

SENIOR ADVISORY BOARD

Minutes of the March 5, 2018 Meeting

The meeting was called to order at 9:38 a.m. in the B Room of the Oak Ridge Civic Center by Chairperson Pat Gengozian.

SAB members present: Pat Gengozian, Paul Smiddy, Robert Smallridge, Marty Adler-Jasny, Alfred Skyberg, Jackie Nichols, and Susan Asbury.

SAB members absent: Lisa Plante, Gene Dunaway, and Richard Hauser.

Also present: Linda McGhee, Recreation Manager, Oak Ridge Senior Center.

VISITORS: None

MINUTES APPROVAL: Minutes of the February 5th meeting were approved.

APPEARANCE OF CITIZENS

None

REPORTS

SENIOR CENTER RECREATION MANAGER REPORT

Linda McGhee reported the following:

- 1.) The March Calendar of Activities was distributed. The Senior Center will open at noon on March 24th due to the Annual Children's Egg Hunt. The Center will also be closed on March 30th and 31st for the Easter Holiday.
- 2.) The P.E.P. Exercise class sponsored by Pierce Physical Therapy will have to be postponed until sometime later in the year. The office has changed computer systems and needs to have all hands on deck. Drop in exercise will continue at the same time spots until the end of April when Laura Emhof with the UT Extension office in Anderson County will take over with the "Stay Strong, Stay Healthy" Program.
- 3.) We took a second trip to the Cumberland Homesteads in Crossville due to the waiting list left from last month's trip. The trip was on March 2nd and we took eight people. We will also be taking a trip to the Knoxville Expo Flea Market on March 17th from 10 a.m. to 4 p.m. The cost is \$3 for transportation with lunch on your own at Cheddar's Restaurant.
- 4.) There are two educational lunch and learn sessions scheduled for March. On March 14th a representatives from Habitat for Humanity will be speaking on ways for Seniors to volunteer. Also on March 21st Clear Captions will be here to speak on getting a device for your phone to help with hearing loss. Both

- programs will be held at noon and are free to the public. However, we do ask for participants to sign up with the office to be counted for lunch.
- 5.) We continue to give out information about the VITA tax assistance program. They are located at 320 Robertsville Road at the Trinity Outreach Center. They are available Tuesdays thru Thursdays from 3 p.m. to 8 p.m. and Saturdays from 10 a.m. to 12:30 p.m.

RECENT ACTIONS OF CITY COUNCIL

None

UNFINISHED BUSINESS

Board member Jackie Nichols mentioned about getting back with Crystal Jordan and Covenant Health about possible lunch and learn classes from Methodist Medical Center. This discussion also led into the agenda item on discussing the fitness equipment to request from Covenant Health as a donation for our exercise room in our new facility. Senior Center Manager Linda McGhee passed out a diagram of the room with possible equipment placement and a handout with equipment listed along with sizes and power needs. Board members discussed some of the unique needs of seniors and it relates to exercise and the kinds of equipment best suited to help with those needs. A motion was made to ask Covenant Health to provide the Oak Ridge Senior Center with 2 recumbent cross-trainers, 2 treadmills, 1 recumbent bike, 1 elliptical, and 1 home gym type weight machine. The motion was passed by a unanimous vote of members present.

NEW BUSINESS

Senior Advisory board chairperson Pat Gengozian commended City Staff for the quick turnaround for the Open House meeting regarding the new senior center project that was held on February 15th at the Civic Center. She mentioned as did other board members who were present about the mostly positive response from those 40 or so seniors in attendance.

Pat also spoke about the City Council work session in February that presented the costs for both the preschool and for the senior center projects. Both projects came in above original cost estimates. The senior center from 2.2 million originally to 2.9 million now. She mentioned talking with Jacene Phillips of Studio 4 Design and being confident that things could be worked around and that the price could be brought down in a reasonable fashion. She also said that she would keep the board updated with any new information.

ANNOUNCEMENTS

None

ADJOURNMENT

The meeting was adjourned at 10:50 a.m.

Submitted by

Linda McGhee, Recreation Manager

Pat Gengozian, Chairperson