

SENIOR ACTION MEETING MINUTES FOR NOVEMBER 12, 2024

In attendance: Hon. Walter T. Alexander, Hon. Carlton Davis, Hon. Lydia Gerson, Hon. Francina Wearing, Hon. Liz Eastman, Hon. Vanessa Caughman-Nesmith, Hon. Clotilde Monguya, Hon. Pat Caldwell, Committee Members: Mr. Tony Gonzalez, Lily Lopez, Will Haggis, Naomi Goldberg Haas, Miriam, James Telleson, and Pat Lewis. Hon. Pat Watler-Johnson and Hon. Ernesto Graham, (absent).

I-Call to Order/Agenda Accepted-11:07am: Lydia Gerson/Vanessa Caughman-Nesmith

II-Introductions

III-Discussion

Tony Gonzalez-Arts & Minds

- We do art workshops for adults with dementia. Alzheimer's and other forms of memory loss and their care. We have somebody with dementia sitting alongside a care partner like their spouse. The committee looked at a picture to describe what we see. This is the type of exercise Arts & Minds does during their workshops. His organization is expanding, and I am hoping Arts & Minds can present at our Senior Resource Fair in May.

Naomi Goldberg Haas-Dances for a Variable Population.

- The session started with breathing exercises which are similar to the beginning of their outdoor/indoor sessions for seniors and anyone who wishes to join in. They use various music genres to get people to move, even those with physical limitations. They promised to appear at our Senior Resource Fair as well.

IV-New Business

- We discussed ways to increase our presence. We plan to meet at senior centers in 2025.
- We distributed the rest of the health bucks.

V-Old Business-none

Meeting adjourned at 12:32pm. **Next meeting is January 7, 2025 at 11am via hybrid format.**