

Minutes Hastings Senior Citizen Advisory Committee  
November 27, 2023

Attendance: Anne Russak, Paula Scheiber, Sandy Selikson, Polly Bijur, Patricia Bloom, Joyce DeVilbiss, Miriam Budin, Pam Knell, Meredith Miller, Beth FonFrias, Tarry Hum, Robert Sandborn

Minutes from October were approved.

Anne Russak's Report:

Various activities accomplished. Eg. Halloween part, Katonah Museum, Thanksgiving party, various calls from Hastings residents addressed.

Time of Meeting: changed to 3 pm to accommodate more people

Lunch and Learn: monthly topics with speakers to convey information and provide socialization opportunities. Coordinate dates with Anne.

- Memory Loss- what's normal, what's not: Polly Bijur to contact Alzheimer's Association
- Energy efficient buildings- use less fossil fuel- Christina Griffin, architect, may assist: Iris Dudman (not present today) may take the lead.
- Mindfulness: Pat Bloom, certified in this area, to take the lead with possibly having several sessions
- Dark skies/Lighting Safety- Beth Fonfrias distributed some handouts on the negative aspects of excessive outdoor lighting by residents in Hastings. She will take the lead with possible assistance from Kate Washton. Consider bringing issue to Board of Trustees
- How to prevent falls in the home; Pat Bloom may take the lead. Possibly get Rehab/PT/PT speaker.
- Retirement- then what?
- Creative avocations
- Talent show
- Gadgets to make life easier-jar opener, nail clippers, etc: Possibly get PT/OT speaker
- The importance of mobility: Pat Bloom/Sandra Selikson? Maybe do a Balance Test with attendees

Decided to pursue memory issues and mindfulness first.

Memory café: possibly 3 – 4 times per year. Several models throughout the country exist. Tarry Hum to take the lead. Tarry mentioned Caring Connections in Westchester; a caregiver support organization. Also mentioned Caring Kind in NYC for caregiver and patient support

Mat Yoga- Beth Fonfrias to take the lead to start again for weekly class. Polly mentioned that time and space at the Community Center are issues and perhaps partnering with other villages should be considered.

Other issues NOS:

- Bulletin boards around town: Iris Dudman taking the lead. Possible sites; post office, library, pharmacy, Foodtown, train station. Free standing or on bulletin board. She asked for feedback on whether this is a priority. The response was fairly neutral. It didn't seem to be a pressing need but would be good to have.
- Home helpers- Marilyn Meese, Polly Bijur may take lead but need others to help. Liability is a concern; meet with Village lawyer. LILY (Living In Later Years) in NYC possibly a resource.
- Enhanced Star- tax rebate for Seniors. School Board has not approved; we may have to organize to present to the School Board. Polly to take lead. Polly to contact Hastings and Greenburgh Town Clerks to find out monetary value.
- Pickle ball classes- more interested than slots available. It was recommended that the Rec department have two teaching sessions next spring.
- Good info to know: 1,700 Seniors reside in Hastings. 20% of population

Comprehensive Plan Update & Local Waterfront Revitalization Program (LWRP); to involve Senior needs into the planning. To be put on future Committee's agenda.

Next meeting will be held in December 18 at 3 pm

Submitted by S. Selikson