



Meeting Minutes

March 21, 2024

Officers present: President Chuck Flowers, Treasurer Larry Harris, Secretary Leslie Garrett

Guest Speaker:

Bob Batcher, Primeplus

Bob Batcher was introduced as the speaker for the meeting. He is the Executive Director of Primeplus which is a non-profit organization that was established in 1968 to help senior citizens.

He discussed the following:

- During Covid they had to reorganize the way the center was operated.
- Every Thursday Steve the piano man played at the center. During Covid they did on-line zoom sessions of everyone could still listen to Steve play the piano.
- December 2020 Primeplus started a food bank. They typically give away 90 bags of food a week with 20-30 volunteers.
- When one retires, they still need a reason to get up each day. The center helps provide this for many individuals.
- Primeplus is scheduled to move their location in 2025.

Bob discussed how it is important for seniors to be cautious with commercials on Medicare and other issues that may be misleading. He discussed other benefits available for seniors:

- Home care ranges from \$35-50 an hour.
- Primeplus offers adult day services for \$60 a day which includes lunch. It is also set up for this with memory issues such as dementia.
- Roughly 150 people visit Primeplus each day.
- There is a pre-Diabetes program available at no cost.

Bob asked for people to come to the Mayor's Commission on Aging on Thursday May 2, 2024, at 0900 located at Prime Plus 7300 Newport Ave. Norfolk, VA.

President Chuck Flowers announced the next meeting will be Thursday April 18th at 1130. We still need to invite other retirees to join the RCEAN web page. We have almost 300 people signed up now. The city has revised their web page. There were some issues, but they are being worked out. Negativity will NOT be tolerated on our Facebook page.