



BETTER LIVING FOR SENIORS MONTHLY MEETING

October 18, 2023

BLFS General Meeting

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Lakeland Nursing & Rehab, Speaker Dr. Manubens, Medical Director

Meeting Called to Order by Donna Kay Dinkins, President

8:51am

Board Members Present: Donna Dinkins, Allie Bates, Tabitha Mattison, Audra Kosensky, Amanda Porter, Jay-Dee Hackney, Destiny Crisman

Monthly Challenge: Take a selfie with a BLFS member!

Board Intros

Gold Sponsor Intros

Announcements:

October monthly member- longest membership Wes Craven 20 yrs!

Challenge for BLFS members- "Stuff the Home Instead Cars". Bring blankets, throws, socks with grips, lotion or soaps, and gift cards to the December general meeting for distribution to seniors in Polk county through BE A SANTA TO A SENIOR.

Dr. Manubens spoke on issues of the heart. He is the Chief of Cardiology at Heart of Florida Hospital. Walking 1 hour a day reduces the risk of heart attack & stroke by 50%.

August Meeting Minute Approval: Donna Kay Dinkins Motion to Approve, Tracy Bourdn Seconded the motion.

Guests:

Stellar Transport- Jake Gidden

Apta Meds Pharmacy- Jennifer Long

New Sponsorships:

True Blue Total Home Care

New Members:

Hunter Campbell

Life Care Center of Winter Haven

Spring Haven and Lake Morton- TJM properties

Winter Haven Post Acute

Treasurer Report: Account balance is \$33,574.25. Payments included website, storage, sponsorship of Senior Olympics games.

Old Business:

Add your events to the calendar via the Sage Aging website. Please see the flyer table to pick up flyers before you leave.

New Business:

New BLFS Board Members were voted on. Congratulations to our new BLFS board members for 2024-2025! They are Allie Bates, Heather Riner, Tammy Rodgers, Kari Gomez, and Tracey Bourdon.

BLFS Gives Back nominees to receive funds will be voted on by membership at the November general meeting.

Next General Meeting:

November 15, location: Valencia Hills Health & Rehab Center, 1350 Sleepy Hill Rd, Lakeland, FL 33810.

Meeting Adjourned at 10:15 am.