



BETTER LIVING FOR SENIORS MONTHLY MEETING

March 19, 2014

Board Members Present:

Britni Hall
Cari Herrington
Kim Hooten
Larry Powell
Tamara Rowland
Greg West
Dorene Yates

MEETING LOCATION:

- Our location and breakfast was hosted at Hawthorne Inn, 6150 Lakeland Highlands Road, Lakeland, FL.

MEETING CALLED TO ORDER:

- The meeting was called to order by Greg West, Vice-president at 9:10 a.m.

APPROVAL OF MINUTES

- A motion was made that the minutes from the February 2013 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

- Net income from January 1 to March 15, 2014: \$2,204.91
- Expenses from January 1 to March 15, 2014: \$2,027.80
- Balance in checkbook: \$13,633.18
- A motion was made that the treasurer's report be approved. The motion was seconded, a vote taken and the report was approved unanimously.

MEMBERSHIP REPORT

- Kim Hooten reported that renewals are coming up and members are encouraged to go to the web site to renew.

COMMITTEE REPORTS:

- Britni Hall reported that at each meeting we are going to 'give back' to one of our organizations. Next month we will bring food items for VISTE, and they are in need of protein items. This will be in the meeting reminder.
- The BLFS Calendar was demonstrated in a slide presentation and all of the members were encouraged to post their events.

- Tamara Rowland encouraged those who are interested in hosting or have speaker ideas to present them to her.
- Dorene Yates made members aware of the BLFS Facebook page and that they can post events to the page as well as the BLFS calendar. Members were encouraged to share their page.
- **Education Committee:** Greg showed the rack cards that are available to show the topics of the two presentations, Empathy for Elders and Dispelling Myths.
- **Cribbage Sponsor at Polk Senior Games:** Larry Powell reported that over 200 participated in the Cribbage event and over 1,000 came to the closing ceremonies and they each received a 2014 directory.
- April 15, 2014 will be an event for a panel that will be discussing the needs of seniors in Polk County; they will be discussing finances, Medicaid and Medicare, elder law, resources for seniors. This will be open to anyone who wishes to attend. The location has not been determined at this time.

SPEAKERS AND LOCATIONS:

- Spring Haven Retirement, 1225 Havendale Blvd. NW, Winter Haven, FL 33881, is confirmed as the location for the April 16, 2014 meeting; the program will be VISTE, Elder Point Ministries, and Meals on Wheels.

GUESTS AND MEMBER INTRODUCTION

- Members and guests were given an opportunity to introduce themselves and give a short explanation of their services, agencies, businesses and upcoming events.

HOST

- Dianne Wilson, Administrator of Hawthorne Inn, welcomed the membership and gave highlights of the assisted living facility; they have the highest level of nursing care and offer an Alzheimer's support group. A tour was offered. Thank you for the delicious breakfast – waffles and quiche and omelets and BACON...it was amazing!

GUEST SPEAKER

- Today's program was Don Selvage, Chair of Lakeland Council on Seniors. He reported that 27% of Polk County are 67 and older. 16% are 75 and older, and we have more seniors than most communities in Florida. He discussed the wave of baby-boomers (the largest generation of humans to ever populate the planet) who are approaching this demographic. The Lakeland Leadership Council on Seniors Plan for the City of Lakeland's goal is to ensure Lakeland seniors experience a high quality of life in a variety of living situations, are involved with the community, and have good access to services including senior centers, health care, continuing education and public transportation. He welcomed ideas and counsel and offered access to telephone calls and e-mails.

Adjournment

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

Respectfully submitted by Dorene Yates, Secretary, on March 19, 2014.