

**TOWN OF AMHERST SENIOR SERVICES
MINUTES OF ADVISORY BOARD MEETING
Wednesday, September 18, 2024**

PRESENT: James Bardot, Chairperson, Senior Services Advisory Board; Michael Camilleri; Rev. Susan Frawley; Ann Nichols; Del Szczesniak; Carol Roy, Guest; Melissa Abel, Executive Director, Amherst Center for Senior Services; Mary-Diana Pouli, Executive Director, Amherst Youth & Recreation Department; Tammy Jacobs, Program Coordinator

EXCUSED: Aaron Carlson; Dal Giuliani; Gary Henry; Shawn Lavin, Councilmember/Liaison to Senior Services Department; Julie Whitbeck-Lewinski

ABSENT: N/A

Zoom meeting opened at 8:30am. Jim made a motion to accept the June meeting minutes, seconded by Sue & approved by Board.

Discussion, Chairperson Jim Bardot & Executive Director Melissa Abel:

- Discussion involved the lowering of the membership age requirement to 50 as of January 2025. Melissa stated reasons to pursue this option: The lower age would keep us in line with AARP. It would also encourage adults to become healthier at an early age before the onset of chronic illness. The national trend leans toward health & fitness. With our partnership with Youth & Recreation, we have been able to do more innovative exercise classes & other programming.
- Concerns expressed by Jim:
 - 1.) The availability of limited offerings in the evenings. Melissa reminded everyone that we are open 3 nights a week. We occasionally offer "open to the public" events on weekends. Our goal is to continue to provide programming geared towards 50+.
 - 2.) Classes fill up fast now. Melissa stated we are at a good staffing level to offer more late day & evening programming. Other locations in Amherst provide us an opportunity to offer 50+ programming.

A motion was made by Jim to pursue the lowering of the membership age to 50. Motion seconded by Sue. All were in favor & motion approved.

Report from Melissa Abel, Executive Director, Amherst Senior Services:

- Replacement of the sewer pipe & the temporary shut-down of the kitchen was discussed.
- Classes for the Fall Semester filled up quickly.
- Our PR Coordinator has handed in her resignation.

Report from Mary-Diana Pouli, Executive Director, Youth & Recreation Department: No report due to technical issues.

Report from Tammy Jacobs, Program Coordinator:

- We welcomed new staff members Steve & Marc to the Program Department.
- September is Senior Center Month. Activities include an Open House & concerts by the Rocky Blues Band & the Senior Singers. University Express will be starting in October. Other October activities include Elder Fraud Protection, Homecoming Week, Senior Expo & Ask the Candidate.

Report from Del Szczesniak, President, Representatives' Council: No Report. Carol Roy was introduced. Carol will be joining us as the next Representatives Council President.

Adjourn: Jim made a motion to adjourn at 9:00am. Seconded by Mike.

Respectfully submitted by Melissa Abel.

*The next Advisory Board Meeting is scheduled for Wednesday, October 9, 2024 at 8:30am
370 John James Audubon Parkway*