

Hastings-on-Hudson Senior Citizen Survey Report

Senior Citizen Advisory Committee

February, 2024

Introduction

The Village of Hastings-on-Hudson is committed to providing an environment that meets the needs of the Village's older residents. To this end the Village supports an active Senior Outreach Program for older residents and has established the Senior Citizen Advisory Committee to advise the Mayor, Board of Trustees, and Village Manager about the needs of older residents.

The Senior Outreach Program includes exercise classes, opportunities to socialize, seminars, transportation to shopping and trips to museums, mansions and events in the region. In addition to these group activities, the Senior Advocate, who organizes the group activities, also assists older residents with a variety of social, legal, and safety issues. The Hastings Public Library also provides many activities for older residents including movies, discussion groups, workshops, lectures, and games such as chess and mahjong.

The Senior Citizen Advisory Committee is tasked with advocating for older adults, identifying and meeting their social and cultural needs so as to encourage maximum independence and ensure their quality of life. In the fall of 2022, a survey designed by the committee was sent to residents 60 years and older to get input about their needs and interests. This report summarizes the process of creating the survey and presentation of the results. We are grateful to the Village for supporting this endeavor and hope that the results will add to the quality of life of the older residents.

The survey was designed to provide information on:

- Demographic characteristics of the Hastings residents 60 years and older
- Interest in aging in place
- Perceived needs and interests
- Current use of the Senior Program
- Interest in programming and services
- The ways older residents get information about village activities

A note about language: Recently the term "senior" has been replaced in many contexts by other terms including "elders" and "older adults" that avoid stereotypes associated with "senior." For this report, the term "older resident" has been used in most contexts to indicate the target individuals included in the survey – Hastings residents 60 years and older.

Methods

Surveys of older residents of other municipalities were examined and adapted as needed for inclusion in this survey. The Committee decided to disseminate the survey both electronically and by US mail as we wanted to include individuals who were not on the email list as well as those who had access to the survey electronically. The Village contracted with D&E Business Forms, Inc. to locate residents 60 years and older and to produce the mailing. The Village maintains an email list, the Senior Citizen News, of approximately 650 individuals who signed up to receive emails from the Village. We designed the paper copy to fit on a single double-sided page in a font recommended for older readers. The survey is included at the end of this report. A letter from the mayor explaining the purpose of the survey accompanied both the electronic and mailed versions.

The questions included those that had specific response categories, such as: Do you participate in volunteer activities? Yes No Want to volunteer

There were also open-ended questions about household help that is needed, programs and services older residents want, reasons respondents did not participate in programs, and things that would make Hastings more senior friendly. The respondents had the opportunity to write up to three responses to each of these questions. All comments are shown verbatim in the appendices.

Findings

The survey was filled out and returned by 383 Hastings residents. This represents 13% of the estimated Hastings population 60 years and older based on 2020 Census data.

As shown in Table 1, the majority was retired but a substantial number of residents was employed. It is notable that nearly 30% live alone. Older people who live alone are at risk of a number of problems, including medical events and falls that are not immediately recognized, loneliness and the associated consequences that include medical and psychological problems.

Table 1: Characteristics of the Sample

	#	%
Age		
60-69	142	37
70-79	161	42
80+	80	21
Gender		
Female	233	61
Male	145	38
Other or missing	5	1
Employment status		
Retired	235	61
Employed full or part-time	135	35
Other or missing	13	3

Housing		
House	290	76
Apartment	89	23
Other or missing	4	1
Family composition		
Lives with others	270	70
Lives alone	109	29
Other or missing	4	1
Help in emergency		
Has help for emergency	335	88
No help for emergency	36	9
Other or missing	12	3
Volunteer		
Yes	187	49
Wants to volunteer	33	9
No	151	39
Other or missing	12	3

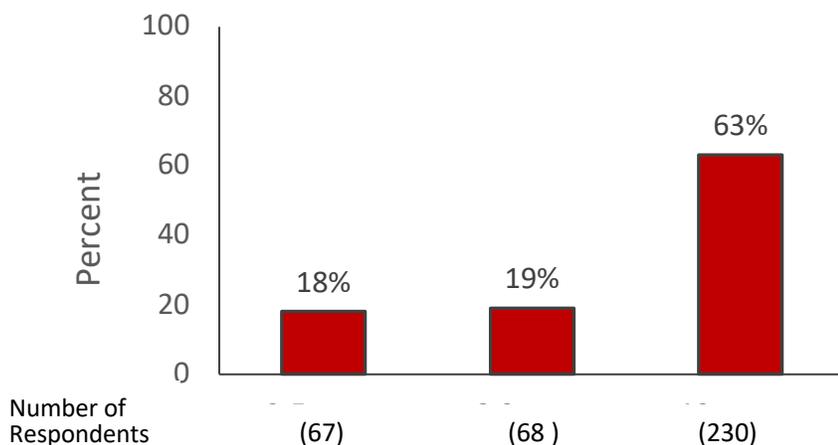
– Number of respondents, % - percent of respondents

While some older residents of Hastings are likely to have family and friends who live nearby, the large number of those who live alone is a concern and may warrant targeted attention. Many fewer report that they have no help during an emergency. It is notable that approximately half of the older residents are involved in volunteer activities, and a further 9% want to volunteer.

Aging in Place

The respondents were asked: “How long do you want to stay in your current home?” As shown in Figure 1, nearly two-thirds of the respondents answered that they wanted to stay 10 years or more. These findings are similar to the percent of elders 65 and more in a 2020 survey conducted by the AARP who strongly agreed with the statement “What I’d really like to do is stay in my current residence for as long as possible “.

Figure 1: Length of Time Respondents Want to Stay in Same Home



Help needed with household tasks and transportation

An important set of issues related to aging in place is the ability to take care of oneself, perform household tasks and access transportation as needed. Table 2 shows that the majority of residents reported being able to either take care of these tasks themselves or have help to do so. Snow shoveling was the task most cited that the respondents need help with both in responses to the survey question “Do you need help with the following tasks?” and in the open-ended question about what tasks they needed assistance with. There were approximately 20 respondents who wanted a list of vetted handymen or women or help with small jobs and repairs around the home. The next most common tasks that respondents wanted help with was heavy lifting. Specific small jobs included changing window screens, installing smoke detectors, and “anything that requires a step stool”. Examples of heavy lifting were getting things from the attic, hauling electric tools, cleaning the garage. One poignant response was from a person who needed help with “everything”. All comments about help with household tasks are shown in Appendix A.

Table 2: Need for Help with Household Tasks and Transportation

	Can do on own		Cannot do, have help		Cannot do, have no help	
	#	%	#	%	#	%
Activities of daily living e.g. dressing, bathing	373	98	6	2	2	1
Minor tasks e.g. changing light bulb, moving boxes	322	84	50	13	10	3
Yard work*	183	61	108	36	11	4
Snow shoveling*	162	53	111	36	35	11
Travel around Hastings	369	97	7	2	5	1
Travel within Westchester	347	92	20	5	12	3
Travel to NYC	331	88	25	7	18	5

- Number of respondents, % percent of respondents, *among homeowners

The ability to travel within the Village is a key component of staying in the community. As seen in Table 2, nearly all of the respondents could travel around the Village. However, there were 5 older residents who could not travel on their own and had no help doing so. In other comments another 15 mentioned transportation in the Village as problematic.

Numbers on a survey only indicate the extent of a problem in the sample, not the impact of it. Not being able to travel within the Village could have an enormous effect on quality of life and make staying in the Hastings difficult. The survey respondents comprise about 13% of the population of older residents. That is, for every person who filled out the survey, there are an additional 7 who did not. Thus, it is likely that there are substantially more older residents who have the same high impact problem of not being able to travel around Hastings.

Appendix B shows the comments about transportation. Several respondents suggested a shuttle service to the train station and around the village. The lack of a cab service was a common complaint. While there is a volunteer organization in town, FISH, that provides rides to medical visits, there were comments about wanting transportation to medical visits. This suggests that a number of respondents did not know about the service. Similarly, the Senior Outreach Program provides transportation to shopping, and cultural events, but responses to the survey suggested there is need for additional means of informing residents about available services.

Village-wide issues

Taxes were by far the issue that concerned the survey respondents the most. As shown in Table 3 The largest number of comments about any single topic in the survey was about taxes. A few comments serve to summarize the sentiments: “lower taxes”, “lower or stop raising our taxes”, “Our taxes too high. It’s hard to stay in our home and pay the bills.”

Table 3: Number of Comments about Village wide Issues

Topic	Number of comments
Taxes	95
Sidewalks and traffic	24
Parking	16
Discounts at village businesses	18

Appendix C presents all comments about sidewalks, traffic, parking, and discounts at Village stores and businesses. Comments about taxes were very similar and thus have not been included in an appendix. There were comments about lack of sidewalks in some locations and poor repair of them in others. Strict enforcement of traffic rules was mentioned by several respondents. One respondent said “enforce traffic laws against drivers who ignore speed limits and stop signs and thereby endanger people’s lives.”

Strong feelings were expressed about parking. One such comment was “I despise the new parking meters.” There was also interest in free downtown parking and more handicapped parking.

Eighteen respondents wanted the discount program at village businesses to be reinstated. While some stores continued to offer it, it had largely ceased operating during the pandemic. This program has been restored as a result of action taken in response to the survey.

Programmatic Findings

Hastings is fortunate to have an active program for older residents. It includes group recreational and social opportunities. In addition, the Senior Advocate provides individual support for individuals including referral to social and medical services. The respondents could write in up to three suggestions for programs and services they wanted included in the program.

Table 4 shows that a quarter of the survey respondents had participated in senior programs. Those more likely to participate included older residents, women, those 70 years and older, people who live alone, and in an apartment than those without these characteristics.

Table 4: Characteristics of Respondents who Participated and Did not Participate in Senior Programs

	Participated		Did not Participate		Total	
	#	%	#	%	#	%
All respondents	93	25	284	75	377	100
60-69 years	13	9	128	91	141	100
70-79 years	49	31	108	69	157	100
80+ years	31	39	48	61	79	100
Female	75	33	156	67	231	100
Male	18	13	124	87	142	100
Live alone	44	41	63	59	107	100
Do not live alone	49	18	218	82	267	100
Live in a private house	52	18	234	82	286	100
Live in an apartment	40	46	48	54	88	100
Employed	8	6	125	94	133	100
Retired	84	36	148	64	232	100
Looking for work	0	0	8	100	8	100
Volunteer	56	30	128	70	184	100
Want to volunteer	6	18	27	82	33	100
Do not volunteer	28	19	121	81	149	100

- Number of respondents, % percent of respondents

Those older residents who had not participated in the senior programs were asked the reasons why they had not participated. The most common reason was that they were not interested in the program, followed by: too busy, didn't know about them, wanted to but never got around to it, and the activities were not at good times for them. Transportation was mentioned as a reason by two individuals.

In the comments section the most common "other reason" for not participating was that the respondents felt they were too young, e.g., "not old enough", "just became a senior and still consider myself middle-aged". There were comments about not wanting to identify as a senior, e.g., "I don't consider myself a senior yet", "I'm a senior in age only", "in denial that I'm a senior",

Several comments were about interest in intergenerational activities, “Don’t like to be grouped as old. Something is interesting or not.”

The respondents were asked “what is the best way for you to get information about senior programs?” They could choose more than one way to do so. Table 6 shows that respondents cited the Village email and the local newspaper as the best ways to get information. Since the survey was conducted the local newspaper, the Enterprise, has gone out of business.

Table 6: Sources of Information about Senior Programs

Source	#	%
Village email	337	88
The Enterprise	178	46
Social media	60	16
Flyers	58	15
Senior calendar	54	14
Local television	36	9

- Number of respondents, % - percent of respondents

The best times to attend senior programs are shown in Table 7. More than one time could be chosen. While the morning and early afternoon were chosen by the most people, it is noteworthy that evenings and weekends were also good times for a substantial proportion of respondents.

Table 7:

Time	#	%
Morning	153	40
Early afternoon	163	42
Late afternoon	89	23
Evenings	80	21
Weekends	92	24

- Number of respondents, % percent of respondents

Individual comments about programs for seniors

The respondents were asked to “Please describe three programs or services you want offered” and “to describe three things that would make Hastings more senior friendly”.

All comments are presented verbatim in the appendices.

Approximately 90 of the comments referred to physical activities the respondents wanted to be offered as shown in Appendix D. They included:

- Chair and mat yoga
- Pilates
- Pickle ball

- Tai chi
- Zumba/dance
- Swimming
- Weight training
- Interval training
- Ping pong
- Pool/billiards

Some of these activities are already offered, e.g. tai chi, swimming, and chair yoga. Comments about them may indicate lack of knowledge about the offerings of the Senior Program. The older population is heterogeneous and meeting so many needs and interests is challenging with a small senior program. The need for classes for people with different levels of fitness are exemplified by comments such as: yoga classes are too easy, or too hard, zumba was too active or not active enough.

Appendix E contains comments about a variety of other recreational activities including arts and craft classes, card and board games, trips, and other types of social interactions.

Social activities mentioned by the respondents included:

- Luncheon at local restaurants
- Open house at Community Center for new people
- Friendly visitor program for homebound
- Inter-generational activities
- Trips
- More parties
- “Anything with people involved”

Appendix F shows comments and suggestions about discussion groups, a book group, lectures, and workshops on a variety of topics, including:

- Local politics
- Caregiving
- Racism
- Retirement
- Memoir writing
- Photography
- Computer/technical issues
- Film
- Meditation
- Book group

It is likely that the suggestions about discussion groups, a book club, and classes also reflect a desire for social connections. Social isolation is known to be associated with many adverse outcomes,

increased risk of premature death, hospitalization, emergency department visits and higher rates of depression, anxiety, and suicide. Programs, like those offered by the Senior Outreach Program, may have profound impact on the well-being of the older residents of Hastings.

Appendix G presents additional comments and suggestions about a variety of other topics. A sampling of these remarks includes:

- more affordable stores with larger selection
- community bulletin board real or virtual
- seating at different outdoor locations
- library pickup and delivery for homebound
- no dogs off leash
- online directory to locate and book transportation services
- in-home assistance, senior discount information
- a dog park where pups can socialize at the same time as their humans and
- less hills
- Need affordable housing

Also included in Appendix G are positive comments about support provided by the Village in general and specifically about the Senior Program. For example, “I find Hastings to already be quite Senior-Friendly”. Anne Russak, the Senior Advocate was lauded for her work on behalf of the older residents. “PLEASE do not let Anne Russak leave or retire.” Thanks were expressed for the survey itself, “Thank you for conducting this survey!”, “Thank you for looking for input from seniors.”

In summary:

- Almost two-thirds of older residents want to stay in their homes for 10 years or more.
- Most residents stated they could take care of their own self-care and minor house tasks. However, in answers to open-ended questions, there were comments indicating desire for help with a wide variety of household tasks, most commonly, access to vetted handymen/women.
- Snow shoveling and yard work were tasks that about 10% older residents wanted help with.
- Lowering taxes was the most common feature that respondents wanted to make Hastings a more senior friendly community. Improved sidewalks and parking were also cited.
- A need for more and better transportation services were also needed. Comments indicated the need for a local taxi service. Suggestions included shuttle services to the train station, to Ridge Hill, and around the Village.
- Residents who were older, female, lived alone, lived in an apartment, and retired were more likely to utilize the Senior Program than those without those characteristics.
- Village email and the local newspaper were the most common ways the respondents to get news about senior activities. However more than 50% of the respondents also cited social media, flyers, the Senior Calendar and local television as ways to get news about senior activities.

- The older residents who responded to the survey had a great deal to say. There were almost 700 comments. In addition to the 95 comments about taxes, there were many suggestions about transportation, a wide variety of topics for discussion groups and workshops, and about various recreational opportunities. There were many singular, interesting, ingenious, funny, poignant and generous comments and suggestions.

The results of the survey have been presented to the Mayor, Board of Trustees, Village Manager, the Senior Advocate, the Library Director, and the Downtown Advocate. The Senior Citizen Advisory Committee has used the knowledge gained to inform several initiatives. They include:

- Reinstatement of the Senior Discount Program
- Setting up bulletin boards in four locations with information about senior activities
- Creation of a brochure detailing programs and services available for older residents
- Initiation of a monthly book group for older residents at the library
- Hosting an open house at the Community Center. This included representatives of a variety of organizations that provide local and county-wide volunteer opportunities, transportation services, housing, food support, educational opportunities, and discussion groups. This was in addition to information about the programs already available through the Senior Program, library, and other local organizations that serve the interests of older residents. Approximately 200 residents attended. The open house generated a great deal of interest in opportunities for older residents, as well as the participation of several new members in our committee, bringing fresh viewpoints and interests.

In conclusion: It is clear that the Hastings residents who participated in this survey were interested in keeping physically and intellectually active, and were generally self-sufficient. It is important to note that half of them participated in volunteer activities and an additional 9% wanted to find volunteer opportunities. Programming and support from the community are wanted and needed. At the same time the majority of these older residents are actively contributing to the life and well-being of the Village.

Acknowledgments

We want to thank all the residents who took the time not only to answer the survey questions but also to share their thoughts and feelings about what they need and want in their comments and suggestions. We thank Mayor Nicola Armacost, the Board of Trustees, Village Manager Mary Beth Murphy, and Village staff members: Raf Zartzian, Anne Russak, and Lisa O'Reilly, who supported this endeavor.

Members of the Senior Citizen Advisory Committee in 2022

*Polly Bijur – Co-chair

*Kate Washton – Co-chair

*Miriam Budin

*Pam Knell

*Marilyn Meese

*Vivian Pronin

*Caroline Reiss

**Paula Scheiber

**Sandy Selikson

*Members appointed by the Mayor and Board of Trustees

**Other members with regular committee participation



HASTINGS-ON-HUDSON SENIOR SURVEY

The Senior Council has created a survey to assist us in enhancing the lives of seniors in our wonderful village. The results will be brought to the Board of Trustees, the Mayor and the Village to highlight our strengths and needs. It takes less than five minutes to complete. Please mail the survey in the enclosed envelope or leave it in the pink boxes at the Community Center, the Library or the Municipal Building. It can also be filled out online at www.hastingsgov.org/seniorsurvey.

**IF YOU HAVE ALREADY COMPLETED THE SURVEY ON PAPER OR ONLINE
PLEASE DO NOT FILL OUT ANOTHER!**

1. How long do you want to continue living in your current home?

0-1 years 2-5 years 6-10 years more than 10 years

2. Are you able to do the following tasks?

Please select one answer for each task and put a check in the box that corresponds to your answer

	I can do on my own	I cannot do it but I <u>HAVE</u> help doing	I cannot do it and I <u>DO NOT HAVE</u> help doing
a. Minor household tasks like changing light bulbs, moving boxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Personal care like dressing, meal preparation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Yard work (leave blank if not applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Snow shoveling (leave blank if not applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Travelling around Hastings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Travelling around Westchester	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Travelling to NYC or close by	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Other tasks you need help with: _____			

3. Do you use the internet (for shopping, news etc.)?

Yes No

4. What's the best way for you to get information about Senior programs? (Check all apply)

- Village Email Community TV channel WHOH-TV Fliers around town
 Calendar in Community Center The Enterprise
 Telephone call Social media (Facebook etc.) Other
-

5. Have you participated in any of the Senior Programs at the Community Center such as: exercise classes, organized trips, bingo, parties, transportation to shopping?

- Yes No

a. IF NO, why not? (check all that apply)

- Didn't know about them Wanted to but didn't get around to it
 No way to get there Not interested Too busy Not at good times
for me
 Other reason: _____

b. What are good times for you to attend programs, talks, workshops? (check all that apply)

- Morning Early afternoon Late afternoon Evenings Weekends

c. Please describe 3 programs or services you want offered.

1. _____
2. _____
3. _____

6. We have some final questions to help us describe the seniors who live in Hastings.

a. What is your age? 60-69 70-79 80-89 90+

b. How do you describe your gender? Female Male prefer not to say

c. Do you live in: a house an apartment in a house a multi-unit building

d. Do you live alone? Yes No

e. Do you have someone who can help you during an emergency? Yes No

f. Are you employed? Yes Never worked outside of home Retired
 Looking for employment

g. Do you participate in volunteer activities? Yes No Want to volunteer

7. Suggestions: Please describe 3 things that would make Hastings more senior friendly.

1. _____

2. _____

3. _____

8. Follow-up: If you want more information about senior activities, volunteer opportunities, and/or if you would like to participate in a **one-time** group to discuss issues of importance to seniors, please send email to seniorcouncilhoh@gmail.com or call Senior Advocate Anne Russak at 914-478-2380.

THANK YOU FOR COMPLETING THIS SURVEY!

Appendix A: Help with Home Tasks

Vetted handy men & women

vetted resources for yard and snow removal

A dependable list of services available to Seniors: snow shoveling, raking leaves, moving heavy items in the house/apartment.

List of reliable help for changing ceiling light fixtures and other light repairs (would pay)

Snow angels - volunteers to shovel snow

List of people who are willing to do snow shoveling, with phone numbers and prices

referrals for vetted contractors and/or architects to perform services

Honestly the aging in place paradigm is not workable in Hastings. For example, the DPW team has overall been terrific. They come to the door to get recycling bins, for example. But, every 3rd or 4th pickup, they forget to return the bin

service - snow removal needed - school kids?

Snow Shoveling Assistance

Snow shoveling

low cost cleaning service to do difficult jobs like cleaning floors, bathtubs

snow shoveling

consultation on home modifications for aging in place;

providing dependable snow removal and fall leaf clean-up would be terrific

getting assistance with chores that will get more difficult even if required to pay

snow shoveling

furnish info for handymen to do small jobs around the house

Garden help

Snow removal

yard services

A service we could call to help with minor household tasks like changing smoke alarms, light bulbs too high to reach

Figure out some way to offer services to eg change lightbulbs etc in a home

Easy way to post for help on heavier tasks

List of reliable help for snow removal (would pay)

Provide snow clearing

Resources for home helpers

home help - list of volunteers shovel rake

more access to plumbers, electricians, etc.

Teens offering "community service" to the elderly, i.e. picking up leaves or shoveling

Fixing things in the house that break, but I have help doing that.

Emptying gutters of leaves, jobs like flooding mitigation projects

Lifting heavy things, cleaning

Bringing groceries from car up to apartment

Carrying heavy things, getting things down from the attic

Everything

Maintenance and cleaning

Gutters

Only heavy work

Heavy lifting

I cannot lift anything heavy. I cannot reach anything that requires step stool

Good shopping, going to the pharmacy in Hastings, walking on snow or ice

Home repairs from reputable companies

Housecleaning

home repairs

Lifting, hauling, pulling & using electric tools. I have to hire someone for everything. A vetted list of handy-people would be great.

clearing out my garage.

I'd like to compost but don't have the physical strength. Also need help shoveling snow, doing minor household repairs/ lifting heavy items, rides to emergency room if I'm stable & don't want to end up at St John's by ambulance or pick up after procedure

Taking care of husband

I would like advice on house maintenance tasks. I don't have the knowledge to identify potential issues before they become problems or to evaluate quotes from contractors. It would be great to have someone I trusted inspect my house

general house cleaning

grocery shopping

repairs to my home

handyman type of work

smoke alarm

heavy lifting in garden

can't do all yard work

laundry

Heavy lifting, window washing

Doesn't know how long will stay because taxes are too high. Would love someone to help shovel.

Fixing small handyman tasks

Home repairs

Changing window screens for winter

Appendix B: Transportation

Shuttle bus around town

If necessary, emergency trips to doctors

More transportation up and down Hastings hills

Transport to some of the outside of Hastings events. Even with my GPS I easily get lost or cannot find parking

Transportation to shopping

Better commercial cab service! (i.e. reliable)

local cab service

senior bus

Continue great active, and help with transportation.

Connections to NYC. Some seniors would like to go to nyc museums/lectures at univs and Libraries.. also, to doc appts in nyc..and can't use public transit.. need a way to get there.

Issue isn't Hastings - it is the stairs in my house and needing to drive everywhere that will become a problem in the (hopefully) distant future

Shuttle service to/from Ridge Hill

Shuttle to train station

Having bus transportation more available

A sign-up for people who need a ride somewhere local: shopping or doctor's appointment.

A village bus on a circuit around town to station, library, Foodtown, Stop n Shop, waterfront and occasionally to Ridge Hill.

Transportation

bringing back the senior bus . I'm 94 years old and have been a citizen here for 70 years, I rely on playing bingo for my social life and look forward to seeing friends twice a week.

transportation - more flexible transportation options

Access to a driver

Get a car company to service train station like we used to have, with affordable transportation to/from the train station.

shuttle bus to train station

daily schedule year-round shuttle to other rivertowns like Irvington & Tarrytown

local cab service

Just hope to see FISH continue after Nancy Balaban is no longer doing the coordination of the program.

transportation for cultural events: theater, concerts, museum visits

Maybe van service to and from midtown Manhattan locations or a pickup on the West side

rides to MD appointments

Transportation to other than medical or food shopping.

transportation around town

local taxi service

Jitney to train at off peak times

other - expansion of programs like fish

transportation - quick access to NYC and White Plains

Affordable ride service

safe rides for seniors

I desperately need a driver for the bank, the P.O., the hair salon, clothes shopping and other miscellaneous shopping. Perhaps 2 times a week at most.

More buses

MD rides

Transportation for food shopping and shopping mall

The rides program does not take into account elderly with disabilities.

I'm currently unable to drive, so I need transportation to anywhere beyond Hastings.

Sometimes need rides to appointments, help with shopping if I am acutely ill: past episodes have involved vision problems, post-operative period and vertigo.

Errands. Hospital transportation. And while I do shovel my own snow, sometimes it's too much.

rides to doctor appointments-groceries delivered

Note: can't travel at night on own

local driving

keeping doctors' appointments

Appendix C: Parking, Sidewalks, Downtown Discounts

Parking

Coin meters for parking-new system is very problematic

Free Senior parking downtown.

Return to parking meters

free parking - maybe certain times for seniors - could get a sticker or something

village - parking meters in front of spaces not kiosk

parking preference

Free parking when attending some senior activities

Parking Meters: I despise the new parking meters. They are time consuming and ridiculous when you are standing holding a parcel/umbrella and there is a line of people who are clueless about using them.

I cannot use the new parking meter payment system

parking

easier parking

senior parking

Seniors who have a car should not have to pay for parking as long as they have the sticker

I live across Southside Ave. from the library. Why is there no traffic light at Spring/Southside crosswalk and that would also allow walking from Spring to library.

parking meters in front of spaces not kiosk

Parking for seniors in town. If a restaurant can have 6 parking spaces, so could seniors.

Sidewalks

More and better maintained sidewalks.

More enforcement of pedestrian law in crosswalks.

Better sidewalks

Fix broken sidewalks and curb ramps that impede walking and wheelchair travel.

Better sidewalks, e.g. on Broadway there are stretches where there's no sidewalk on either side of the street.

Sidewalks on Old Broadway and other village streets

sidewalks

village - better sidewalk maintenance in downtown, cutting bare foliage etc

Sidewalks - the same thing that's good for children

Slowing the car traffic on Main and Warburton for seniors to cross streets safely.

Completion of good sidewalk project.

More sidewalks

Crossing lights that work at the five corners

Enforce traffic laws against drivers who ignore speed limits and stop signs and thereby endanger people's lives.

Sidewalks

more and improved sidewalks

Continued maintenance of walkways

more sidewalks

Better maintenance of parks and pathways

Better street crossing arrangement (Warburton/Main Street)

Stop sign on Broadway and Olinda

village - sidewalk improvement, more handicapped parking

fixing sidewalks

Tough enforcement of crosswalks.

Senior discounts

Discounts by stores/restaurants and taxes

Reduced rate or free rate at pool

Discounts at local shops and restaurants

Bring back Senior discounts at stores (Covid seems to have stopped them)

Sale days for Seniors in local stores

Discounts

Discounts at local shops.

continue discounted memberships (like pool memberships)

village - discounts

village - discounts for taxi, uber, etc

Discounts at local stores

Encourage local businesses to offer & promote senior discounts/specials.

misc. discounts (maybe on a certain day of week)

Discounts to restaurants during slow hours

Senior discounts

more senior discounts for local residents

Discounts at local restaurants

village - discounts

Appendix D: Physical Activities, Sports, Exercise, Dance

Yoga	Yoga
	Chair yoga from actual yoga practitioner
	True yoga classes
	Yoga (not chair)
	Chair yoga
	Yoga
	Yoga or exercise for somewhat active ages 60-65 (too intimidated by yoga with young people)
	Fitness classes (yoga, hiit, weight training)
	would like mat yoga available like in the past. Many of us over 60 are still flexible, retired, and like late morning 10 or 11 rather than other classes at 8 am or 6 pm
	Yoga
	yoga
	program - fitness class yoga weight training
	chair yoga
	yoga
	Yoga!
	Moderate Yoga ... not chair or easy
	Yoga (other than chair yoga) for those more Active.
Yoga for people my age	
Free yoga to keep us healthy	
provide exercise services like being able to swim in pool or yoga (not chair yoga) and	
Pickle ball	Pickle ball
	pickleball court
	pickle ball, improv classes, conversational spanish
	Pickleball lessons/senior leagues/socials and same for ping pong (good for men & women)
	-
	Dedicated pickleball courts
	program - activities geared toward more active seniors such as pickleball pool hiking
	Pickle ball lessons.
exercise/sports - pickleball lessons leagues lectures on estate planning aging	
Tai chi	tai chi
	Tai Chi , Yoga

	tai chi
	exercise/sports - tai chi
	exercise class--Tai Chi--Qi Gong
Ping pong, pilates	exercise/sports- ping pong/leagues for men women or combined
	play pool
	exercise/sports - pool league (not swimming)
	Pilates
	Pilates
Exercise – general/other	Strength & balance classes
	Exercise classes
	Exercise programs (I know they exist)
	exercise classes
	exercise
	seniors exercise class
	strength training
	Exercise classes
	exercise
	continue providing exercise
	Balance classes
	continue with water programs at pool aerobics and other like ai chai or make aerobics 5 days
	exercise
	stretch and tone
	stretch classes
	exercise/sports - chair volleyball
	challenging exercise programs
	Exercise equipment (machines)
Zumba/dance	Zumba
	Zumba again!
	zumba classes
	exercise/sports - zumba line dancing
	Folk dancing and singing
	Square dancing
	Zumba classes
	dancing
	dance classes--Latin dance, jazz dance, contemporary dance
Swimming	A swimming pool. Not having a pool last summer was miserable and I don't think the Village was entirely transparent about the whole situation.
	I want the pool functional for next summer and I want more lap lanes available

Swimming pool year round

Hastings Pool with hours for senior swim time as we used to have before the pool went out of use

Swimming

Summer senior swim

Night Pool

Free entry to pool

To be given free pass to use pool in summer. Lived here with my husband for almost 50 years and would like to take a swim now and then. To charge us \$198 is too much. We already pay high school taxes and don't utilize the schools.

Appendix E: Other Recreational and Social Activities

Art class/crafts

art classes, specifically drawing & painting

arts/crafts

Art classes - drawing, water color or open studio

art related things - are already offered by the town

Art classes occasionally

art classes

arts and crafts

art classes

Sewing or knitting--a craft

Enrichment education? Arts, crafts classes

Arts & crafts classes

Sewing, quilting, etc. group

Crafts

art, photos, painting

special events--crafts, painting and drawing, writing classes

Knitting club

craft class

workshops for seniors - woodworking

Board and card games

Bridge lessons

Board games other than Bingo

card games

programs -bridge game

Bridge game

Card games (bridge, canasta, majong)

bridge classes

program - games chess/cards

bingo

bingo

Activities like recent bingo day

Mahjong

programs -chess tournament

since bingo was such a hit why not have other organizations do it - Fire department, trustees, pta etc

Trips

Trips to theatre, ballet performances etc

I would love to visit the American Indian Museum, other day trips.

program - more trips Octagon house, plays, Radio City

programs - day trips to museums, kykuit, nyc etc

Trips

Trips to museums, plays and restaurants

Group visits to arts/cultural sites such as Hudson River Museum, Untermyer Gardens, Kykuit, Il Maggazzino, et al.

Museums

Trips to play's restaurants etc

day trips -

More trips to museums, local historical sites, botanical sites, places of natural beauty, theater, music

trips to ball games

organized trips

trips

continue providing shopping trips

Organized trips to various gardens (Botanical Gardens, Wave Hill), museums (Hudson River, Neuberger at Purchase, Edward Hopper in Nyack)

Social activities

Social events for people my age

program - anything with people involved

A place to hang out with other seniors to socialize, similar to programs for teens and tweens. The community center at Pinehill, NY is a good model - senior center for coffee and conversation every workday.

Ways to meet other people who are "young" and fully active seniors -- still active, working, etc...

A café

A place to hang out for coffee and such, running into people like cafe latte in Dobbs.

Ways to meet/connect with active, adventurous like minded people

A better gathering spot for coffee

I think it is great that the town has programs for seniors that are not very mobile and need assistance/socialization. However, there are also alot of seniors who are recently retired and still very active but may be looking for reconn

program - luncheon in local restaurant

Meet and Great (sic) for seniors?

programs - try different restaurants

More social events

holiday party

More parties

local hikes/socials

	Parties
	More community meals- both in person and pick up
	More cafes with sidewalk seating
	Seems to be the same group at the Senior Center. I would like a reach out effort
	other - companionship lists of good doctors, dentists
	Entertainment for people my age - film/music
	Some conferences or movie night
	lunch and learn programs very good - more
Intergenerational activities	grandparent & grandchildren activities
	link to schools
	student tutoring and educational workshops
	Senior/children events
	some routine mixing with teens and younger children.
	organize HOH neighborhoods and make people aware of seniors
	link to schools
Other activities	photography class
	mathematics/statistics classes
	meditation
	programs with amazing seniors in HOH eg Elizabeth Gaynes
	programs exercise, meditation
	Spanish language classes
	Gardening tips
	More accessible activities. Some of us are not in wheelchairs but cannot walk the very long distance to get to some things like the library when the farmers market takes over the parking lot close to the entrance to the library
	Birding

Appendix F: Lectures, Workshops, Book Group, Other Educational Activities

Lectures, Workshops,
Discussion

Educational programs like lectures, presentations on Hastings history and current events etc

Lectures

Sandwich generation issues

renting rooms/cosharing space handling loss of spouse, senior single events

experts discussing medicare, eldercare, laws

workshops on issues such as land use policy, election infrastructure and administration

program - current events or international affairs

Talks by local authors, artists, engineers

lectures on interesting topics

Education sessions on Social Security, Medicare.

discussion groups/formal presentations on architecture, local are history, environment, gardening

Interesting lectures

Informative presentations about options for long term care from experts who are not promoting a specific business or product.

Classes or demonstrations

A program on changes in Social Security

lectures on current events, or local history

Lectures

Program Discussions

lecture series

A Talk by a Geriatrician

Help Navigating Medicare

discussion group

Talks on books, health topics, vaccines, elections

topical lectures/discussions

discussion groups

informational talk

Adult ed programs like Bronxville, Scarsdale

meetings/lectures

Additional programs at community center

Drivers ed. Oh, do i see some close calls with senior driving in HOH

Interesting lectures on topics such as estate planning, mind/body meditation...

learn about home health aides, nursing homes

	Workshop about enhanced STAR program
	Online forums on various topics
	health cooking class, demonstrations discussions, craft classes
	discussion of medicare options
Book group	Book club
	book group
	book group
	Book discussions
	Book club
	book club - the library has some wide age range option I think
	A more involving and deeper participation book club or film club.
	Theatre, book discussion groups especially on racism
	programs to connect seniors with school children in all three schools
	book club especially for seniors
Writing	Course in memoir writing
	Course in memoir writing
	Writing workshop
	Memoir writing
Computer/tech	better understand computer
	tech support, cell phone
	computer skills
	computer classes
	Have people who could advise seniors with technical/computer problems or questions. These advisors could be high school or college students.
	understand cell phone
	computer literacy
	iPhone skills
	internet/TV/Alexa set-ups
	program computer classes photography using your phone
	When I have technical problems or questions with the computer or telephone, my husband takes care of them. I cannot deal with them myself.
Help with finances	How to prepare financially and insurance wise for older senior years.
	program - financial information wills trusts estates
	Financial planning and/or group to address finances
	informational (Health, financial, etc.)
	tax preparation
	Financial seminars for seniors
	Doing bills

Other Activities

mathematics/statistics classes

meditation

programs exercise, meditation

Spanish language classes

Gardening tips

photography class

Birding

Appendix G: Miscellaneous Suggestions and Positive Feedback

Miscellaneous Suggestions

Vaccination clinics

vaccines offered at the community center

More times for chair yoga, ballroom dance for beginners, line dancing

I'd like to know when there are programs at the schools that would interest me like plays and concerts and lectures.

More activities via Zoom until case rates are such that all seniors can attend in person with minimal risk.

Please bring back the senior bus for bingo. I have to rely on my daughter who lives in white plains to transport me to bingo.

friendly visitor program for homebound

message group for seniors only where questions and answers can be shared and see if anyone else is around to meetup

Information about what is happening in Hastings.

volunteer opportunities--friendly visitor, food pantry

Online resource directory to locate & book transportation services, in-home assistance, senior discount availabilities, etc.

Young people doing errands and helping

Visits to homes by Senior Outreach members to assess living conditions and to offer suggestions of seniors

More accessory and affordable housing. Less single family homes.

advertise more to inform the current senior opportunities

Continue work to make affordable housing unit variances easy to obtain

no dogs off leash

walker friendly

Would it be possible to have a "wellness check" service for people who live alone and may need emergency assistance?

More funding for more advocate time

tutoring students

allow dogs off leash in Hillside woods some of the time

library delivery and pickup for homebound

exercise classes go back to paying yearly instead of monthly.

Stop using term "Senior" - label jars not people

Polite answers from town hall.

senior citizen housing

Some activity aimed at senior men like a weekly poker game or big screen football games.

To have more Senior Housing.

seating at different locations outdoors

Movie house, especially for classic & arts movies

More affordable stores with wider selections

I would like the people in Donald Park to be more included in Hastings "proper."

concrete services like help getting needed services like para transit

Help during power losses. We are on the list of homes to be checked, but the volunteers tend to come after work, when it is dark and we have gone to bed. Either it is scary or our hearing aids are already out for the night.

community bulletin board real or virtual

health cooking class, demonstrations discussions, craft classes

men's group

designated people in certain block radius for emergency help (volunteer)

animal assisted therapy

Projects to improve Hastings

Ways we can support the community

Supporting community service activities

check in on elders & read to elders

Most seniors are going to need some kind of help organizing medications and taking them

medication instruction/practice

student tutoring and educational workshops

Mobile van to do wellness checks all over town

More handicap parking spaces

Restaurants

Hot lunch

village - restaurants available

A dog park where pups can socialize at the same time as their humans. Years ago we gathered in an "unofficial" dog park where friends of both species

Improved garbage collection in downtown

Handrails for steps/steep walkways

more adult library programming

Gardening/planting volunteer projects or any type of volunteer project specifically targeting Senior volunteers will allow them a chance to "give back

Consider trying to become/ create a Naturally Occurring Retirement Community. HOH is a wonderful place to be a senior but we could make it better

Free parking for the Library. 15 minutes is not enough in the lot behind the police station and would use the library more if parking was provided.

unchain uniontown park for broader access when baseball game is in progress

More signage encouraging protective mask wearing in public places

Make walking on aqueduct less muddy

retention of outdoor seating--still worried about COVID

clear directions for entry & distance to voting location indoors for school board elections

movies and theater programs

neighborhood emergency contacts

More community garden plots, in different locations.

Run some programs of interest to seniors on the HoH channel, maybe some old film footage

Improve walking trails

A list of people and numbers to call in case of emergency. A way to find low-cost housing

More cultural events, River Arts was great this year

A senior golf group.

partner with other towns to give seniors more access to programs

Make exterior exercise park - Quarry Park?

when will you go back to the one-time payment for the exercise programs from September to June ?

service - check periodically on my financial ability to be sure I'm paying taxes and bills on time etc.

there is already much that is offered - maybe free food delivery to people who needed it

A walk along the river front. Seems HoH is unique in not having a place to actually walk more than a few feet along the river banks.

a few more benches so I could walk to town, but have resting places.

Lights in the stairs near Maud's

lockbox

housing

Housing - all my friends are moving out of town

Positive Feedback

awesome variety now

I enjoyed the family history talk that Sue Smith gave

It is senior friendly now

positive I think HoH does a great job

I find Hastings extremely senior friendly

I think the village already makes the town Senior friendly but I may see things differently in the future.

It is already very good.

This is an excellent survey.

Hastings is already very good to seniors.

Not sure since we are not living "a senior life" but very glad to know these are available when we are ready.

This questionnaire is a great start but perhaps there could be a follow-up meeting with

Nice survey

Thank you

reach out more to the current seniors to get involved (like this survey - GREAT!)

Thank you for looking for input from seniors.

Thanks!

I find Hastings to already be quite Senior-Friendly (this survey, itself, is proof) but would like to see

Thank you for this opportunity.

I think your senior programs are great for those that need the socialization and help.

Thank you for this inquiry

Thank you very much for this survey!

Thanks

Tx for creating the survey

Thank you.

Thank you for your concern and interest--very grateful.

Thanks for the survey.

Thanks for your efforts!

Hastings is already senior-friendly

I think Hastings offers seniors quite a lot of nice events.

The taxes are very high for seniors on a fixed income

Thanks for All you do!

I'm glad you're doing this!!

Thank you for asking. I guess there's not much you can do about the hills!!

The current yoga and exercise classes are fabulous. We love our new yoga instructor!

Thank you for conducting this survey.

The programs that the village offer are diverse and important as they already exist. Anne Russak does a tremendous job. We love her and the effort she puts into what she does.

I think you're doing a good job in reaching out, making an effort

so far you're doing a great job

Hastings is a great place for us old folks to live!

I think Hastings is very Senior friendly

p.s. love the magnet

thank you for covid19 vaccination program? Narcan train training too

the staff at the Harmon center are outstanding

Anne/sc - thank you for this initiative

I think that Senior Programs are wonderful and Anne Russak is doing a great job

Thank God for all of the police, ambulance, fire dept that we have

Anne does a wonderful job maybe it's time to expand

Anne does a great job!

PLEASE do not let Ann Russak leave or retire