

Senior Resources Committee  
Minutes of the Monthly Meeting of the Committee  
November 15, 2022  
6:00 PM

Location of Meeting:  
Sunnycrest Conference Room  
268 Mammoth Rd B  
Londonderry, NH

Present at Meeting: Deb Desrochers - Secretary, Lois Dziergowski, Sherry Farrell, John Wilson, Elizabeth Robertson - Members; Phil LeBlanc - LFD Liaison, Joe Green - Town Council Liaison, Kevin Grey - School Board Liaison, Ilona Arndt - Senior Affairs Director

The regular meeting of the Committee of Senior Resources Committee was called to order at 6:00 PM on November 15, 2022 by Deb Desrochers.

### **I. Approval of Agenda**

The agenda for the meeting was distributed and unanimously approved.

### **II. Review of Previous Minutes**

The minutes of the previous meeting were reviewed and unanimously approved.

### **III. Consideration of Open Issues**

At the beginning of the meeting Joe shared with the committee a letter he received from Martha Swiderski who attended the Expo. She wanted to thank everyone for the wonderful info she received and she hopes that we have another one next year.

- Senior Center: Ilona booked the *Balance Event* for 1/19/23. She handed out a list of AARP speaker topics to the members of the center to decide what top 5 topics would be good. She received feedback and will book those chosen. The center has many books to lend out and the idea of compiling a list for Meals on Wheels to bring to seniors was discussed.
- Pickle Ball: Deb let the committee know that Sherry has a sponsor that will donate to have the current tennis courts painted with lines so that pickle ball can be played on those courts. Many towns have done this and the pickle ball craze is now in full swing across the country. The need for courts to be built specifically for pickle ball is a great idea but the cost is great so the alternative of painting lines on existing courts would be cost effective and easy to do. Sherry will discuss more at the next meeting. John thought that the committee should go to the next recreation meeting and ask about pickle ball. Joe discussed that he has someone that wants to help with this. A warrant article should also be on the next ballot. The deadline is 1/10/23.
- Committee Charter: John again suggested that the charter be reviewed and possibly redone to reflect the current focus of the committee. Everyone agreed.

#### **IV. Consideration of New Business**

- Veteran & Senior Exemptions: Joe spoke about the Veterans breakfast. We need to find a way to get the word out to senior Veterans that they can apply for both the veteran and senior exemptions.
- Town Website: Joe suggested that there could be a box on the first page of the town website where specifically for links for seniors. It would be much easier then navigating through multiple areas to find info.
- Elderly services available: Phil asked about how he can find more info about service that are available to seniors regarding home care. He discussed a few scenarios which the fire dept has helped seniors. The senior help line is active but we have not put the word out yet about it. He would like to put together a pamphlet that the fire dept can give to seniors when they call for assistance. Multiple places were discussed but the problem right now is the lack of volunteers to fill the needs of seniors.

#### **V. Agenda and Time of Next Meeting**

The next meeting will be held at 6:00 PM on December 20, 2022 at:  
Sunnycrest Conference Room  
268 Mammoth Rd B  
Londonderry, NH

The agenda for the next meeting is as follows:  
Jim Green will send agenda for next meeting.

The meeting was adjourned at 7:15 PM by Deb Desrochers.  
Minutes submitted by: Deb Desrochers  
Minutes approved by: Committee