

SENIOR ADVISORY BOARD

Minutes of the November 4, 2019

The meeting was called to order at 9:30 a.m. in the A room of the Oak Ridge Senior Center by Chairperson Pat Gengozian.

SAB members present: Pat Gengozian, Marty Adler-Jasny, Gene Dunaway, Jackie Nichols, Lisa Plante, Al Skyberg, Paul Smiddy, Robert Smallridge and David Vudragovich.

SAB members absent: Susan Asbury.

Also present: Linda McGhee, Recreation Manager, Oak Ridge Senior Center and Ken Mayes, MyRide Oak Ridge Assistant.

VISITORS: Mary Stephens and Ellen Smith, City Council Person.

MINUTES APPROVAL: Minutes of the October 7, 2019 meeting were approved.

APPEARANCE OF CITIZENS

None

REPORTS

SENIOR CENTER RECREATION MANAGER REPORT

Linda McGhee reported the following:

- 1.) The Senior Center will be closed for the Thanksgiving Holiday from November 28th – 30th. The kitchen will also be closed on the 11th for Veteran's Day.
- 2.) There will be a S.A.I.L. class beginning on November 5th at 11 a.m. The class name stands for Staying Active and Independent for Life and includes strength training, balance, as well as some cardio exercise. The class is currently full with a waiting list.
- 3.) There are 3 Lunch and Learns scheduled for this month. The first is on November 5th and will be Commonwealth Senior Living discussing their programs. The 2nd will be on November 12th and will be the Wound Center speaking on diabetes awareness and the final will be on November 19th and will be Dr. Easley from Knox Physical Therapy to speak about back pain and sciatica. Each will be at noon on the scheduled day and you will need to sign up with office to be counted for the lunch.
- 4.) There will be a day trip to McCloud Mountain on November 6th for lunch and to see the fall foliage. Cost is \$5 for transportation and lunch will be on your own at the restaurant. Space is limited.

- 5.) The Senior Center will be having its annual Veteran's Day Pancake Brunch on Monday, November 11th from 10:30 a.m. until 12:30 p.m. Any volunteer help would be appreciated. Help will be needed between 9 a.m. and 2 p.m.
- 6.) The Senior Center will be hosting the AARP Drivers Safety Class on November 13th and 14th from 9:30 a.m. to 1:30 p.m. each day. Cost is \$15 for AARP members and \$20 for non-members. Please sign up at the main desk.

RECENT ACTIONS OF CITY COUNCIL

None

UNFINISHED BUSINESS

Ken Mayes gave a report to the board about the status of the MyRide Oak Ridge program. He mentioned that there were 8 rides given in October and 2 now scheduled for November. He also mentioned that there are currently 24 volunteers and 10 riders in the program. Board member Marty Adler-Jasny asked about a date for the next volunteer training as well as having some flyers to recruit riders as well as drivers.

Board Chairperson Pat Gengozian thanked everyone for helping with the Grand Opening of the new center, particularly Marty and Jackie for the beautiful plants that were brought in to brighten up the décor.

NEW BUSINESS

Board Chairperson Pat Gengozian mentioned an email that was received from a Mr. John Job that suggested the new senior center be named after former S.A.B. Chairperson Dave McCoy because of his efforts to get the new center to become a reality. The board discussed the fact that this had already been brought up before and the board felt strongly that the center not be named after one single person. The board acknowledged that Mr. McCoy had been a strong supporter of the new Senior Center along with many other previous board members and members of the general public. Board member Marty Adler-Jasny mentioned that Mr. McCoy's name was included on the plaque that will be donated by the Oak Ridge Senior Foundation. Board member David Vudragovich also asked about the possibility of an honorable mention wall to be created at some point. Pat said that another point was that other city buildings were not named after any particular people. She then said she would respond to Mr. Job's email and let him know what the board's reasoning is for not naming the building.

Board member David Vudragovich asked about the possibility of having a legal panel discussion about issues that face senior citizens today. It could be held in the evening or on a Saturday to try to cover times when seniors who are still working could come. He said he would work with Linda McGhee to try schedule this important educational opportunity soon.

Another program that was mentioned was a co-ed billiards class to encourage more women to come and play. Board member Paul Smiddy thought it was a good idea and would be willing to help organize it.

Board Chairperson Pat Gengozian also brought up that the City's Fire Chief had spoken to her about an endless rope exercise machine that the Fire Department would like to donate to the exercise room at the senior center as well as a donation of outdoor furniture that he and his wife would like to make for the back porch area of the center.

Board member Jackie Nicholas mentioned that we should start to think more about the possibility of hanging art on the walls inside the new center to bright up the building. She and board member Marty Adler-Jasny agreed to work together to do some research in this area to see what might be possible.

Mary Stephens, participant at the center, brought up that the set-up of the Bingo Room needs to be looked at for safety. She mentioned that there should be at least 3ft between each row for safety. Senior Center Manager, Linda McGhee said that they would double check to make sure that everything was set correctly. She also mentioned a service dog that was in the building during the Halloween Party. Ms. McGhee said that service dogs are allowed in the building according to ADA guidelines.

ANNOUNCEMENTS

None

ADJOURNMENT

The meeting was adjourned at 11:31 a.m.

Submitted by

Linda McGhee, Recreation Manager

Pat Gengozian, Board Chairperson