

## **Chesterfield Older Adults Task Force**

### **MEETING NOTES**

**Attending: Karen Bono, Dixie Bowen, Bonnie Solomon & staff members James Mello & Libbey Tucker**

1. Recap of Better Living Expo – October 13, 2013
  - a. *Overall positive experience – interacted with numerous people. Offer to Meet with Sharon & Gary (West News) to provide feedback*
  - b. *Need More Room for Display Materials and More variety of materials*
  - c. *Had good traffic (was near food vendor), but difficult to get around table to speak one-on-one with patrons. Request an end-row location if possible.*
  - d. *Consider LLI having a separate table.*
  - e. *Consider different arrangement for speakers/locations*
  
2. Establishing Program Guidelines
  - a. *We continue to have more inquiries from service providers to administer programs and it was suggested some guidelines be put in place. However, those present decided it would be better to first establish some program ideas for 2014 and then “back into” the guidelines for delivery of those topics/programs.*
  
3. Programs for 2014?
  - a. *It was decided that an “All About You” event (or some similar name) would be hosted on Wednesday, April 9 in the City Council Chambers with room for approximately 20 exhibitors. This would include service providers who can help “rejuvenate, refresh and relax”. Spa-like vendors for the ladies, Logan chiropractic, golf swing analysis for the guys (other ideas welcome!) Bonnie, Karen & Libbey are going to work to reach out to some vendors early on, as we need to have the*

*majority finalized to promote in the March resident newsletter. A meeting will be held on Tuesday, December 17 at 2 p.m. to plan this event.*

- b. *It was suggested that we then schedule 2-3 programs quarterly. Programs or “adventures in learning” ideas discussed were: Genealogy, History of Chesterfield, Interesting People of Chesterfield, Scams & Swindles, There’s an APP for That, E-Readers (how to choose/use/upgrade), How to Skype, Art Activity, Cooking demonstration (perhaps by Annie Gunn’s chef Lou Rook who has a new book), Demonstrations of various types of exercise like Zumba and Yoga, and how to choose a senior living provider (geared toward caregivers/children of seniors) The idea of a “senior sampler” was also suggested, like a mini-senior fair with information on local programs like the YMCA’s Silver Sneakers programs, JCC programs, Volunteer opportunities, etc.*
  - c. Libbey will prepare a proposed schedule for the December meeting to be discussed.
4. Setting Meeting Calendar for 2014
- a. **Meetings will be scheduled monthly on the 3<sup>rd</sup> Tuesday at 2 p.m.** We will continue to meet as needed, but please get these on your calendars and staff will keep you posted.