



TOWN OF HUDSON

Senior Affairs Committee



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

Minutes November 18, 2015 Meeting

1. Call to Order
2. Pledge of Allegiance
3. Attendance
 - Gwen Bujnowski
 - Joe Cannava
 - Sue Hovling
 - Shirley LaFreniere
 - Pat Nichols
 - Steve Porter
 - Joanne Snook
4. Absent
 - Nancie Caron
5. Non Members Attending
 - Lori Bowen- Senior Services Coordinator
 - Dave Yates- Recreation Director
6. Public Input- None
7. Last meeting minutes approved 7-1
8. Old Business
 - Budget Approval
 - Dave Yates met with the Board of Selectmen to review the 2016 Recreation Budget and the contents were approved.
9. Coordinator's Report

Total count for the Hudson Senior Center reached 900+ members as of November 18th.

Lori Bowen has started something new at the North Barn. She has coordinated a Bereavement 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, who 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.

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.

This year, Christmas Eve and New Years Eve fall on Thursdays therefore the Center will be closed.

The Annual Christmas Party for the Seniors will be held on December 5th from 11am-4pm at the Hudson VFW on Bockes Road. George from Best of Times Entertainment will return this year for his music entertainment and City Streets Catering will be catering again this year. Special thanks to the Council on Aging for co-sponsoring the event again this year.

10. 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 29th. 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 is scheduled for January 2016.

11. Other Issues

Vice Chairwoman Snook thought it would be a great idea to form a Pre-Bereavement group because it is hard on families and outside individuals to watch someone suffer and may soon pass away. Snook brought the committees attention to the fact that we have all been in this predicament ourselves and it might help to have that resource available to members of the Senior Center.

Joe Cannava stated some concerns about the need for such a committee when the policies and procedures of the Senior Center were already in place. Chairman Porter reassured Cannava that our purpose was still needed in overseeing the Senior Center as did Vice Chairwoman Snook.

12. Closing Remarks

Shirley LaFreniere misses the Seniors and will return to the center soon. Joe Cannava did not have any closing remarks tonight. Susanne Hovling is continually impressed with the progress of the senior center and enjoys attending activities there. Joanne Snook was in Maine for a trip, found a local senior center newsletter, and was pleased to see all the similarities between their center and ours. Gwen Bujnowski looks forward to aging in the Hudson community and participating in the center in the future. Pat Nichols highly recommends and encourages all seniors to visit the Senior Center if they haven't visited yet. Lori Bowen forgot to mention that the 2016 trips are posted on the bulletin board at the center and to please come sign up. Dave Yates wishes everyone a happy holiday. Steve Porter wanted to thank the Strategic Planning committee for all their time and

efforts, especially Elaine Brody, Charlie Matthews, Gary Gasdia, Gwen Bujnowski, Joanne Snook, Susanne Hovling, Joe Cannava, Harry Schibanoff, Sandi LaVasseur, Selectwoman Pat Nichols, Jay Thomas, John Cashell, and Dave Yates.

13. Calendar

Next meeting is scheduled for Wednesday, January 20th at 7:30pm.

14. Adjournment

Motion to Adjourn 7-0

Total Meeting Minutes 00:36:26