



## BETTER LIVING FOR SENIORS MONTHLY MEETING

May 17, 2023

# BLFS May 2023 General Meeting Minutes

### Board Members Present:

- |                    |                  |
|--------------------|------------------|
| * Donna Dinkins    | *Destiny         |
| * Allie Bates      | *Amanda Porter   |
| * Grace Shelton    | *Kari Gomez      |
| * Audra Kosensky   | *Patty Johnson   |
| * Tabitha Mattison | *Jay Dee Hackney |

### Meeting Location and Sponsor:

Location- Spring Lake Rehabilitation Center

Food Sponsor- Spring Lake Rehabilitation Center

Speaker-Allison Waters, Director of Rehabilitation Spring Lake

Allison is a Speech & Language Pathologist, overseeing PT, OT, Speech and earned her master's degree at the University of Arkansas.

Allison introduced a program called the Red Book Society and handed out a Red Book to all in attendance. The program was created to illicit memories using strategies for use with persons with cognitive deficits. It focuses on what a senior can still do, instead of what they cannot do. It incorporates reading, writing, and brain exercises to promote better communication skills. The program starts with meeting with each senior 3-6 times to facilitate entering memories and facts in the workbook, before meeting in a group setting to share the seniors' personal memories with the group.

### Business/Call to Order:

- The meeting was called to order by Donna Dinkins at 8:56 am.

### Meeting Minutes

- Allie Bates moved to approve the April minutes and Jay Dee Hackney 2nd, April minutes were approved.

### Treasurer's Report – Allie Bates

Current Balance - \$23,728.70

Expenses paid were for standard monthly charges including website, Storage and new checks. We had some renewals and new memberships come in

### Membership Report – Audra and Tabitha

**New Membership:**

Waters Edge of Lake Wales I/L, A/L & Memory Care  
Azalea Park

**Guests:**

Village Medical  
Lakeland Funeral Home  
Heather, Best Care  
Patrick, Keller Williams invited by Nicole Ramer  
Cyndi, Sunshine Care  
Heather, The Health Code  
Dr. Tonya, Central Florida Speech & Hearing Center

**Announcements:**

Members should go to BLFS website to be sure your listing is right  
Members should be getting 3 emails reminders prior to meetings  
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**

June 21, 2023 at Grace Manor Suites  
Speaker is Natalie Wilson with GrayRobinson Law Firm