

SENIOR CITIZENS ADVISORY COMMITTEE (SCAC) MINUTES

Tuesday, March 29, 2016

PRESENT: Phyllis Budin, Brenda Cooley, Karen Haseley (City Liaison), Henry Haslinger, Edward Hickey, Frank Pearlman, Betty Timer (Chair), Paula Williams (Chair-Elect), David West, Leta Mach (GB City Council Liaison, temporary)

NOT IN ATTENDANCE: Bunny Fitzgerald

GUEST(S): Bernard Robbs (SCAC candidate), Ronnie Scotkin

The meeting was called to order at 3:40 PM by the Chair, Betty Timer. Paula Williams acted as secretary.

1. AGENDA

Henry Haslinger made a motion to approve the agenda, which was seconded by Frank Pearlman; the motion was approved.

2. MINUTES

The minutes of the February 23, 2016 meeting were approved as distributed (motion by Henry, seconded by Frank).

3. OLD BUSINESS

A. Open Forum Report

Michael P. McLaughlin, City Manager, sent a memo to all city department heads with a copy of the SCAC Open Forum Report. Chief Craze will address the traffic issues. A response to the disposal of old medicine issue is expected by the end of May, 2016.

B. FORA/GAIL Update

A flyer was distributed announcing “**5@55**”, a free educational workshop designed for seniors that covers the 5 essential legal documents each individual should have in place in case an emergency arises. The GAIL-sponsored event will be held on Wednesday, April 13, 2016, and will be led by an Elder Law attorney. Afterwards, interested persons will be able to schedule an appointment for a free one-on-one consultation with a lawyer on May 2, 2016, which is Senior Law Day.

The next monthly Produce Distribution will take place on April 7, 2016 at Springhill Lake Elementary school at 2:30 PM.

Karen reported on the “Women of Wellness” event that took place on March 23rd at the Springhill Lake Recreation Center. Although twenty-five vendors were on hand, the event was not as well attended as the Health Fair held at the Greenbelt Community Center. Frank added that he found the event to be informative.

C. Widowed Persons Update

Frank Pearlman reported that the next session begins on April 7 and runs through May 12, 2016. The Support Group will meet at the Bowie Senior Center. Seven new people have signed up to attend. A flyer containing the information was presented for distribution.

D. Alternative Therapies – Not for Seniors Only (NFSO) Update

This year, the theme of NFSO will be Alternative Therapies, and two different therapies will be offered during the event. Betty Timer reported that Katrina Boverman has been confirmed to conduct a one-hour Guided Meditation session. Since Karen recommends that the event end with meditation, Katrina’s session will probably be held during the second half of the event.

Regarding choices for the second therapy to be featured, Karen Haseley left a voice message for Julie VanderMolen Sentara Leigh Hospital concerning the possibility of presenting on Tai Chi Qigong Shibashi, a form of exercise that involves movement and relaxation. Karen will follow up with an e-mail to determine Julie’s interest and/or availability during the first half of the Saturday, June 4 program.

A backup plan was discussed in case Ms. VanderMolen is unavailable, but the committee will first wait to hear back from Karen regarding confirmation. Other suggestions from committee members for a second topic included reflexology, acupuncture, yoga, aromatherapy, or MELT. If backup is needed, it was suggested that members prepare a brief description of other alternative therapies and send them to Betty via e-mail before the next meeting so that the therapies could be further discussed and prioritized.

4. NEW BUSINESS

A. City Council Advisory Board Meeting

Leta Mach reported on the Council’s March 7, 2016 meeting that was held with Advisory Board Chairs. Advisory Boards updates included:

- Forest Reserve Committee will plant and cultivate trees in Schrom Hills on April 3, Arbor Day.

- Board of Elections will address outdated voter rolls
- Community Relations Advisory Board is focusing on diversity
- Youth Advisory Committee is looking for new projects
- Green ACES is working on ensuring that composting bins available for purchase through the city
- Public Safety Advisory Committee continues to address recommendations made in the SCAC's 2015 Open Forum report, based on concerns expressed by residents. One result is that the Police and Fire signage has been installed in the city. Despite concerns expressed about the stop sign at the intersection of Southway and Ridge, no injuries have been reported, so no action has been taken. With regards to the issue of prescription drug disposal, the city will collaborate with the Prince George's County to participate in the National Drug Takeback Day on April 30, 2016. Locked receptacle boxes will be placed outside police stations or outside the Maryland State Police Headquarters in College Park. Further information and locations will be reported on the Greenbelt website. National Night Out events were reported.
- The Advisory Committee on Education recognizes educators from each school in May, and the Educators Program awards mini-grants of up to \$500 to fund selected projects.
- The Forest Preserve Advisory Board is conducting trails assessments and examining the history of the woods in Greenbelt.
- The Advisory Planning Board continues to meet with the Greenbelt Station developers; the townhouse development is open.

B. Resignation of Oyinkonsola Famuyibo (Oye)

Karen announced that Oyinkonsola Famuyibo has submitted her resignation from the SCAC to Cindy Murray via email. As a result, there are now two vacancies on the committee (Oye's, and the seat previously held by Paula Scott Luddy). Two people are applying to fill the slots. Leta reported that the vacancies will be formally addressed at the next City Council meeting.

SCAC members discussed the issue of absenteeism of members, focusing on the issue of "excused" or "unexcused" absences. A decision was reached that it is the responsibility of any member who is unable to attend a scheduled meeting to communicate such absence to the committee chair or the city liaison ahead of time, if possible. It was noted that the SCAC handbook states the number of allowed absences, and that it is the role of the Council to appoint or remove members.

5. Announcements

Karen shared information about a projected study by the University of Maryland to analyze the accessibility and mobility needs of senior residents, examining topics such as transportation, pedestrian access, and transit options from origins to destinations of seniors and caregivers. The demographic study will survey strengths and gaps of existing services, review best practices, and make suggestions for changes. Undertaken in conjunction with GAIL and the Planning Department, the proposal is in the exploration stage, with grant application due by June 4, 2016.

Karen distributed a flyer about Continuing Education courses offered by Prince George's Community College. The flyer lists health care programs and certifications offered by PGCC, along with a description of courses of interest to caregivers of older adults.

Phyllis Budin brought up the need for information on Alzheimer's disease for a neighbor and her caregiver. Ronnie Scotkin shared a summary of related services offered by GAIL and Greenbelt CARES, including evaluations provided by social workers to help individuals detect memory and dementia issues. After assessments, those in need can obtain program referrals for help with tasks such as shopping, weekly nursing visits, and transportation via Greenbelt Connection. Ronnie also stated that a previous Community Development Block Grant provided in home assistance, and recommended that Phyllis refer her friend to GAIL for information about discounted rates on services, and to the Caregiver Support Group which meets the 2nd Wednesday of the month, from 6:15 to 7:30 PM.

Karen announced the Contra Dance on April 2 at 7 PM, with lessons for beginners at 6:30. The dance features a live band and a live caller. The cost is \$10 per person. The Dance will be held in the Community Center's gymnasium.

Phyllis made a motion to adjourn, and Henry seconded it. The meeting ended at 4:40 PM.

Respectfully submitted,
Paula Williams, acting secretary