

## Senior Advisory Board Minutes

July 18, 2007

9:30 a.m.

Rose Park Center Activity Center

The Bi-Annual Meeting of the Senior Citizens Advisory Board was held at Rose Park Senior Activity Center, located at 2625 South 7<sup>th</sup>. Those in attendance were: Harriot Connor, Leroy King, Paul Rehm, Hazel Forkerway, Linda Rutledge Smith, and Emory Walton, Cynthia Cooke. Staff members present were Tony Neitzler, Carl Scott and Julie Sartor.

Board Members not in attendance: Eddie Hodges, Chairperson

Carl Scott called the meeting to order since the Board's Chairperson, Mr. Hodges was not present. Carl said that at the next scheduled board meeting we would add to the agenda to elect a Vice-Chairperson for the Senior Advisory Board.

Carl Scott introduced Cynthia Cooke, which is the newest board member and asked her to tell the board about herself. Cynthia told the board that she had graduated from Abilene Christian University and is now employed there and is over the Career Center. Carl told the board that Cynthia has been instrumental in helping to obtain volunteers for some of our events such as the Senior Jamboree.

Minutes of the previous meeting held on February 15, 2007 were reviewed. A motion was made by Linda Rutledge Smith a second by Hazel Forkerway to approve minutes. The motion carried.

Participation reports for March, April and May 2007 were presented to the board by Carl Scott. Carl pointed out that everything was going great. Carl told the board that participation was increasing that earlier in this year we unfortunately had many deaths, but we have increased our numbers and activities are going well. Some of the activities that are increasing are evening activities, such as our dances on Thursday nights. We have been having good bands and this helps to draw in the crowds. The center evaluates the bands every year, so that we have ones that everyone enjoys. Country Store sales are going good and a couple of new participants have been bringing new items to sell. Carl asked if anybody had questions regarding participation. There were no further questions at this time.

Carl updated the board on the Building Renovations and Expansion Project. A long-time participant of Rose Park that passed away left money to be used at Rose Park Senior Center and the Board had voted to expand the exercise room by removing a wall between the exercise room and what was a storage room. The wall between the store room and the current exercise room has been removed. We are currently waiting on the new carpet to come and be installed. Ceiling fans have been installed. These fans were not the ones according to the contract specification. Once all fans are installed and are correct there will be a total of six ceiling fans. The new equipment will be shipped August 1 and we hope to be up and running by August 15. Leroy King asked about the location and who would control the switches on the fans. Carl said the switches will be in the room and they will be a high-low switch. Staff will turn the fans on in the morning and off in the evenings. Carl informed the Board that the City is looking at an overall energy usage and will keep the Board posted. Carl also informed and showed the board members copies of our new Physicians Release Form and Release and Indemnification Agreement for all participants using the exercise equipment. This form is for their benefit and

all exercise programs require this type of release. Senior Citizens Program Supervisor, Anita Vigil has been to a training course for Certified Trainers to help our participants properly use and assist them with the equipment. Linda Rutledge Smith said that this was a positive move for Rose Park and will help the seniors. Carl told everyone that when he opens up in the morning there is always a crowd waiting to get back there and start exercising. Carl explained that we have ordered new equipment, but are purposely not going to fill the room up at this time, so that we can see what equipment is utilized more. Cynthia Cooke asked Carl how we track individual usage. Carl said it is the honor system, we have a sheet that has their names or if they are not on the list they can write their names in. Participants are supposed to check in daily. Other classes have volunteers that will check people off, but the equipment is a self-check in. Linda made the comment that their health center (Senior Partners – Abilene Regional) that individuals can call in and reserve equipment for a certain time. Carl indicated that we might have to look at doing something similar. Carl told the board after the meeting adjourns that he will show them the progress on the new exercise room.

Tony Neitzler updated everyone on the Park Master Plan. The Park Master has not been updated in over a decade and in the past Senior Citizens had not been included. This year the City has hired a consultant to work on the Park Master Plan, which includes Senior Citizens. The consult is out of Austin and has been here for some time doing inventory on all facilities and programs. He has been asking questions of various groups including 4<sup>th</sup> graders through high school seniors. A public meeting was held and even though there were only about 50 people in attendance the outcome of the meeting was very positive. They showed everyone drawings of comparative cities facilities as well as ours. There are surveys being taken by telephone and written ones. The pictures showed things we have that others don't and some things that we don't have. The Park and Recreation Board will look all of the preliminary findings and then send this information to City Council. Tony stressed the need for the Master Plan to be finished by the end of the year. State funding for projects begins in January and your Master Plan has to be current in order to apply for matching grant funds. Our Master Plan is currently over 10 years old, which makes us ineligible for any matching grant funds. Tony told Carl that we could bring the drawing to Rose Park so that seniors could look at them and participate in the survey. Tony said this is really beneficial. The state collects tax on all recreational items that you buy, such as fishing tackle, volleyballs, and exercise equipment. This money is collected state wide and then the funds are used to the fund the grants. This program has been in place for about ten years.

Carl informed the board about the plans for transporting people to the center from the new the new apartments across the park (The Arbors at Rose Park). These new senior living facilities are almost complete. Harriett Conner asked if they were full. Carl told the board that we have heard conflicting reports and there is not a manager on site yet to confirm any information. Once they are in full swing we plan on handing out information regarding all of the senior centers and the various activities. Linda Rutledge Smith wanted to know if board members that were interested could also help in handing out the welcome packets at the new facility. Carl said that we would welcome all help. Also in the city's proposed budget we are planning on obtaining a multi-passenger golf cart with a cover to transport from the new facility to Rose Park. If this is not approved through the proposed budget then we will use one of the buses to transport people and we will be encouraging transportation to other sites as well as Rose Park. We are hoping to pick some new clients from this facility for our Senior Advocate Program. Carl explained that our advocate program is our transportation of clients to and from medical appointments.

Hazel Forkerway talked of the meeting of the Senior Center Council for G.V. Daniels and the activities that are being planned. Carl talked about the Cobb Senior Center and G.V. Daniels Senior Center and as the Program Workers for these sites have retired we had combined the position for both the recreation and senior citizens. This lets one person be in charge of the programming. It has really worked well at Cobb and will work at G. V. Daniels. Carl indicated it has not gone as smoothly at G. V. Daniels because of the timing of the change. The change at Daniels occurred at the same time as the summer playground program, midnight basketball, and the coordinator getting married and being off for a week. Carl said we are working on things and it mainly just simple things such as handling and serving the food. There will be training for the staff by our kitchen supervisor on how to handle and serve the food. This is a learning process for the seniors and recreation and it will get worked out.

The meeting was adjourned.