SHASTA COUNTY COMMISSION ON AGING
May 17, 2019
YMCA, 1155 Court Street

Commissioners Present: Betty Harrison-Smith, Lupe Arness, Barbara Kern, Tom Watson, Richard Kern and Larry Mower.

Also present were YMCA staff members Pauline Asbill and Nicole Peterson.

The meeting began with a tour of the facility. We then adjourned to a conference room to discuss what the Y has to offer seniors.

Many of the changes in our musculoskeletal system result more from disuse than from simple aging. Fewer than 10% of Americans participate in regular exercise and the most sedentary group is 50 years of age or older. There are 4 major ways to improve physical fitness: aerobic exercise (walking, swimming, water aerobics), resistance training (weights), flexibility training (Yoga/Pilates) and lifestyle modification. Maintaining physical fitness is beneficial to cognitive function; there is a positive correlation between physical fitness and mental fitness!

The Y offers a number of programs for seniors. These include land-based classes (Senior Stretch, Senior Fitness, Young at Heart, Yoga, Pilates and Zumba). Also included are aqua classes (the indoor pool is heated year-round), prevention programs (such as diabetes) and Chess Club. There is a great deal of socialization provided at the Y, including the popular Coffee House.

Just the existence of the Y helps reduce social isolation amongst seniors.

The Y staff and the members of the Commission discussed what programs the Y might include to enhance the lives of local seniors. Currently, the Y partners with over 60 organizations, and is very community-oriented. Its budget is currently 40% membership dues, 40% program fees, and 20% donations and partnerships. It is currently working to develop more programs, based on additional partnerships.

The Y staff will work with the Commission to help develop workshops whose subjects would be of interest to seniors.