



Hampton Senior Citizens Advisory Committee  
Hampton Senior Center, 3501 Kecoughtan Road  
January 9, 2023

### **Call to Order and Welcome**

Chair Linda Kindred opened the meeting by welcoming all in attendance and reminded all that the attendance sheet at the back of the room was to be signed upon arrival. She added that if anyone needed to be absent from future meetings to contact her directly at 757-776-2286. She noted that if anyone had questions, to ask them at the end of the meeting. She also introduced the three newly Council-appointed board members. Opening prayer was then offered.

### **Roll call & Approval of November Minutes**

**Present:** Linda H Kindred-Chair, Lewis Dawley III- Vice Chair, Cassandra Alston-Townsley, Lynda Burke, Martha L. Clark, Camilla Doctor, Tonya Grant, C'Faison (Cynthia) Harris, Martha C. Johnson, Phyllis Porter

**Absent:** Gralynn Owens

**City/Lead Agency Reps:** Mayor Donnie Tuck, Angela King (CAO), David McCauley (HPRLS), Susan Elswick (HPRLS), Shantel Hudgins (HPRLS), Shaeron King (HPRLS), Beatrice Sykes (PAA), Phyllis Palin (Social Services), Sallie Taliaferro (HHN Community Services Board)

**Guests:** Dr. Tiffany Alfred, Camille Credle, Doris Farmer, Gloria Jones (HPRLS), Earl Nabritt (HPRLS), Abriel Ruffin, Georgia Scott

Ms. Hudgins conducted the roll call; a quorum was present. The opportunity was given for the advisory board to review the December minutes. A motion to accept the December minutes as written was made, seconded, and unanimously approved.

### **Opening Remarks**

Director McCauley gave some additional opening remarks and proceeded to discuss informative updates on special current and future events that are to occur in the city in the coming weeks/months.

- ❖ Celebrate Healthcare Enroll fest at the Hampton Roads Convention Center, January 13<sup>th</sup>-14<sup>th</sup>, 10am-3pm

- ❖ Space Town at Air Power Park, March 25<sup>th</sup>, 11am-3pm
- ❖ Hampton Mosaic Festival at Mill Point Park, April 22<sup>nd</sup>, 10am-5pm
- ❖ Words on Wheels (Bike Walk) at downtown Phoebus, Fort Monroe, and downtown Hampton, May 21<sup>st</sup>, 2pm-6pm
- ❖ Black Beard Pirates Festival at downtown Hampton, June 2<sup>nd</sup>-4<sup>th</sup>
- ❖ Grooving By the Bay Series at Mill Point Park, Sunday's from June 11<sup>th</sup>-August 27<sup>th</sup>
- ❖ The Crab Town Seafood Festival, Tour de Fort, and the Bluebird Gap Farm Festival will occur this year as well.
- ❖ Also, the Christmas Parade will return along with Wonder Walk

Ms. Angela King also presented information in reference to the Love Your City grants/events. Currently, there is a request for proposals for Love Your City and groups may apply if they have an event idea that is new or that will enhance a previous event. Proposals submitted by the deadline will be reviewed by a special committee and awards will be made.

Ms. Cassandra Alston-Townsley added that she would help coordinate a survivor's fashion show (breast cancer survivors or caretakers of breast cancer patients). The fashion show will be hosted by the NAACP at the Hampton Roads Convention Center on January 14<sup>th</sup> at 12:30pm.

#### **Presentation – Licensed Insurance Broker**

Director McCauley closed out his remarks and introduced Abriel Ruffin who is a Licensed Insurance Broker with JenCare Senior Medical Center. Mr. Ruffin greeted everyone in attendance and introduced himself as an insurance broker with thirty (30) years of experience. He spoke about the drastic changes and effects of the baby boomers age group in reference to life insurance. Insurance companies have begun to relax the underwriting of qualifications, such as, no longer requiring a physical or bloodwork. Insurance companies are using technology to help qualify applicants for whole life insurance policies, which is a policy that does increase in cost as you grow older. He provided information on the concept of a term/time life insurance policy that is a policy for a specific period.

He also explained the qualifications to obtain Medicare and provided details about Parts A & B of Medicare. Part A of Medicare pertains to hospitals, while Part B of Medicare deals with everything other than hospitals such as doctor's visits, chemotherapy, and ambulance. Mr. Ruffin also furthered explained the open enrollments period in terms of Medicare. He discussed the difference between "network" versus "out of network" in reference to insurance plans. The benefits of supplements was also explained to be an addition to insurance plans. Supplements help to pay everything that Medicare doesn't pay except the deductible. Mr. Ruffin added that Supplements are an additional cost that has a tendency to go up every year. He concluded his presentation and thanked the board for inviting him to the meeting.

Ms. Kindred thanked Abriel Ruffin for the very helpful and informational presentation. She also gave an opportunity for Mayor Tuck to speak. Mayor Tuck congratulated the new members who had been appointed.

## Elections

Ms. Kindred introduced Ms. Angela King to give a refresher in explaining the duties of the Chair and Vice Chair. Nominations for Chair were brought to the board. Ms. Hudgins called the roll for vote. All were in favor to elect Ms. Kindred as Chair. Nominations of Vice Chair were also brought to the board. A roll call was conducted for voting. All were in favor to elect Mr. Dawley III as Vice Chair.

## Subcommittee Reports

Hospitality Committee: Ms. Cassandra Alston-Townsley showed interest in the role as Chair of the Hospitality Committee.

Senior Residential Housing: Ms. Grant and Ms. Elswick reported that there is need for members to participate to help execute the committee goals. They are hopeful by the end of January to have a drafted letter for the committee to review for distribution. They also spoke about wanting to work with PAA on residents aging in place.

Annual Report: Ms. Harris mentioned that they are looking for speakers to tentatively schedule throughout the remainder of the year.

## City/Lead Agency Updates

*PAA:* Ms. Beatrice Sykes spoke on the behalf of PAA. She provided information/flyers in reference to the Annual Forum on Aging on March 1 at the Hampton Roads Convention Center. The keynote speaker will be Colonel Greg Gadson who served in the Army for 26 years and is also a Virginia native. On February 8, the Peninsula Task Force on Aging will have its annual senior day at the Capital. This is an opportunity for older adults to be front and center with legislators in Richmond.

*Health and Human Services:* Ms. Palin mentioned they are in need for foster grandparents to volunteer within the classrooms.

*HCCC:* Ms. Harris mentioned about the Cooperative Extension 4H Club at Bethel High School. They are looking for volunteers with the retail store program to help promote life skills.

## Public Comment

- ❖ Dr. Tiffany Alfred introduced herself as a doctor of pharmacy with a focus on health and wellness. She also provides medication coaching. She offered to help anyone in need.
- ❖ Ms. Gloria Jones introduced herself as the Senior Recreation Professional for HPRLS and Senior Programmer at West Hampton Community Center. She wants to spread the word about senior programs within the city.
- ❖ Ms. Credle spoke on the behalf of Credle Insurance and Consulting. They are responsible for facilitating workshops and seminars on the social determinants of health.

- ❖ Ms. Shaeron King discussed Special Olympics Bowling that is an eight (8) week program held on Tuesday nights starting February 14 through April 4.
- ❖ Ms. Cynthia Harris spoke on the behalf of HCCC and their involvement with Adopt the Spots & environmental education that are volunteer driven initiatives.

### **Adjournment**

Ms. Kindred thanked the committee for everything that they have done and their participation. She asked the board members and visitors to send their prayers to Mr. Gwynn during these times. She closed the meeting by asking all to remember to be a ray of sunshine in someone's cloud, adding that you may be the only person someone sees, and your smile or act of kindness will brighten someone's day. The meeting closed with prayer and adjourned at 11:17am.

*Minutes submitted by Shantel Hudgins, SCAC Recorder*