



# TOWN OF HUDSON

## Senior Affairs Committee



12 School Street Hudson, New Hampshire 03051 Tel: 886-6024

Minutes  
January 20, 2016

1. Call to Order
2. Pledge of Allegiance
3. Attendance
  - Gwen Bujnowski
  - Joe Cannava
  - Nancie Caron
  - Sue Hovling
  - Shirley LaFreniere
  - Pat Nichols
  - Steve Porter
  - Joanne Snook
4. Absent- None
5. Non Members Attending
  - Lori Bowen- Senior Services Coordinator
  - Dave Yates- Recreation Director
6. Public Input- None
  - Last meeting minutes approved 8-0
7. Old Business- None
8. Coordinator's Report

Total count for the Hudson Senior Center reached 929 members as of January 20<sup>th</sup>. Lori Bowen noticed that some seniors have been staying home due to the cold weather and others have retreated to their summer homes reflecting in lower attendance at the Center.

Bowen also made some changes to the event calendar for the current newsletter. The "North Barn Presents" presentation/ seminar have been changed from Wednesday at 1pm to Tuesday at 10:30am. On Tuesday January 5<sup>th</sup>, Bowen had the Hudson Police Department speak about scams and 27 members were in attendance. Then on Tuesday January 19<sup>th</sup>, Bowen had a Memory Care seminar presented by *Bridges by EPOCH* on Caretaker's stress. Bridges by EPOCH is a new facility in Nashua that provides an assisted living for Alzheimer and dementia patients. The last change to the event calendar was the movie afternoon; it is now on Tuesday afternoon, not Wednesday afternoon. If there are any questions regarding these changes, please see Bowen or refer to the North Barn newsletter.

Bowen is happy to report that John, the technology teacher, has been busy at the Center in assisting the members with any questions relating to their devices.

Lori Bowen stated that there have been two Bereavement meetings thus far and seem to be proving beneficial, with the group growing by one member this week. The Bereavement group is a therapy group for those members who have lost a loved one and need to express their feelings to a trained professional. Bowen explained that the counselor, Sharon, is certified in Death Counseling and Management, would need a minimum of 4 members for a scheduled session; otherwise it will be an impromptu visit between the member and the counselor. Depending on attendance, the counselor will provide beverages and pastries for those in the group. Currently, the Bereavement group meets in the North Barn library.

Bowen was able to schedule a second yoga class at a different location for the extra attendees. The other class will be practicing yoga at the Recreation Center office on Thursday mornings at 10 am and the class is enjoying the space and the serenity.

In closing, Bowen would like to remind the members that the center will be closed on President's Day February 15<sup>th</sup> and if the Hudson schools are delayed or closed due to inclement weather then the center will also be closed. If ever one wants to double check, one can find the information on the town's website [www.hudsonnh.gov](http://www.hudsonnh.gov), WMUR or on HCTV. If anyone is looking for a North Barn newsletter, they can be found at most senior facilities, nursing homes, a few Hudson restaurants, local grocery stores, the Southern New Hampshire satellite urgent care center on Derry Road, and if one is unable to locate a newsletter, please visit the Senior Center and see Bowen.

## 9. Strategic Planning Process

The Strategic Planning Committee has met a few times up to this point with the most recent meeting held on Thursday, October 29<sup>th</sup>. In those meetings, the members have developed a SWOT analysis and discussed potential survey questions to improve the level of satisfaction with the center. Currently the committee is researching avenues in funding the survey, distributing the survey, collecting the data, and analyzing the results. After the data is collected and analyzed, Chairman Porter would like to form focus groups to target certain areas to put objectives into motion. In these groups, the committee hopes to form a collective strategic one to five year plan for the Senior Center.

The next Strategic Planning meeting will be scheduled after distributing the survey and analyzing the data.

## 10. Other Issues

Sue Hovling has been coordinating the senior luncheons on the first Monday of each month and has been visiting local restaurants in Hudson. The generous restaurants have been most accommodating in providing the seniors with their own room, coupons, or simply free desserts or coffee. Hovling wants to write a thank you note in the HLN to

show gratitude for those restaurants who have participated and does not want to do so without the blessing of the Board. Members approved 8-0

If there is a member of the Senior Center that wishes to join the lunch club, please see Bowen for details.

Chairman Steve Porter brought up the senior field trips. Bowen said Lucille has a busy Spring/ Summer 2016 calendar already with a few remaining seats available under each trip. Bowen encourages anyone still interested in a particular trip that has not signed up to please see Lucille on Wednesdays or Thursdays to reserve their spot as soon as possible. Trips this year include; Foxwoods, a Beatles tribute band, and a log cabin getaway with a lobster feast.

#### 11. Closing Remarks

Shirley LaFreniere has nothing to add this evening. Nancie Caron has challenged Bowen to reach 1,000 members. Joe Cannava was to express his appreciation for the work Bowen displays in running the center, saying she is indispensable. Susanne Hovling is happy that Pickleball is growing with popularity. Joanne Snook and Gwen Bujnowski do not have anything to add this evening. Pat Nichols jokes about wanting to see Bowen cranky once. Joanne Snook adds that she is impressed that Bowen knows every members name and making all members feel right at home. Shirley LaFreniere jokes about wanting to get Bowen a sign that says "Cheers" because the center is where everybody knows your name.

Snook posed a question to Bowen about the possibility of the Hudson Senior Center opening five days a week in the next two years. Chairman Porter stated that the operating hours was indeed a question on the Strategic Planning boards survey and from those results, we could see whether the population would be in favor of that happening in the future.

Joe Cannava asked Dave Yates and Lori Bowen about the replacement flooring in the Community Center. Yates answered that he attended a conference and received a quote from a contractor which was more than Yates deemed appropriate for our situation. So Yates is still working on this project.

Chairman Porter wants to extend his gratitude for all those participated in the Strategic Planning process and the Hudson Affairs Committee.

Hovling wanted to add that there will be a dinner and dance held at the Hudson VFW on the evening of February 13<sup>th</sup>. This event is open to the public and being held by the VFW. Tickets are \$20 per person.

#### 12. Calendar

Next meeting is scheduled for Wednesday, February 17<sup>th</sup> at 7:30pm.

#### 13. Adjournment

Motion to Adjourn 8-0

Total Meeting Minutes 00:32:48