

Senior Advisory Board Minutes

July 27, 2011

10:30 a.m.

Rose Park Senior Center

The Quarterly Meeting of the Senior Citizens Advisory Board was held at Rose Senior Center. Those in attendance were: Leroy King, Myrle Raley, Cynthia Cooke, Harriet Connor, Eddie Hodges, Linda Smith, Fred Helmcamp, and Emory Walton. Staff members present were: Lesli Andrews, Kelly Messer, and Julie Sartor.

Approval of Minutes: Minutes of the previous meeting held on February 16, 2011 were reviewed. A motion was made by Emory Walton a second by Linda Rutledge to approve minutes. The motion carried.

Activities and Programs at Rose Senior Center: Anita Vigil and Laura Holbrook, Program Coordinators for Rose Senior Activity Center introduced themselves and gave information to the advisory board as to programs and activities that are held at their center. Ms. Holbrook told the board that this past year there has been many new daily and monthly activities that are now offered which include exercise class with bands on Tuesday and Thursdays, a Poetry class and reading on Mondays, Arts and Crafts with various projects offered every Wednesday, Movie Day once a month, and how we have been having the children from the Summer Playground Program at Rose join us every Thursday for Bingo. Ms. Holbrook also talked about the upcoming Senior Talent Show, which is a new event and so far we have \$2,100 dollars in sponsorship money. This is a division event and all of the centers are working together to make this event a success. Eddie Hodges asked Ms. Holbrook do all the centers work together. Laura indicated that they have been and that they are meeting monthly to plan events. Mr. Hodges asked if all the centers are being utilized. Ms. Holbrook indicated that they were and that their monthly calendars are posted and that these are small centers and they do events that they know their participants will like. Myrle Raley indicated that there are several different line dance classes now.

Anita Vigil told the board we are always looking at ways to best utilize the rooms at the center for the various activities, such as now the health room has been rearranged and is an overflow game room. Mr. Hodges asked Ms. Vigil if she also works with other centers. Ms. Vigil indicated she works with all centers and is currently helping to coordinate a new exercise class at Cobb Senior Center. Joe Lopez said that all centers are utilized and they he really likes the rhythm exercise class, which is a low impact class at Sears Senior Center. Fred Helmcamp said they utilized Cobb Senior Center and had walking in the gym for exercise except in the summer because of the summer program with the kids. Mr. Hodges just wanted to make sure we are using all centers to their potential. Linda Rutledge asked could you not have a class and integrate the kids with an exercise program using exercise bands. Ms. Vigil said it works better in her experience if the Program Coordinator actually teaches the class because participants like to see them participating in center activities. Mr. Lopez said it would be good to see more interaction between the seniors and the children. Mr. Hodges said he had noticed some children during lunch at the center and wondered what are they doing. Ms. Vigil said that they have a couple of children between the ages of 9 and 12 who come with their grandparents and help volunteer to carry trays and that this is a positive way of teaching them about volunteering.

Introduction of Board Members: Lesli Andrews introduced the newest member of the Senior Advisory Board, Fred Helmcamp who volunteers and attends Cobb Senior Center. Mr. Helmcamp said he goes in early and helps with lunches. The rest of the board introduced themselves:

Linda Rutledge— I have been on the board since 2006 and I have more interaction with Rose Senior Center. I have seen how the center has grown and glad to see how people keep active and am proud to be on the board.

Emory Walton – I have been on the board a long time and really enjoy it. I have seen lots of improvements and how things run great. Glad to be a part of the board.

Joe Lopez – I have enjoyed my time on the board and it is an honor to be serving on the board in Hazel's place.

Eddie Hodges – I started on the Parks and Recreation Board and now on this board. Glad Abilene has these facilities and glad to be on a board that has input and involved.

Cynthia Cooke – I work at ACU and have a child in college and I feel like my role on the board is to see what my generation might want in the way of programming from the centers and hope that I can contribute by asking questions since I do not have daily involvement.

Myrle Raley – I replaced John who passed away and I have been attending the center since 1983.

Leroy King - I have attended since the center was across the street and my wife and I both volunteer. I have visited other centers except Cobb and there are a lot of activities going on. The city has provided a great service.

After staff introductions by Ms. Andrews, Emory Walton asked that we remember Paul Rehm who was a long time board member who recently passed away.

Election of Chair and Vice-Chair: Ms. Andrews said that we need to have an election every year for a Chair and Vice-Chair and currently Mr. King is the Chair and Mr. Lopez is the Vice-Chair and at this time we like to open the floor for nominations. Ms. Rutledge indicated that if the two that are serving now would be willing to continue then vote by acclamation for them to continue, Ms. Cooke seconded the motion; with all in favor the motion carried for Mr. King and Mr. Lopez to continue their positions on the board.

Topics of Interest: Ms. Andrews wanted suggestions for topics of interest that could be presented at the next monthly board meeting. If any one has any topics that would be of interest to seniors please let me know. If we want to we can even have a speaker come and talk to the board. Mr. Hodges suggested maybe something about Medicare.

Participation Report: Ms. Andrews reported that according to the report that all activities are up in numbers. Special Events including Volunteer Appreciation was a great turnout at all of the centers. Living Well Health and Fitness Jamboree was better prepared this year with a good turnout of participants and vendors, and our first Spelling Bee turned out good. Mr. Lopez said that Sears Senior Center had a Mexican Dinner Fundraiser which was a good turnout with music and fun for everyone. Ms. Andrews said that Cobb Senior Center had a fundraiser dance that went well. All centers are required to have 1 community fundraiser each year and the money goes in the building fund to purchase things that the general fund can not provide.

