

NOVEMBER 2012 MINUTES

BETTER LIVING FOR SENIORS MONTHLY MEETING

November 21, 2012

MEETING HELD:

- Our location and breakfast host was Lake Howard Heights, Winter Haven

MEETING CALLED TO ORDER:

- Meeting called to order at 9:08 a.m. by Cindy Clouse, President.
- Board Election and committees announced and sign-in sheets past around to members.
- **MOTION PREVAILED:** The minutes from the October 2012 BLFS meetings, now posted on the website at www.BLFSPolk.com, were approved with no changes.

TREASURER'S ANNUAL REPORT (1/1/12- 11/20/12) GIVEN BY RANDY BROCK:

- Total Period Inflows (membership dues and web ad income): \$17,875.00
- Total Period Outflows (Member Clicks, phone, postage, etc.): \$14,668.22
- Overall Period Total: \$3,206.78
- Account Balances: \$10,612.20 in checking
- **MOTION PREVAILED:** Treasurer's Report was approved as given.

COMMITTEE REPORTS AND BOARD UPDATES:

- Randy gave membership and database update. We currently have 176 Active Members/Friends. Reminding members about renewals. When renewing, select "send check" and make sure you send check within 30 days. Also, if renew reminders go out however if member registered as key contact is no longer with your organization these reminders will be lost. Please check your membership and make sure the key contact is available to receive reminders. Thank you!
- Better Season for Seniors- Cindy Clouse explained this program to membership. Packing day is Dec. 14th - For more information please contact Tamara Rowland: trowland@hometown.homecare.com or 863-287-7969.
- Stefanie Thompson gave website update. If you have events please send information to thompsons@alzflgulf.org. Reminded members about Facebook. If you have not friended BLFS on Facebook please do so.
- Ashley Vogel- Education committee; Empathy for Elders program is offered to the community. If you have to be a presenter or have a presentation to your organization please contact Ashley.
- Larry updated the members on BLFS sponsoring Polk Games Cribbage event (cribbage) and we sponsored sponsoring the Polk County Family Week's Grandparent's Essay Contest. We made the paper (Lakeland Ledger) for more information contact lapow@verizon.net.
- Larry announced that BLFS are giving \$500 to four nonprofit members. Honor, VISTE, Elder Point Ministries and Senior Orphans. These members will be presenting how they will spend this money at the December meeting.
- New Members and guests introduced by Cecile. Members introduced themselves.
- **Next month's meeting is December 19th at The Estates at Carpenters. Christmas Social with Yankee Gift Exchange. \$25 maximum.**

HOST: Lake Howard Heights- Glenda Hanley, Executive Director Mentor gave some history about Lake Howard Heights and invited members for welcomed tours afterwards. Thank you for the wonderful breakfast!

GUEST SPEAKERS:

- Allyson Moskowitz, LCSW, Good Shepherd Hospice and Retired Navy officer, Steven Daniel, volunteer Good Shepherd Hospice.
- Topic: Honoring Veterans at the End of Life.
 - Allyson gave a background of wars including WWII, Cold War, Korean War, Vietnam War and Gulf War. Knowing veterans means understanding our military history. Each war brought different challenges and these challenges are reflected in veterans' health and their care at the end of life. Tips on how to help as reported by Ms. Moskowitz,
 - Recognize stoicism (indifference to pleasure or pain) might interfere with acknowledging physical, emotional or spiritual pain.
 - Listen carefully and show you care
 - Invite them to tell their stories and be open to developing a relationship
 - Express appreciation for their service to our country
 - Celebrate their accomplishments with them
 - Affirm the wisdom they have gain
 - Steve- spoke about his experience in the War- in 1966, he was in college and joined the Navy for the goal to finish college one day. He served in the Vietnam War on a ship with little news and information from home. He read about the protests back home in the Stars and Stripes magazine one of the only news sources. He learned that back home was bashing the service men and he saw this too when he got back home. The military did not prepare him for this backlash. He went back to college at Ball State College with part of his military uniform on. He was spit on and called a baby killer. He then walked away from his service memories. Many Vietnam veterans experienced this same situation. Now, this is changing. Veterans are being honored for their service no matter how we (general public) feel about the war and this is vital for the quality of life of the veteran.
- **MOTION PREVAILED** to adjourn

Minutes Respectfully Submitted by: Stefanie Thompson, Member-At-Large

NOTE: Any changes, corrections or additions, please call the BLFS office at 863.248.1475.