



Home of the Tualatin River National Wildlife Refuge

MEETING MINUTES

Senior Advisory Board

March 13, 2024 at 5pm

Virtual via Zoom

<https://sherwoodoregon.gov.zoom.us/j/81362651654?pwd=UEyBPjrPkfrsWumifwtghEjt6WuWQa.1>

1. CALL TO ORDER 5:03PM

2. **ROLL CALL** A. Chair Caz Thomson, Vice Chair Jen Myers, Members, Zana Mays, Donna Nevedale, and LaVette Columbo. City Council Liaison Renee Brouse and Staff Liaison Maiya Martin Burbank were also present. and Eugene Stewart. Members Nancy Phillips and Eugene Stewart were absent along with Community Services Director Kristen Switzer.

3. **January 10, 2024 Minutes. Member Mays moved; Vice Chair Myers seconded; the Board voted to approve.**

4. **CITIZEN COMMENTS** - none

5. 2024 ADVISORY BOARD PLANS –

a. For the action committees, the board will be working on creating a booklet on How to be Age Friendly for Sherwood Businesses followed by recommendations to the Park Board for Age Friendly parks and public spaces, and Age-Friendly recommendations for the Arts Council.

b. **Chair Thomson moved put that the Board do not hold their July 2024 meeting; Vice Chair Myers seconded; the Board voted to approve.**

Board meetings of the Senior Advisory Board for 2024 will be held May 8th, September 11th, and November 13th.

6. BOARD COMMENTS

a. Vice Chair Myers forwarded a Sherwood resident to apply for the Advisory Board. She runs a business that helps older adults downsize & move.

b. Vice Chair Myers will be hosting a community event that will be celebrating non-profit organizations on May 11, 2024. It will be in the Robin Hood Square with food, a local winery, In Kind Boxes, Helping Hands Food Pantry, & The Share Center

c. Member Mays also recommended someone to the board, Rick Vauble. He is a longtime volunteer at the senior center and the Elks Club.

d. Chair Thomson is planning a Senior Health and Wellness Fusion class & Community Café, and Y Talk on Dizziness & Vertigo by Fyzical.

- Pop up NIA class on May15th at 6pm. Non-members are welcome.

- Foundational Yoga Workshop on May 11th at 1:30pm – 3pm. Non-members are welcome.

- e. Member Columbo reported the delivery of 47 crocheted blankets to the Veterans administration for wheelchair bound vets. They work through the desk at the Veterans hospital. Also go to Veterans receiving Chemo and Dialysis.

7. COUNCIL LIAISON REPORT

- a. Council meeting approved the request for the UGB expansion for Sherwood West. We will be applying and will wait to find out approval.
- b. I-5 toll bridge plans have been squashed by the Governor.
- c. April 17th will be a State of the City Address
- d. Cruise In & Robin Hood Festival are coming up.
- e. Craig Sheldon continues to be the acting city manager with Kristen Switzer as acting assistant city manager.

- 8. STAFF REPORT** – Staff Liaison Martin Burbank reported that the Marjorie Stewart Senior Center served 1430 meals in the month of 54 volunteers serving a total of 612 hours. She also reported that the Memory Challenged Relationship support group is happening at the Senior Center Tuesdays at 3pm for loved ones of people with any sort of cognitive impairment. Circle of Friends, a bond-building and loneliness isolation interruption group, has the next cohort beginning March 21st and the following eight Thursdays. The Legacy Series of classes will be back this summer to help with end-of-life planning. Staff Liaison Martin Burbank also reported that the Sherwood Senior Shuttle began its first trips this week.

9. ADJOURN 5:40pm.

Next Meeting will be May 8th at 5pm via Zoom

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