

St. Lawrence County  
**OFFICE FOR THE AGING**

80 State Hwy. 310, Suite 7  
Canton, New York 13617-1497

**Barbara R. McBurnie**  
Director

e-mail: [bmcburnie@co.st-lawrence.ny.us](mailto:bmcburnie@co.st-lawrence.ny.us)

**Telephone**  
315-386-4730  
**FAX**  
315-386-8636

**St. Lawrence County Office for the Aging  
Advisory Council Meeting Minutes  
September 14, 2009**

Meeting called to order at 9:30 am by Bob Mead, Chair. Members present were: Bob Mead, Roger Bennett, Elaine Porter, Ruth Bogardus, Pat Rourk, Tedra Cobb, Sr. Donna Franklin, Florence Patterson, Debbie Kent, and Ruth Ayen. Also present were: Kim McKnight Claxton Hepburn Hospital guest speaker, Sylvia Despaw, Robert Miller, Barbara Hance, Barbara McBurnie, and Kathy Skelly. Excused: Gail Bisonette, Carlton Doane and Gloria Zehr. Absent: Ron Frank. A quorum was established.

**Introductions and Welcome:**

- Everyone introduced themselves to speaker Kim McKnight and told what they represented.

**Guest Speaker:**

- Kim McKnight, the head of Claxton Hepburn Hospital Mental Health Center, was the guest speaker. Ms McKnight spoke on depression and the elderly. She stated that out of 100 adults about fifteen will have some kind of depression. We should be aware of the changes people go through when they are depressed. Please be aware of common symptoms of depression and realize it is a serious medical illness and needs to be taken care of by a professional.

**Public Comment/Correspondence:**

- No public comment or correspondence at this time.

**Approval of Minutes:**

- Roger Bennett moved to approve the minutes of the June 08, 2009 meeting. Seconded by Ruth Ayen. All were in favor- motion carried.

**Old Business:**

**Office for the Aging Report:**

- F. Patterson suggested that when the report is e-mailed out that the pictures be eliminated. She and others that have slow internet service are finding it very time consuming to open and print reports with pictures. Elaine and Sylvia have trouble opening attachments so would prefer the packet being mailed or have the information cut and pasted into the body of the email.
- F. Patterson would also like to see people get some form of recognition when they leave the board. When person leaves have the certificate ready at the last meeting the person attends so it can be presented in person to them. R. Bennett suggested that perhaps something could be given out for five years of service, 10 years etc. Everyone agreed that this was a very good suggestion.

**New Business:**

**StateWide Senior Action Report:**

- Bob Miller will be attending the NY StateWide annual convention in Albany Oct 13, 14, and 15<sup>th</sup>. Politicians invited include DeeDee Scozzafava and Bill Owens; Greg Olsen and Mike Burgess from the State Office for the Aging will all be speakers.
- Seniorama was very well attended they had 974 people attending and 61 vendors. They had a 50/50 raffle that netted them \$464.90

### **AARP Report:**

- No report Gail was unable to attend the meeting.

### **St. Lawrence County Council of Senior Citizens Report:**

- S. Despaw reported that 199 seniors attended the Annual St. Lawrence County Picnic. They were treated to a day of fun at Norfolk at the Dominic Zappia Community Center July 10, 2009. Entertainment, Bingo and door prizes were enjoyed by all. Lunch was provided by the Office for the Aging Nutrition staff.
- The St. Lawrence County Council has formed a committee to provide guidelines for future events including Mayfest and the annual senior picnic. The County Council will start a fundraiser in October to be drawn at their December meeting.
- The guest speaker at the September meeting was Martani DeRooy advocate for the needy at National Grid.
- County Council is also sending a representative to the StateWide convention in October.
- County Council has developed a pamphlet about what the organization is all about. It is hoped that other seniors in the county will want to participate either with the council itself or perhaps join a senior citizen group in their community.

### **Veteran's Services Report:**

- P. Rourk gave a report on the GI Bill. He stressed how there was no reason for any Veteran not to go to college. They are receiving about \$1020 a month to live on plus school expenses. There are many people at both Canton and Potsdam schools taking part in the GI Bill.
- Pat reported that many of these returning veterans are having a hard time financially. It is taking awhile before their compensation comes to them. Sister Donna Franklin let everyone know that Catholic Charities would be willing to help these veterans with utility bills etc. Pat told her they have tried to keep help to within the community they are from but will keep her in mind for future reference.

### **Meal Donations.**

- B McBurnie said it has been over 8 years since there has been a monetary increase to suggested meal donation. Other counties were canvassed and most are getting \$3.00 a meal. Barb would like to see St. Lawrence County increased accordingly. F. Patterson stated she goes to another county for lunches occasionally and their price is \$3.00. She recommends the change. P. Rourk felt that McDonalds and Burger King all have a \$5.00 meal what you get at the Nutrition Sites is much better for less. He also recommends the increase. Roger Bennett moved to increase the suggestion meal donation to \$3.00. Seconded by Florence. All in favor – motion carried.

### **Public Hearings:**

- B McBurnie announced that it was time to have Public Hearings again. Barb will again be attending the AARP meeting and County Council meeting in October where she will hold the public hearings.

### **Announcements:**

- Sheryl Campbell will be leaving the Office for the Aging and move to Social Services. She will be greatly missed by the senior citizens of St. Lawrence County. Barb will be looking into other ways to help us bridge the loss of Sheryl. We will have a great gap in service when she leaves. F. Patterson spoke as one of Sheryl's volunteers and would be willing to help all she can with calls etc.
- North Country Chapter StateWide Senior Action meeting will be on Friday, 9/19 at the American Legion in Potsdam.

### **Adjournment:**

- Motion by Roger Bennett, 2<sup>nd</sup> by Tedra Cobb - meeting adjourned at 10:45 am.
- Next meeting will be November 09, 2009 at 9:30 in the upstairs conference room.