



BETTER LIVING FOR SENIORS MONTHLY MEETING

August 18, 2021

Board Members Present:

- Donna Kay Dinkins – Membership
- Lacey Gardner – Speakers/Venues
- Kari Ann Gomez – Treasurer
- Jay Dee Hackney – Sergeant at Arms
- Tammy Rodgers – Directory
- Tasha Saca – Communications
- Michelle Shiver – Secretary
- Carol Hornsby - Education

Absent

- Nicole Ramer - President
- Kari Ann Gomez – Treasurer

Meeting Location and Sponsor:

Due to Covid-19 this meeting was held via the Zoom application.

Call to Order:

- The meeting was called to order by Tasha Saca, Past President at 9:00 am

Meeting Minutes

- A motion was made to approve the June 2021 Monthly meeting was made by Jaydee Hackney and seconded by Lori LeGrand. **Approved.** July Monthly meeting was the summer social.

Sponsor Recognition

Thank you to all of our BLFS Sponsors!

Jaya Koovackal, Polk Eldercare Guide

- Media Kit for the 2022 Guide is available
- Send your events to the Eldercare Guide to add to online calendar

Speaker: Tasha Saca, Reliance Medical Center

Presentation: Coalition on Injury Prevention – Falls Prevention Task Force

Treasurer's Report – No Report

Committee Reports

Membership Report – Tasha Saca

- New Member Spotlights
 - Elizabeth Womack
 - Ashley Sponsor

- Jody Struessing
Guest
- Carina Shrestha

Directory – Tasha Saca

- Accounts that are not renewed will be taken down from the BLFS website. Go to the BLFS website www.blfspolk.com and check your directory information for accuracy.
- You can request assistance with changes. Use the “Request Changes” button to submit changes.

Education Committee –No Report

Agency Introductions

- 20 second maximum.
- Send events prior or post in chat

Upcoming Events

Next Meeting

September 15, 2021: 9 a.m. - 10:30 a.m.

Location - Zoom

Zoom Chat – See below

- Meeting adjourned at 10:10 a.m.

Respectfully submitted by Michelle Shiver, Secretary, August 18, 2021.

08:59:00 From Allie Bates, Age Friendly Lakeland to Everyone:

Hey everyone! Allie here with AFL :) Just wanted to let you all know I've got my little one home here with me— so I will plan to stay muted for the majority of the meeting!

08:59:44 From Tasha Saca- Reliance Medical Centers to Everyone:

Good morning! Please follow Allie's example and stay muted during the presentation

09:00:47 From Skylar Harrison - FPH to Everyone:

Good Morning. I am Skylar with Florida Presbyterian Homes.

09:01:18 From tsmith0708 to Everyone:

Good Morning! Tiffany Smith from Highlands Lake center.

09:04:46 From Georgiana Goodson to Everyone:

Senior Helpers is new to Instagram! Seniorhelpers_polk_fl

09:06:39 From Lori LeGrand to Everyone:

Beautiful photo to capture our beautiful presenter!

09:07:15 From Georgiana Goodson to Everyone:
Please Follow Coalition On Injury Prevention of Polk County on Facebook

09:10:17 From Sandie to Everyone:
What time tomorrow?

09:11:03 From Michelle Shiver to Everyone:
9 am

09:11:50 From Georgiana Goodson to Everyone:
Fall Prevention Awareness Week is September 20-24. Visit www.ncoa.org for more.

09:17:01 From Sandie to Michelle Shiver(Direct Message):
Thank you.

09:17:24 From Sandie to Michelle Shiver(Direct Message):
Unfortunately my son has a procedure in the morning :-).

09:18:05 From Georgiana Goodson to Everyone:
Senior Helpers caregivers are front line on fall prevention. We assist with our client's physical needs and personal hygiene, light housekeeping, meal preparation, med reminders, transportation, and provide meaningful interaction. We provide Parkinson's care and dementia care to give family a much-needed a break from 24/7 care. Call the office at 863-686-7333 or call/text me directly 863-670-8658. Blessings, Georgiana

09:18:10 From Patty Johnson to Everyone:
I WOULD DEF LOVE TO HAVE THIS HANDOUT TASHA! OUR SIT AND STRETCH LEADER DANA ROBINO COULD SHARE WITH RESIDENTS!! THANK YOU! Patty Johnson

09:21:13 From Georgiana Goodson to Everyone:
Follow the Senior Connection Center on Facebook too!

09:21:24 From Patricia Henderson to Everyone:
Check out our Senior Connection Center Facebook page and newsletter for H&W classes!

09:22:03 From Patricia Henderson to Everyone:
We have a new class called Bingocize! Here's a flyer for the next class.

09:22:14 From Holly Smith to Everyone:
Holly Smith here with Palm Garden of Winter Haven just joined as a new member yesterday.

09:24:12 From Patricia Henderson to Everyone:
We also have an upcoming Tai Chi class!

09:25:18 From Georgiana Goodson to Everyone:
Also, please spread the word: "Senior Helpers is hiring experienced caregivers!" We have new clients needing assistance and we must hire more caregivers to help them. Potential caregivers can visit SeniorHelpers.com. Thank you, always, for your referrals. 863-670-8658
=D Georgiana Goodson,
Senior Helpers Polk

09:28:52 From Sandie to Everyone:
If you would like to be added to our Older Adult Ministry email list, please just let me know at Sandie@fpclakeland.org.

09:31:10 From Rose Pagan to Everyone:
Hi Sandie - please add me - rose.pagan@thrivent.com

09:31:44 From Tara Townsend - Grace Manor Suites to Everyone:

Tara with Grace Manor Suites! We have a special going on right now for the end of summer for our studio apartments- so send people my way and I will be happy to help 863-232-9572

09:31:52 From Carina Shrestha to Everyone:

For More Information on our free evidence-based program series.

To schedule a program, refer an individual, or to obtain more information, please contact

Carina Shrestha, Health Education Specialist by phone: 813-676-5431 or Email: Carina.shrestha@sccmail.org

*Due to COVID-19, classes are currently offered virtually via Zoom and /or by way of conference call.

09:34:40 From Michelle Shiver to Everyone:

Please mute if you aren't speaking

09:35:47 From Caron Radachy to Everyone:

Tasha and Sandi: Please email me the Fall Risk flyers and add me to your email to caron.radachy@thhc.xyz

thank you. 😊

09:37:01 From Allie Bates, Age Friendly Lakeland to Everyone:

Please send me any flyers also :) I'm happy to share them all on AFL social media to support getting the word out :) Allie@agefriendlylakeland.com

09:40:12 From Purrfection Computer/Randall Munsters to Everyone:

Purrfection Computer Services, 813-685-5880, Care@PurrfectionCSI.com ^[L]_[SEP] Helping the Senior Community utilize IT in a safe, fun, easy and essential way.

09:42:59 From Jared Weggeland - Focus Group, Realtor, Custom builder, Remodels to Everyone:

Jared Weggeland

09:43:22 From Jared Weggeland - Focus Group, Realtor, Custom builder, Remodels to Everyone:

Focus Group - real estate, custom home builder, remodeling :)

09:43:24 From Patricia Henderson to Everyone:

Great to see everyone this morning! I have to jump off for another meeting.

09:44:31 From Allie Bates, Age Friendly Lakeland to Everyone:

Here's a project I wanted to share with you all in case anyone knew of someone that could help Support Niki in finding candidate for her Well-Elder Project at SEU in her nursing program

09:45:57 From Sharmalee Jones to Everyone:

Have a great day everyone. As a geriatric care manager I can assist seniors and their families, regardless of where the senior resides. I can provide needed information to help people make decisions for the best care, assist with transitions, go with clients to medical appointments and make sure that all follow-up is done, coordinate services and keep families well informed. I can also assist with simple Medicaid applications, in addition to being a community educator for the Alzheimer's Association and a SHINE Counselor. A good referral is a family that is overwhelmed or in a crisis situation, as well as out-of-state families. I can also provide support for solo seniors.

09:48:00 From Destiny to Everyone:

Hi all! I am Destiny Crisman with Gray Robinson. I work with Natalie Wilson and Elder Law Attorney, we do Medicaid Planning, Asset Protection, Estate Planning, Estate Planning, VA benefits and Guardianship. My form of self care is going to the beach (with NO kids :) also mani and pedi's. I have to jump off and attend another meeting! Thank you Tasha great presentation.

09:48:56 From Amanda Porter to Everyone:

😊 thanks Matt!!hello everyone! Happy Hump Day! Check us out at PlatBen.com, and follow us on Facebook!

09:50:08 From Lori LeGrand to Everyone:

Great to see everyone! Make it a great day!

09:50:39 From Amanda Porter to Everyone:

Will be there for 🍌 🍌

09:51:09 From Georgiana Goodson to Everyone:

Find "Taco Thursday" on the Senior Helpers - Lakeland Facebook page! Everyone is welcome.

09:51:10 From Caron Radachy to Everyone:

How do we get the bananas background? 🍌

09:52:25 From Jaya:) to Everyone:

Caron, eat a bunch of bananas 🍌 and then throw the peels up against the wall!!! 😄

09:52:47 From Sharmalee Jones to Everyone:

Signing off. Great meeting. Sharmalee

09:54:25 From Georgiana Goodson to Everyone:

WALK TO END ALZHEIMER'S Please register your team for the Lakeland Walk to End Alzheimer's for Lori LeGrand and Tasha Saca who are enthusiastic Walk Committee members. Do it TODAY at https://act.alz.org/site/TR/Walk2021/FL-FloridaGulfCoast?fr_id=14380&pg=entry Lori says "Thank you!"

09:54:38 From Jenna Jones - Family First Firm to Everyone:

Family First Firm - Your Elder Law Experts

FamilyFirstFirm.com

09:54:45 From Michelle Shiver to Caron Radachy(Direct Message):

Grab the picture I just uploaded and make it your background

09:55:26 From Amanda Porter to Everyone:

Check out the new Polk healthcare marketing group on Facebook — Polk County Healthcare Marketing

09:55:56 From Laura Gaida to Everyone:

Thank you - What a great group! So excited to become a member!

09:57:06 From Caron Radachy to Michelle Shiver(Direct Message):

Do you have to gave an I phone?

09:57:16 From lv6302 to Everyone:

Be safe everyone!

09:57:17 From Michelle Shiver to Caron Radachy(Direct Message):

No