

**Senior Resource Group**

**Meeting Minutes for 2/9/23 Meeting via Teams**

**Attendees**

Dean Crane, Elaine Thompson, Stacy Sandry, Susan Miller, June Snead, Sue Black, Angie Morriss, Anne Chase, Kathy Blevins, Sarah Yates, Tamakia Hamlin

**Absent**

Cheryl Wheeler, Kim Graves

**Call to Order**

The meeting was called to order by Susan at 2:33 p.m.

**Welcome**

Susan Miller welcomed the group and announced that Kim Graves is home sick and unable to attend the meeting. She and Elaine would lead the meeting.

Elaine introduced Angie Morriss.

**Guest Speaker**

Angie led us through a presentation entitled “What is Grief to You”.

She touched on the different forms of grief, the different ways everyone shows grief and some important coping tips that may help us through the journey. As caregivers, it may help to write down what we do and make a list of the people we count on. Categorize our people we are closest to. For ex, the listeners, the doers, the respite (fun people).

**Self-Care**

Elaine continued by leading the group through a self-care discussion, explaining the meaning of self-care. Each attendee talked about what he/she does for self-care, and we all agreed we need to do more of it!

**Meeting Minutes**

Jan. meeting mins were approved by Elaine and 2nd by Dean.

**Treasurer’s Report**

Stacy reported that we still have no money, but we will be working on fundraisers this year.

**Board Liaison Report**

Dean reported that a VRPS liaison has been posted for the SRG, but its hasn’t been officially announced yet. His name is James Mickel.

**New Business**

Susan asked the group to talk about what each of us hope to get out of the future SRG meetings. Elaine and Stacy would like to visit other Senior Centers. Susan suggested having everyone come to Huguenot Road Baptist Church. Dean said he would host everyone in Blacksburg too. Sarah, Kathy and Anne are all relatively close to each other in Northern VA and would be happy to give tours of their facilities as well. Susan said she would work with Kim to schedule an in-person meeting/tour of a senior center possibly in June.

Susan let the group know that Kim will be talking to Lynn Foy in Harrisonburg to schedule a training/meeting there in Oct.

Elaine announced that one of her colleagues is working on the education committee for the 2023 VRPS conference. She needs someone to speak for 1 hour on senior programming.

Susan and Elaine volunteered to help find someone or lead the presentation at the conference.

**Announcements**

The next meeting will be held on March 9 at 2:30 p.m. via TEAMS. This is a board meeting.

**Close/Action Items**

Meeting adjourned at 3:25 p.m.

Respectfully submitted,

Susan Miller

SRG Recorder

Virginia Recreation and Park Society

6372 Mechanicsville Turnpike, Suite 109,

Mechanicsville, VA 23111

vrps@vrps.com