



BETTER LIVING FOR SENIORS MONTHLY MEETING

April 19, 2023

BLFS April 2023 General Meeting Minutes

Board Members Present:

- * Donna Dinkins
- * Allie Bates
- * Grace Shelton
- * Audra Kosensky
- * Tabitha Mattison

Meeting called to order at 9am by Donna Dinkins

Meeting Location and Sponsor:

Location- Lake Gibson Village

Food Sponsor- Lake Gibson Village

Speaker-Cynthia Dean, APRN, NP-C, MSN

Cynthia is a AANP certified Nurse Practitioner, offering Primary Care services for Sunshine Care Partners located here at Lake Gibson Village, The Beach House, and Fountains of Hope Assisted Living Facilities.

Cynthia has been in the medical field since 1986. She completed her Master of Science in Nursing as a Clinical Nurse Educator and her post Graduate Degree as a Nurse Practitioner at Florida Southern College. She is a Florida Native with years of medical experience.

She is a past President of PCONE, (Polk County Organization of Nurse Executives) and is an active member of PCAPNA (Polk County Advance Practice Nursing Associations).

Rusty McMurray gave Introduction

Rusty McMurray is a father to two wonderful adult children and has been married to Adrienne for over 30 years.

Rusty began his career on Wall Street at the World Trade Towers in Investment Banking and Financial Services. Seeing the birth of the Internet and World Wide Web, he founded InfINETe Technology Solutions and sold that company to AARO Broadband Wireless in 2000. Rusty continued to innovate in the broadband wireless segment as CEO of PANOAK BROADBAND WIRELESS.

He founded Senior Class Media in 2005 and produces radio and television content broadcast on FOX News Radio Affiliates.

And in 2015 he founded Sunshine Care Partners to serve long term care residents to improve quality of life, reduce hospitalizations, and lower total cost of care. Sunshine Care provides a unique proprietary psych/social service to the elderly who suffer from chronic illnesses.

Mission: Our experienced healthcare professionals put your needs first. We are proud to provide a high quality level of customer service, medical experience, and commitment to health and wellness to all our patients. SunshineCare.Online is a digital program that helps individuals get to the root cause of their health issues, not just the symptoms. With a focus on improvements in sleep, stress, nutrition, and exercise, SunshineCare.Online impacts your lifestyle to help you get and stay healthy for good.

Discussed Depression in assisted facilities

Business/Call to Order:

- The meeting was called to order by Donna Dinkins at 9:00 am.

Meeting Minutes

- Allie Bates moved to approve the March minutes and Audra Kosensky 2nd, March minutes were approved.

Treasurer's Report - Allie

Current Balance - \$24,501.39

For Website, Storage

We had some new renewals and new memberships come in

Taxes are done.

Membership Report - Audra

New Sponsors:

Silver Sponsor

Robert Truslow

The Provident Life Strategies Group

Bronze Sponsor

Paul Hatfield

Stewardship Guide

New Membership:

Tami Erickson, Mortellaro Law

Traci Conti, Trilogy Home Healthcare

Stephanie, Advent Health Memory Disorder Clinic

Guests:

Dawn, Azeala Park

Kate, Brook Financial Group

Jennifer, VITAS Healthcare

Announcements:

Like the Facebook Page for Updates

let a board member know if you are not getting emails

Visit community event table

Senior Center Survey is still open through May

Next Meeting

May 17 2023 Spring Lake Allyson Waters