

COOPER CITY SENIOR ADVISORY BOARD  
7/19/2011 MINIUTES

Meeting was called to order at 7pm

Roll Call: Not present were Teri Sullivan and Nancy Sparks, board was aware prior they would not be present.

Approval of minutes: Board suggested changes to page 2, paragraph 7 to read, (Sharon suggested getting a list of seniors so we can try to reach out to them specifically. BSO/ fire dept. may have a list we can get. Change page 2, paragraph 9, first sentence to be a separate paragraph and to change second sentence from Ken to Rec. Dept. Change to page 2, paragraph 10 to eliminate the last sentence as the city no longer does. Minutes were approved with changes.

There were no guest speakers.

Announcement: Broward county commission did not increase the county millage rate. That is good news as our seniors on fixed incomes can't afford an increase in monthly bills.

Continued senior project discussion. We were interested in the C.E.R.T. program and if they have a seniors list for Cooper City. Stan gave us a contact at the Fire Dept. and Noreen will try to contact. We want to make sure the seniors who are invalids or are sickly are on the any emergency list they may have. We continued our discussion on a senior questionnaire. Bob suggested we include in questionnaire to ask if they need help.

Gail spoke to a couple of her senior neighbors to ask why they didn't participate in the cities senior programs? They said they weren't interested, not their age group. Said they were interested in more health issues, exercise and ways of prolonging life. She also stated they said they would not answer their door for strangers. Which that rules out going door to door to try to speak with seniors. Stan sent to Noreen some suggestions examples for the questionnaire and board members received copies.

Elizabeth suggested having a guest speaker at the monthly luncheon to go over health issues, ex. healthy of foods, exercise etc. Noreen, Gail and Jean didn't think that was such a good idea because it is a social for the seniors and maybe should be a separate function. Noreen agrees and said maybe have a healthy living workshop on a monthly basis. Sharon, Bob and Stan agreed with Elizabeth that taking 10 minutes of the luncheon would be the time to do it as it wouldn't intrude too much on the social.

The members of the board agree to submit to the Rec. Dept. a recommendation to have a Healthy Living Workshop and if approved we need to find one day a month where a room will be available to do this and then we can begin to find volunteers in the respective industries to come speak. We also agree to submit to the Rec. Dept. for a seniors book club.

Motion to adjourn, duly seconded 8pm

Always Watchful, Always Faithful  
Sharon Taylor

Minutes prepared by Sharon Taylor