

Sept 16, 2013, Lee Senior Advisory Committee Minutes

Attending: Sharon Taylor, Patricia Jenkins, Jacqueline Neill, Jere Beckman and Shirley Walker. Also attending were UNH OT students, Alex, Phil, Hannah and Amber.

Old Business: Senior Programs. (1) All students had previous experience volunteering with seniors in various settings. Alex and others students needed to hear about our senior programs, and which specific seniors they can contact to question to try to determine what might be a good program for the students to implement. They asked about a community vehicle for senior transportation. We gave them a copy of our brochure and explained that that would be helpful in seeing what was available for senior transportation in our area. We felt it was important for committee members to contact seniors before the students interviewed them to make sure they would be welcomed. It was pointed out to the students that many of our seniors are quite well looked after by their families, neighbors and friends. Students were particularly interested in male and veteran seniors as we had not focused on them. They thought a program could be built around socialization, an important element in senior well-being. As our previous attempt at a game day at the library was not proven to be popular, they thought that breakfast out at Sunny's Restaurant on Rt. 125 might work—food/socialization. Committee members agreed this would be good to try. Students will contact Sunny's owners and ask about a possible senior discount for breakfast and other considerations. They will e-mail Sharon with up-dates and questions and she will be in contact with them with any of our updates concerning their program. (2) Committee members thought we might get more participation for any program if it focused on Seniors Helping Seniors as they would not

be made to feel that they were being helped, but that they were helping others! Sharing family history might be a good topic to bring seniors together.

Meeting adjourned at 10:00 am. Next meeting to be held October 7th as the 2nd Monday is a holiday.

Shirley Walker