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**Portage Senior Citizens Advisory Board Meeting Minutes  
July 15, 2015**

Board Present: Ann Perkins, Ruth Ann Meyer, Gloria Padilla-Carlson, Art Roberts, Mary Maisto, Mary Lou Petrulio, and Bill Wieringa

Absent Excused: Monifa Jumanne and Trudy Riker

Absent Unexcused: Michael Martin

Staff: Kimberly Phillips, Senior Citizen Manager and Kendall Klingelsmith, Parks, Recreation & Senior Citizen Services Director

Chairperson Ann Perkins called the meeting to order at 2:30 p.m.

Art mentioned one correction to the minutes. (the adding of the words “Medicare is 50” to the Board comments about the August 17<sup>th</sup> KCASI meeting) It was moved by Ruth Ann and seconded by Art that the minutes be approved as corrected. The minutes were unanimously approved.

### **ITEMS FOR INFORMATION**

#### **Management Report for June (Kim)**

- Total active membership for June: 1,255
- There were 24 new members and 175 renewals
- Total volunteer hours were: 1,928 with a pay equivalent of \$42,011.

Program highlights in June included Flag Day Luncheon, Every Quilt Has a Story, Final Resting Places of the Presidents, Oil and Vinegar (tasting), Coffee with Public Safety, and two wonderful presentations by Bronson Hospital.

Kim made a correction to her written report stating that \$35,000 had been received through the Friends of the PSC, rather than the \$20,000 reported.

Board members discussed removing the parentheses from the Program & Services (including Health Services) bullet point in the Items for Information portion of the meeting agenda because it is an integral part of the job. Gloria is excited about and has been doing a wonderful job of visiting other Senior Centers and bringing back ideas and best practices for us to consider.

#### **Travel (Mary)**

- There were several trips in June including an international trip that left in June and came back in July. There were 79 participants. June was a good month for travel.

#### **Speaker (Judy Sivak)**

We had a very informative and interesting program presented by Judy Sivak of the Area Agency on Aging. Among the things she gave us to consider were:

- A blog – ChangeAging.org has many ideas on how to change the concept of aging. We're "not retiring." We're just starting to get ripe."
- In Kalamazoo County, between the year 2000 and 2030 there will be an increase from 35,000 people to 63,000 people over the age of 60.
- Pre 1946 the average family had 4 kids. The boomers average 2 children.
- There are fewer caregivers to meet the expanding need, and they need help. (respite)
- Loneliness for single seniors is a big problem. We need to find ways for homebound seniors to engage socially. The solution may lie in computer and interactive programs.
- Elder financial exploitation is on the rise. Judy handed out red cards and suggested we place them in public places to encourage people to report elder abuse.
- The Area Agency on Aging has programs for adult day care as well as in-home services provided on a sliding scale based on income.
- Everywhere transportation for seniors is inadequate.
- The number 1 need for seniors is life-long learning.
- #2 is wellness – programs like balance, fall prevention, and personal wellness.
- Judy handed a pie chart explaining the 5 Critical Factors to Your Brain Health Lifestyle. She says these factors should be considered when assessing senior programs.
- Portage *could be* the first "Aging Friendly" designated community in the state. Something we should consider going for in the future. She gave us a blueprint of the program by the Michigan Aging and Adult Services Agency. (the state certifying agency) Kim will make copies for each board member.
- Boomers are changing the narrative on aging. They believe that old is 15 years older than they are, but they are staring their golden years in the face and beginning to lead way to change.
- Judy believes we should get "Senior" out of our name. She thinks it's too exclusive – that we need to reach out to a younger demographic as well.
- She would like to see us include the term "live with purpose" in our advertising.
- And finally, she expounded on a *cool idea* she called a Caring Collaborative. It helps single people with no one to help them, to access services. They form a virtual village (like the Village to Village movement) to help one another and vet vendors.

### **Old Business**

- Ann distributed the redraft of the complaint process for the members manual. Mary moved to approve the redraft and it was seconded by Art. The redraft was unanimously approved by vote of the board members.
- Kim reported that the reaccreditation will kick off tomorrow. The subcommittees will report back by October and the process is due to be completed in December or January.
- Ann handed out Advisory Board Duties and Responsibilities to be signed and returned by the next board meeting.

### **Activities Reminder (Kim)**

- The Cornhole Tournament (to be renamed “bean bag” tournament) will be held on Saturday, August 8<sup>th</sup> for anyone over 10 years of age.
- The Evening Meal will start in August and be held on the third Tuesday. People should call ahead.
- An Ice Cream Social will be held Friday, August 21<sup>st</sup> in celebration of National Senior Citizens Day
- The 9 hole golf scramble will be held at the States Golf Club on September 10<sup>th</sup>

### **Advisory Board Comments**

- Art reports that meetings of KCASI may be coming to the Senior Center.
- The Valparaiso Senior Center has a built in café, which is open to the public. This is something we may want to explore in the future.

The meeting was adjourned at 3:50 p.m.

The next Advisory Board meeting will be held August 19<sup>th</sup> at 2:30 p.m. at the Senior Center.

Submitted by Bill Wieringa