MINUTES
SENIOR CITIZENS’ ADVISORY COMMITTEE
MONDAY, MAY 23, 2022

Present: Kate Washton, Sandy Selikson, Anne Russak, Caroline Reiss, Pam Knell, Polly Bijur

1. Minutes from April 25, 2022 approved by the committee

2. Update: Anne Russak continues to provide important information and help to seniors including responding to requests for help with finding caregivers, referral to meals on wheels, information about lockboxes, help with orienting new senior residents to the village. This month she organized a Mother’s Day luncheon, set up a trip for about 10 seniors to the annual Salute to Seniors, helped provide materials for the Spring Thing, and facilitated a project by Arts Westchester.

3. Spring Thing – we had a table at the Spring Thing. Six surveys were completed.

4. Survey/magnet: Raf Zaratrian will send the magnet to Mary Beth Murphy for final approval. She has already approved the final version of the survey. Raf will contact the printer on June 1 when the new budget starts to find out how long it will take to produce and send out the magnet. We are aiming for the third week in June. If it can’t be done by then we will wait until the fall. Polly will talk to Eddie Jabbour about the flyer. Polly and Kate will write a letter to the Enterprise to let the village residents know the survey is coming and encouraging them to fill it out.

5. Sandy Selikson brought up the issue of mat yoga for Seniors at the Community Center. She had attended in the past and there were ten or more participants. In the year before the pandemic there were fewer participants, largely because of the failing health of the beloved teacher. Anne said they were not planning to have the mat yoga again because there weren’t enough interested, however she said she would be willing to have a few pilot classes. Sandy and Polly will help find a yoga teacher to run these classes. It was also suggested that the current seated yoga class was more exercise than yoga.