

**Senior Resource Group**

**Meeting Minutes for 2/10/22 Meeting via Teams**

**Attendees:** Kim Graves, Susan Miller, Dean Crane, Cheryl Wheeler, June Snead, Peter Thompson, Sandra Burton, Tracy Browand, Jennifer Collins, Elaine Thompson, Kathy Blevins, Brenda Davis

**Absent:**

**Call to Order**

The meeting was called to order at 2:30 p.m.

**Welcome**

Kim welcomed the group, mentioned upcoming meeting dates and introduced the SRG Board Members. She announced that the Vice-Chair position is still open.

**VRPS Update**

Dean Crane spoke for a few minutes. He talked about the need for SRG to update our webpage and add pictures as well as VRPS’ search for a new president.

**Guest Speaker: Peter Thompson, Executive Director of the Center at Belvedere in Charlottesville**

Peter spoke specifically about the NISC (The National Institute of Senior Centers) a subgroup of the NCOA’s (National Council on Aging).

\*The NISC is now offering a new free membership model.

\*It is a voluntary organization that supports senior centers as well as any professionals who work with seniors.

\*Most organizations within the NISC are accredited, and the accreditation is good for 5 years. The NISC can help you with the accreditation process. Accreditation is a road map to high quality senior programming.

Reasons to join the NISC:

1. Free
2. Accreditation
3. Opportunity to engage and grow exposure with professionals at the National Level.
4. National conference discount.
5. Builds opportunities to network and learn best practices in the industry.

\*Peter mentioned when the SRG decides to have the next annual conference, he is happy to host it.

**Round Table Discussion**

\*Brenda Davis, the Manager of the Senior Center at Cascades in Sterling, VA, talked about Bingocize. The program is bingo plus exercise in between games. This is a program offered by Western Kentucky University’s Center for Applied Science in Health & Aging. There is a licensing cost for a 2-year term as well as fees for training and equipment.

\*Elaine Thompson, Rec. Specialist in Colonial Heights, VA, talked about her Super Bowl Challenge that incorporated exercise.

\*Kim Graves, Chesterfield County Parks & Rec, talked about Tap Dancing and Chicago Stepping classes.

\*June Snead, Hanover County, talked about her Diner Club. Seniors meet for lunch around the county.

\*Jennifer Collins, Arlington, VA, mentioned their day trips are well attended.

\*Susan Miller, Chesterfield Parks & Rec, talked about Tai Chi & Qigong.

**Close/Action Items**

The next SRG Open Meeting will be held April 14th at 2:30 p.m. via TEAMS with Sharon Entsminger of Chesterfield County Parks & Rec Marketing Department as the Guest Speaker.

**Adjournment**

Meeting adjourned at 3:25 p.m.

Respectfully submitted,

Susan Miller

SRG Secretary

Virginia Recreation and Park Society

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