



BETTER LIVING FOR SENIORS MONTHLY MEETING

October 15, 2014

Board Members Present:

Cindy Clouse	Larry Powell
Liz Craven	Tamara Rowland
Britni Hall	Dorene Royal
Cari Herrington	Greg West
Kim Hooten	

MEETING LOCATION:

- Our location and breakfast was hosted at located at Lake Howard Heights Assisted Living on 650 N. Lake Howard Drive, Winter Haven.

MEETING CALLED TO ORDER:

- The meeting was called to order by Cindy Clouse, President at 9:24 a.m.

APPROVAL OF MINUTES

- A motion was made that the minutes from the September 2014 Meeting, now posted on the website at www.blfspolk.com, be approved. The motion was seconded, a vote taken and the minutes were approved unanimously with no changes.

TREASURER'S REPORT

- Account Balance is \$15, 655.81
- YDT Expense through September 30, 2014: \$4683.10
- YDT Income through September 30, 2014: \$6,882.84
- YTD Net Income is \$2199.74
- Month of September 2014 Income was \$279.12
- Month of September 2014 Expenses were \$ \$278.22

A motion was made that the treasurer's report be approved. The motion was seconded, a vote taken and the report was approved unanimously.

COMMITTEE REPORTS:

- **Directory:** Since this is now 'health fair season', BLFS directories with holders are available to put in your place of business and place with others in the community. (If a holder is placed in the community, we request that you please keep it filled.)
- **Better Season for Seniors:** This is a program that provides gifts for seniors in our community who have no family and would receive no Christmas gift. A list is collected from caregivers so the seniors receive what they need. A meeting of the

committee will be Friday morning, October 15, 2014. If members are interested in assisting or being sponsors, please contact Tamara Rowland.

SPEAKERS AND LOCATIONS:

- The Church of the Nazarene, 4777 Lakeland Highlands Road, Lakeland, Florida is the November 19, 2014, location with Comfort Keepers and Good Shepherd Hospice and as the sponsors. Retired Colonel Gary Clark (VA Benefits) will be the speaker.

GUESTS AND MEMBER INTRODUCTION

- Members and guests introduced themselves and gave a short explanation of their services, agencies, businesses and upcoming events.

HOST

- Brian Butts, Director of Sales and Marketing, introduced the Lake Howard Heights team and offered a tour after the meeting. Thank you for the delicious breakfast!

GUEST SPEAKER

- Today's program was a presentation by Dr. Daniel Haight, Vice President of Community Health (and Infectious Disease Specialist) at Lakeland Regional Medical Center, on the topic of Fall Prevention. He displayed a dramatic graph of the increase in fatal and non-fatal injuries once a person passes the age of 65. He emphasized that non-fatal injuries are continuous; people and their families have to deal with the consequence and live with the injury, this is why the prevention of injury is so important. Eighty percent of falls occur in the home. The call to action is to help seniors age successfully (with balance); those at most risk are those recently discharged from the hospital, those taking 'balancing altering' medications, those with Parkinson's and stroke risk. Dr. Haight discussed the need for communicating resources with each other so all are aware of what is available (such as Coalition of Injury Prevention, Silver Sneakers, gyms with discounts for seniors, what Medicaid will pay for, etc.). Thank you, Dr. Haight, for your insightful presentation!

Adjournment

- A motion to adjourn was made; it was seconded. A vote was taken and the motion was carried unanimously.

Respectfully submitted by Dorene Royal, Secretary, on October 15, 2014.