at the Community Center next Tuesday, October 3, at 12:15 PM to put the bulletin boards together.