

MINUTES  
SENIOR COUNCIL MEETING  
OCTOBER 28, 2019

Present: Cynthia Alligood, Nancy Balaban, Polly Bijur, Miriam Budin, Lauren Hyman, Pam Knell, Marilyn Meese, Majorie Mitchell, Vivian Pronin, Anne Russak, Sandy Selikson, Kate Washton

Computer class: The four-week computer class finished last week. It was attended by 7 seniors, there were many different levels and interests. It worked best one-on-one. Lauren suggested having high school kids be available weekday afternoons for consultations/tutorials with seniors. She and Polly will explore this option.

Assistive hearing devices: Kate spoke to her audiologist who said she would be happy to come talk to us and/or the larger community. We decided to ask her to come to the December 16<sup>th</sup> meeting. Miriam talked to Mary Beth Murphy about using the assistive devices the library owns at other meetings, like the Board of Trustees. Logistics need to be worked out by Mary Beth. Nancy said no one knows about the devices at the library. There was a general discussion about assistive devices which are not reimbursable by Medicare. Less expensive models will be coming out January 2020. Getting information about availability of assistive devices for community meetings and about the coming availability of less expensive devices is important and needs to be part of a larger strategy to communicate with the community.

Intergenerational bingo: The Senior Council and Youth Council are sponsoring an intergenerational bingo event Tuesday Nov 12 (superintendent's day). Pam is helping to organize this, she will be there to help with setting up, running and cleaning up after the event. Anne has put out a flier and sign-up sheet and about 12 seniors have signed up. The Youth Council is supplying pizzas, Anne is going to make desserts. Kate asked if we should bake for the event, and Anne said to let her know if we were going to bring something. Anne is going to bring "prizes". Pam will contact Elizabeth Galletta, a co-chair of the Youth Council, to see if she wants to do the calling, or if she knows anyone else who would like to call. Polly said she would be the caller of last resort.

Home assistance: Sandy contacted an organization called "Umbrella" that helps seniors obtain services in the home such as minor house repair, light electric work, yard work. They triple vet workers and ask the senior for feedback after each visit. The charge is \$20 per visit. There may also be a membership fee. Sandy will continue to investigate. The outreach person at Umbrella wanted to get information about what services HOH already offers, Anne will help pull that information together – doesn't need to be comprehensive. Anne talked to Chief Dossin about assistance in people's home and he said he had concerns about it. She has also contacted the village attorney, Linda Whitehouse about it but has not heard back. Anne mentioned there was an organization in Rockland County that may offer similar services called "Chore". Vivian voiced concern over vetting. She will call the County and to see if they have information about this kind of home assistance program with well vetted service providers. Cynthia noted the problem of scams.

Sandy noted that "Umbrella" does not provide personal care assistance such as having someone come in to help with preparing breakfast, showering. Agencies that provide this kind of service typically require 4 hours. Interested in finding out a way to get smaller number of hours, perhaps sharing an aide across the entire village or in neighborhoods.

Lauren talked about Neighbors Helping Neighbors and building an environment where that happens.

There was interest in the availability of home delivery of food for people who are not able to go on the Village bus trip that Anne runs. Shopping options mentioned included Foodtown which will do the shopping and the senior can pick it up; Peapod is a Stop and Shop service that will shop and deliver; DiCicco's will shop and deliver; there's a website: instacart.com that facilitates ordering food for

delivery. There are charges for delivery for most of these services, ~ \$10 and Anne thought there needed to be minimum orders for some of the stores. This information should be in the senior brochure and publicized in other ways.

Kate talked about the importance of communication and suggested having a monthly column in the Enterprise about a senior issue (like transportation, or housing, or activities). Everyone thought this was a great idea. Lauren (?) suggested that we could also get information out via WHOH (called Senior Moment haha). For example the audiologist could do a segment and that could be played and replayed.

Brochure: Miriam talked about the need to update the information in the senior brochure – shops that give senior discounts, days, times they give them. Polly, Kate, Lauren and Miriam will find a time to go from store to store to get this info. Nancy mentioned the Senior Sentinel – a newsletter that went out quarterly that her husband wrote. Polly has some and will bring next time. Miriam discussed making several brochures, or information sheets and distributing them in many venues – electronically on the village website, maybe in Facebook group 10706, at senior events, on bulletin boards, spring fling. Nancy said she was interested in the brochure/information project and she and Miriam will work on it together.

Housing: Polly attended a housing workshop hosted by the Westchester County Department of Senior Programs and Services. Many of the issues were less relevant to HOH than to other municipalities (homelessness, housing emergencies). There was a presentation about home sharing that is organized around houses of worship. This involves people finding others to share their homes to offset costs and address other needs (loneliness, help with household tasks). She is not available until January, Polly will follow up. Marilyn said she was interested in housing and would like to work on this as well.

Transportation: Kate attended a transportation workshop hosted by Westchester Public Private Partnership for Aging Services. Other services in county – Ride Connect, para-transit. Anne helps arrange some of these services. Kate noted that if we had a good communication systems in place, this would be the kind of thing that could be highlighted.

Senior Outreach: Anne described activities that she ran and participated in during October including having someone from the County talk about bus transportation where Seniors were able to get Metrocards. There was a picnic at Andrus sponsored by Livable Communities, PBA bingo at Andrus? There's going to be a Halloween Party this week. She met with Chief Dossin to discuss people going into seniors' homes to help with services and reached out to the village lawyer.

#### Calendar for 2019-2020:

There need to be some changes to our scheduled meetings to avoid the meeting being on or too close to holidays. Here are the meetings that will be changed from the 4<sup>th</sup> Monday to the 3<sup>rd</sup> Monday.

- December 23 -> December 16 2019
- May 25-> May 18, 2020
- December 21 -> December 14<sup>th</sup> 2020

We also discussed meeting in July and August. There will inevitably be people who cannot make these meetings but the people who are in town will still meet.

Schedule: We discussed extending the monthly meeting time to 1.5 hours but tabled the discussion until next month. The possibility of limiting how much time people talk or thinking about how to be more efficient were brought up. The importance of starting on time was mentioned.

Topics we didn't get to that need to be addressed at the next meeting

- Communications/increase public awareness

- Brochure
- Newspaper
- Spring Fling table
- Senior bulletin board CC?
- Senior section of library bulletin board
- Develop database of senior contacts/email list
- Additional programming
  - Bridges from retirement to post-retirement workshop
  - More intergenerational programming
  - Discussion group about aging (see booklist at <https://www.timegoesby.net/weblog/the-best-books-on-aging.html>)

#### Long-term planning

- Needs assessment: Community listening session? Focus groups? Survey?
- Community meeting(s) – Housing? Aging in community? Comprehensive plan?

Next meeting: November 25, 2019

Submitted by: Polly Bijur