



## **BETTER LIVING FOR SENIORS MONTHLY MEETING**

September 18, 2013

### **Board Members Present:**

Cindy Clouse  
Randy Brock  
Temi Charrier  
Liz Craven  
Larry Powell  
Greg West  
Dorene Yates

### **MEETING LOCATION:**

- Our location and breakfast was hosted at Highlands Park Church of the Nazarene located at 4777 Lakeland Hills Boulevard, Lakeland, FL.

### **MEETING CALLED TO ORDER:**

- The meeting was called to order by Cindy Clouse, President at 9:18 a.m.

### **APPROVAL OF MINUTES**

- A motion was made that the minutes from the August 2013 Meeting, now posted on the website at [www.blfspolk.com](http://www.blfspolk.com), be approved. The motion was seconded, a vote taken and the minutes were approved unanimously with no changes.

### **TREASURER'S REPORT**

- YTD inflows: \$13,153.05
- YTD outflows: \$5,887.40
- YTD net income total \$7,265.65
- Account Balances \$16,188.07

### **MEMBERSHIP REPORT**

- Randy Brock reported that BLFS has 196 current active members and 19 inactive. The Board had membership lists available at this meeting so attendees can check their status and expiration dates.
- Randy discussed event e-mails and how they are forwarded through g-mail. If members are not getting e-mails, send an e-mail to [BLFSpolk.com](mailto:BLFSpolk.com) and we will check into it.
- Cindy reminded members that executive directors may be receiving the information and not the marketers, who can become "friends" and get all of the e-mails. This way information can be updated and correct because the directory is going to be printed soon.

- 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:**

- **Education Committee:** Ashley Vogel, Chair of the Educational Committee, offered flyers for the presentation, "Exposed, Shedding Light on Senior Myths." Members can schedule a presentation for their senior-caregiving staff and use the flyers for announcing the event.
- **Advertising in the Directory:** Liz Craven announced that October 18, 2013, is the deadline for submitting an advertisement for the directory. Ad sheets are available. The directory is printed every other year so this is a very good opportunity to advertise at a reasonable rate.
- **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. The first meeting is Friday, September 27, 2013 at 9:00 a.m. at Bella Vista Manor, 810 E. Bella Vista Street, Lakeland. Members can contact Tamera Rowland at Trowalnd@Hometown-Homecare.com if they wish to participate. Assistance is needed in the following areas:
  - Someone to head the committee who will recruit sponsors to put a tree in their lobby.
  - December 20, 2013, is "Elf Day" when the gifts are distributed; elves are needed!
  - Someone to head up a follow-up committee who will let the volunteers and sponsors know they are appreciated.
  - Someone to do a slide show to post on the web site and show at a monthly meeting.
- **Cribbage Sponsor at Polk Senior Games:** Cindy announced that BLFS will be sponsoring the Cribbage Event at the Polk Senior Games. This event will give BLFS significant exposure.
- **Grandparents Essay Contest:** Temi Charrier made an announcement about Polk County Week starting November 15-22, and that BLFS is sponsoring Grandparents Essay Contest. She asked for volunteers to assist.

### **SPEAKERS AND LOCATIONS:**

- St. Johns United Methodist Church, 1800 Cypress Gardens Boulevard, Winter Haven, is confirmed as the location for the October 16, 2013 meeting; the host is At Home Senior Services and the speaker/topic is Ombudsman – Terre Anne Lindstamer.
- November's meeting location is Spring Haven Retirement, 1225 Havendale Blvd NW, Winter Haven, Florida. The speaker is Jean Berken of SHINE, Healthcare Reform and Medicare program.

### **SOCIAL MEDIA:**

- Cindy reminded people look for the Face Book page and tag themselves as well as like the page.

### **GUESTS AND MEMBER INTRODUCTION**

- Cecile Morgrage of Emeritus at Oakbridge, took the names of guests at the door and introduced them, giving them an opportunity to share their area of business with BLFS.
- Members introduced themselves and gave a short explanation of their services, agencies, businesses and upcoming events.

### **HOST**

- Comfort Keepers of Lakeland, Gail Bagley, thanked the Church of the Nazarene for providing a delicious breakfast.

### **GUEST SPEAKER**

- Today's program was to raise awareness of Senior Nutrition, causes and complications. Whitney Cabrera, director of lifestyle medicine at Gold's Gym, an expert at teaching seniors how to change their lifestyle to become healthy, gave samples of her recipe for "longevity soup" and spoke on her passion for reforming senior nutrition in Polk County.

### **Adjournment**

- Cindy announced a new promotional item, the travel mug with the BLFS logo, is available.
- 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 September 18, 2013.*