



City of Beaverton

CITY OF BEAVERTON
SENIOR CITIZENS ADVISORY COMMITTEE
TUESDAY, JUNE 9TH, 2009

1. CALL TO ORDER

The meeting was called to order at 2:15 pm by Michael Heart, Chair.

2. ROLL CALL

*Members present: Judith Auslander (pending), Gayle Campbell, William Johnson, Cheryl Gill-Shelton, Cathy Leong, John Livingstone, Michael Heart, Robert Marchbank, Jacqueline Stovall

*Members absent: Marianne Hart (pending), Beau D. McNeff

*Council Liaison: Marc San Soucie

*Staff Liaison: Jim Brooks

*Elsie Stuhr Representative: Laurel Reilly

*Guests: Bev Ecker, Hearthstone Mgt. Services, Ann Satterfield, Elsie Stuhr Center

3. APPROVAL OF MAY 12TH MINUTES

It was moved and seconded to approve the May 12th, 2009, minutes. The motion carried unanimously upon voice vote.

4. INTRODUCTIONS OF JUDITH AUSLANDER AND MARIANNE HART

Judith Auslander is a new member of SCAC pending approval of the Council. Judith Auslander spoke to us on the Oregon Food Stamp Program at our January meeting. She is a member of the Oregon Hunger Task Force. Judith has applied to be on the Washington County Senior Advisory Committee. Marianne Hart is also a new member of SCAC pending approval of the Council. Marianne is unable to attend today.

5. ELSIE STUHR MODEL FOR WELLNESS

Ann Satterfield, Health and Wellness Program Coordinator, for Elsie Stuhr Center, described their Model for Wellness. The primary goal is for participants to age well.

Intellectual/cognitive, social, emotional, professional/vocational activities were explained.

The Harvest Bazaar (biggest garage sale) is scheduled for the weekend after Labor Day.

Last year the Harvest Bazaar raised approximately \$27,000 for the center. The instructors for the fitness programs are all certified to teach seniors. Evaluation of the effectiveness of the fitness programs is demonstrated by the Senior Fitness Test. Seventy five percent of participants are able to maintain or improve their exercise abilities. Adults 55 and better may join the center if they are residents of the Tualatin Hills Park and Recreation District (THRPD). Out-of-district residents are eligible to use THRPD facilities for a fee. The e-mail site is www.thprd.org. If requested, a monthly newsletter can be sent per e-mail free.

6. SENIOR RESOURCE/HEALTH FAIR EVENT, OCTOBER 3RD, WITH ELSIE STUHR CENTER
Cathy Leong and Gayle Campbell reported on their meeting with Ann Satterfield. SCAC approved sponsorship of the Elsie Stuhr Health & Wellness Fair. The theme for the event is fall prevention. The Beaverton Senior Citizens Advisory Committee name will be placed on the flyer and posters. The City of Beaverton Logo will be sent to Ann Satterfield by Jim Brooks. Ann will send the flyer to Jim Brooks for approval. The proposed title for the event is Health & Wellness Resource Fair. SCAC will help with advertising the event. The event can be advertised on the City of Beaverton web site. Jim Brooks will find out the deadline for the City of Beaverton newsletter which is mailed to residents. Postcards advertising the event will also be mailed. Large size posters can be displayed in the library. There is money budgeted that can be used for food for the Fair. Ann Satterfield stated that she uses healthy foods. John Livingstone volunteered to take photographs. SCAC will have a table at the Fair. Robert Marchbank, who is a pharmacist, could give advise on medications that may cause dizziness. Besides manning the SCAC table, SCAC members could volunteer to help at the Flu Shot station and help with announcing speakers. The importance of SCAC members having an identifying feature such as t-shirts or a cap was discussed. Ann Satterfield was invited to attend the July meeting for follow/up.

7. ABSENTEE PROPOSAL

John Livingstone offered to withdraw the Absentee Proposal. Marc San Soucie stated that the By Laws of each committee does have the authority to determine an absentee policy. Marc is intending to explore the possibility of a standardized absentee proposal for all committees with the City Attorney. The absentee proposal is deferred for now.

8. SENIOR DISCOUNT PROJECT

Michael Heart stated that Beau McNeff has not responded to him in regards to status of the Senior Discount Project. Michael requested that if we find out any businesses that offer senior discounts to e-mail him the names and then he will forward to Beau.

9. SCAC FORUM

William Johnson has not received a response from Lani Parr regarding potential speakers for a SCAC FORUM. William Johnson will send suggested topics to Jim Brooks who will personally ask Lani Parr for input. If possible, a SCAC FORUM will be scheduled in November.

10.REPORT BY COUNCILOR MARC SAN SOUCIE

Marc San Soucie stated there will be a public hearing of the Budget at Council, June 22nd. Beaverton revenues are stable. The city has received stimulus money, for example, for transportation, paving and replacement of street lamps with LED's. A presentation of SCAC activities would be welcomed by the Council. It was suggested that the presentation take place November or December. John Livingstone offered a photo event of the Health & Wellness Resource Fair as part of the presentation.

11.ASSIGNMENTS FOR JULY 14TH MEETING, 2ND FLOOR CONFERENCE ROOM

A. Ann Satterfield will return for follow/up regarding planning for Health & Wellness Resource Fair, October 3, 2009.

B. Jim Brooks will report on meeting with Lani Parr regarding FORUM.

12.ADJOURNMENT

The committee moved and seconded to adjourn the meeting at 3:42 pm. The motion carried unanimously upon voice vote.