

Hampton Senior Citizen Advisory Committee
February 5, 2018
Hampton Senior Center

Members Present: Sarah Drew, Peggy Marshburn, Martha Johnson, Yvonne Gaynor, Christine Evans, Martha Clark, Doris Farmer, Carol Perenzin, Ingrid Kirchmann and George Gwynn, Jr.,

Agency Representatives: Jimmy Gray, *City Council*, Wanda Rogers, Barbara Stewart, *Hampton Dept. of Social Services*, Gina Lewis, Keisha Baker *Foster Grandparent Program*, K. Trotter, S. Elswick, G. Jones *Parks, Recreation and Leisure Services*, Brian DeProfio *City Manager's Office*, Maria Santarsiero, *Peninsula Agency on Aging*.

Guest Speaker

S. Drew introduced Ms. Ann Andrews from Thomas Nelson Community College. Ms. Andrews spoke about the signs of depression in senior citizens which included persistent sadness, feeling anxious, pessimistic feelings, feeling hopeless, feeling worthless, irritability, restless, fatigue, memory loss, and indecisiveness, disruption of sleep patterns, suicidal thinking and/or attempts and unknown causes of pain that does not cease. She discussed common misconceptions about depression (https://www.medicinenet.com/depression_quiz/quiz.htm) and informed the group that depression in the elderly population increases their risk of cardiac disease and reduces their ability to rehabilitate after prolonged illnesses. She also noted that living alone, a sense of loss related to abilities and loss of purpose contribute to depression in the senior population.

S. Drew opened the floor for questions. A citizen asked, "What do you do if you're concerned about someone who has been acting differently?" Dr. Andrews recommend talking to their family member, the person's care taker or the facilitator if they live in a senior community.

W. Rogers, Director of the Hampton Department of Social Services added that concerned citizens can call the agency for assistance, especially the Adult Protective Services unit if they are concerned about the safety and wellbeing of a senior.

Old Business

I. Kirchmann stated the Christmas party was great, nicely organized and well attended.

Y. Gaynor acknowledged the hard work of the committee, which included G. Gwynn, K. Trotter, G. Jones, and S. Elswick.

Y. Gaynor recognized Dr. Leggett, one of the Senior Citizen of the Year nominees who was present.

New Business

K. Trotter reviewed the draft of the updated by-laws. G. Gwynn suggested that an addition should be made to address absences due to unforeseen circumstances such as illness or bereavement. B. DeProfio will relay information to the City Attorney's office for inclusion. S. Drew reported that she attempted to meet with committee members prior to this meeting to discuss the proposed by-laws changes, but only a few members were in attendance.

G. Gwynn asked if it was necessary for City Council to remove a member due to absences.

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B. DeProfio stated that City Council appoints the members, and they are the only ones able to remove them from the committee, which is standard throughout the city with appointed committees... W. Rogers noted that the committee would make a recommendation to the City Council regarding removing someone due to unexcused absences.

M. Clark mentioned she did not get an e-mail regarding the call meeting to review the by-law changes. G. Lewis noted that the email went out to those with e-mail addresses and the Chair was to make phone calls to those without email addresses.

Y. Gaynor stated that committee members should notify the Chair of absences prior to the absence and it will go into the meeting minutes as an excused absence. P. Marshburn asked if a member could submit an absence after the fact as it regards “unforeseen” absences. Y. Gaynor responded that once the Chair is notified, it will go into the record.

Y. Gaynor stated it is up to the committee to submit the necessary paperwork to city council to have someone removed.

Agency Reports:

M. Santarsiero (Peninsula Agency on Aging) reported that the 36th Annual Community Forum on Aging will be held on Wednesday, March 7, 2018 from 9:00 am – 2:00 pm. The cost is \$2 for those over 60 years of age and \$15 for those under 60.

S. Elswick mentioned if they get enough participants, the Senior Center will provide bus transportation to participants leaving from the Senior Center. Parks, Recreation and Leisure Services will have a table at the Forum. C. Perenzin asked if SCAC will have a table. K. Trotter clarified the table will be a joint table and S. Drew asked for volunteers to represent SCAC at the table. Volunteers will be at the table from 9:00 am – 11:00 am. The following committee members volunteered, C. Perenzin and S. Drew. A citizen Romona Gabrielle also volunteered to assist. M. Santarsiero mentioned the deadline of February 16th is for those who want lunch, but that people are still able to register after that deadline but they will not be guaranteed a spot in their selected workshops.

Public Comment:

Linda Kindred had two concerns: First Concern) the panhandling when you exit Interstate 664. She hasn't noticed any signs on Powhatan, Pembroke or Kecoughtan Road.

Second Concern) That all HRT bus stops don't have a cover protecting patrons during bad weather. B. DeProfio and Y. Gaynor asked if there was one bus stop in particular she was referring to and L. Kindred said there wasn't any specific location. C. Perenzin mentioned this question has been brought up in the past and an HRT spokesperson had addressed the group and noted that the number of riders at a specific bus stop is considered when adding services.

B. DeProfio stated he could get an update from HRT regarding the bus stop covers and also about the panhandling signage. The recommendation of the City Manager's previous appointee (L. Fitzpatrick) was that the by-laws would be updated before new members were appointed.

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Council Member J. Gray stated that signage was erected at identified sites of high volume of panhandling. The signage program was funded by the Coliseum.

Y. Gaynor mentioned our mission is to arrange service for the community and suggested that the committee look back at accomplishments for 2017 and plan ahead for 2018. She suggested SCAC continue to focus on community outreach.

D. Farmer asked if citizens can apply to sit on the committee. Y. Gaynor noted that two vacancies are noted on the SCAC webpage. L. Kindred mentioned there are currently applications on file from last year. Citizens would like an update on submitted applications. B. DeProfio mentioned applications were on hold pending approval of the by-laws.

S. Drew adjourned the meeting at 11:00 a.m. The next meeting will start at 10:00 a.m. on March 5, 2018 at the Hampton Senior Center.

Respectfully submitted,

Gina L. Lewis
Secretary