

Members present:

Andrew Kehr, Don Peterson, Ed Sandfort, Betty A'Brial, Rose Rider, Liaison Brenda Cagle

Absent:

Sheila Franklin, Dick Franklin, Jeanne Duntz, Betty Bader, Nick LaCourte

Andy opened meeting 9:25

**Minutes from Dec. 5 approved** – Ed Sandfort made motion, Don Peterson seconded

### **Newsletter Discussion**

Andy reported that Sheila had reviewed all sections. Betty is reviewing the "Growing Older" brochure for items to include. Ed is collecting information to be included in a new section "Local Discounts for Seniors and/or Veterans". Some of the local businesses who offer discounts were mentioned – Lowes, Adams, Agway, Mother Earth. The list will be expanded as members bring in new business names.

### **Aging in Place Discussion**

Andy reported that a program similar to Aging in Place has started in the Millerton area. The focus is very simple; it's purely social. They meet monthly at a local café.

This prompted discussion about the various senior groups in the area.

Ed talked about the **Red Hook Seniors** group that meets every Tuesday at the Red Hook Firehouse. From noon – 1pm is social hour during – members are encouraged to bring their lunch. Afterwards, members play bingo until 3pm. Bus trips are offered 2x year – transportation is funded by the Town which makes the trips very affordable; seniors pay for the cost of entertainment. There is also a holiday dinner each year. There are approx. 50 members; about 30 attend the meetings.

Betty talked about the **Rhinebeck AARP**. The group meets monthly on the 2<sup>nd</sup> Wed. in the Reformed Church in Rhinebeck. About half of the members are from Red Hook. Andy asked about starting a separate Red Hook group and asked about the benefits of being affiliated with the AARP. Rose, president of the Rhinebeck AARP, stated that it was difficult finding leaders in that group and that there were no specific benefits to affiliation w/AARP. Most believed that it would be difficult to sustain another group.

The **Southern Tier** seniors group in Columbia County was also mentioned. They meet on the 2<sup>nd</sup> Wed. Their trips are not subsidized and therefore, are more expensive

Ed added that there is a **St. Christopher's** seniors group that meets monthly.

More discussion about Red Hook Seniors ensued. Ed noted the big problem of transportation. Many seniors want to go to meetings but have no transportation. The Red Hook Seniors seems to be addressing social needs, although many do not like bingo. How does all of this tie into the Aging in Place program? Ed will ask the Red Hook Seniors members how we can help them. Andy will call RH Seniors president Janice Saggese to ask whether they would want help amplifying the program.

Betty shared a PoJo article (Oct. 2013) on an **Ulster County Aging in Place** group that meets in Stone Ridge. They have 55 members; annual fee is \$25; they emphasize volunteers helping one another.

Betty reported that the **food pantry** at the Methodist Church received almost \$1000 in donations after they appeared at the Town Board meeting in December. Ed will ask the food pantry representative at St. Chritophers to contact Brenda about coming to a town board meeting this month.

**Friends of Seniors of Dutchess County**

Brenda shared a letter received by the Town from **Friends of Seniors of Dutchess County**, based in Poughkeepsie. They announced the expansion of services to the northern Dutchess area. The group “provides the older adult community with free basic support services, including non-emergency medical transportation, grocery shopping (if the client has no other means to get food), visiting, respite for primary caregivers and telephone reassurance.” Andy will invite Susan Davidson, Executive Director, to speak at one of the Senior Services Committee meetings.

**NEW MEETING DATE**

Since no one voiced a conflict with the proposed new meeting date, beginning in February meetings will be held on the 1<sup>st</sup> Wed. at 9:15am. Meeting dates for the next 5 months are:

Feb. 5   Mar. 5   Apr. 2   May 7   Jun. 4

**Meeting adjourned** at 10:29am. Ed made motion, Don 2<sup>nd</sup>.

Submitted by  
Brenda Cagle, TB Liaison