**Independent Council on Aging**

**October 5th, 2018**

**11:30am**

**Held at the Regency**

1. **Welcome**
2. **President’s Report –Kristen Gerhlein (covering for Amy Chevalier)**
* Please write down 3 charities for donation at December’s meeting. Tally will be announced at next month’s meeting.
* Motion to approve last month’s minutes: Wendy first and Sister Pat second
1. **Speaker: Mary Johnson from the Erie County Dept. of Health (Fall Prevention Coordinator)**
* Discussed program “A Matter of Balance” - 8 week course for Seniors for 2 hrs. each on the topic of managing falls and increasing activity levels
* Goals of program include: Viewing falls as controllable, setting goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance
* Program is for anyone concerned about falls, interested in improving balance, flexibility and strength, those who have fallen in the past, those who have restricted activities because of falling concerns.
* Fear of falling can contribute to falling
* Can diminish well-being causing social isolation
* Falling is not a natural part of aging
* Restricting activity leads to decreased mobility
* Program emphasizes coping strategies to falling
* Coaches guide participants in physical, social, cognitive that contribute to falling
* Program can be brought to any organization for those 55 and older
* Would prefer at least 8 but no more then 12
* Seniors can also be trained to coach program after completion
* This program helps seniors become more stable, build confidence, decrease disability, increase energy, and change attitudes of fears of falling
1. **Vice President’s Report – Kristen Gerhlein**
* November’s Speaker is Dr. Melanie Titzel on Virtual Dementia
1. **Treasurer’s Report – Wendy Wallace**
* See Attached Report
* Please see Wendy if you need receipt for Membership dues
1. **Secretary’s Report – Stephanie Garcia**
* Nothing to report
1. **Member’s at Large Report – Gert Simmons, Debra Brown, Jill Curtis**
* Nothing to report

**General Committee Reports**

1. **Committee Reports**
2. **Standing Committees**
3. **Membership Committee Chair – Michelle Cooney**
* Please remember to fill out Membership Applications completely
* So far, have 54 paid memberships
1. **Arts and Culture Committee Chairs – Ray Maholtz and MaryBeth Pfister**
* Art Show is May 5th
* Next meeting will be held at 11am prior to next ICA General Meeting
1. **Health, Mental Health and Education Committee Chairs – Sister Pat Hause, Jill Curtis, Jessica Humes Textor**
* Valentine’s Day Event: Feb. 14th at the Bayfront Convention Center
* Looking for sponsorship. Letter went out this morning
* Next meeting will be 11:00 in the dining room prior to next ICA General Meeting
* Comic Relief for Caregivers: March 28th at Shrine Club
* More info at next meeting
* Looking at Zem Zem for location
* Elder Abuse Task Force: Pasquale Casane – Next meeting at Regency December 4th at 10am
1. **Public Relations Committee Chair – Pam Marlow**
* Contest: take picture of table at event with ICA table tent and be entered to win a free ad in the guide
1. **Special and Ad Hoc Committees**
2. **By-Laws – Sister Pat Hause**
* Will look at some changes of by-laws at next meeting
1. **Nominating – Carol Donlin**
* Continue to keep involved and be prepared for nominations in Spring
1. **Legislation – Matt Trott**
* No report – Matt not in attendance
1. **Finance Committee – Lindsey Canchola and Wendy Wallace**
* Nothing additional to report
1. **Guides to Services – Kristen Gerhlein/Todd**
* Example of guide passed around for all to review
* Pricing for Front page: $750
* Interior Page $250/$450
* Back page: $500
* Free ads for Mercy Hilltop and Select Specialty
1. **Old Business/Pending Issues and Projects:**
* Nothing to report
1. **New Business:**
* Wendy Wallace brought up idea to donate $100 to Rolling Fields following Tornado Disaster – All Members in agreement

1. **Introduction of Guests/Recognition of New Members:**
* Melissa Arty from All in Home Care
* Mary Martin APS Secretary GECAC
* Megan from MDA
* Erin from AseraCare Hospie
* LECOM Pharmacy Interns: Tina and David
1. **Announcements**
* Next GSWA meeting is Thursday, Oct. 11, 2018 from 2:30 – 4pm: Speaker is Dr. Tammy Kordes at Health South
* Lakeland Hospice moved to West Lake Road. Will be an Open House in November
* Nov. 15th at the Sheridan Hotel, Caregivers Conference through Alzheimer’s Association, free for care providers. New ICA Members Russ Taylor and Paul Rodgers will be at conference with presentation “Grumpy 1 and 2.” This presentation is used to help recall memories through songs, photos etc.
* 50/50 winner $22.50 is LECOM Pharmacy intern Tina
1. **Next Meeting Date and Time:**
* Next Board Meeting is Thursday, October 25, 2018 8am at Maryvale Apts.
* Next General Meeting is Friday, November 2, 2018 11:30am at the Regency
1. **Motion to Adjourn and Second**
* Pam: Motion to Adjourn
* Second: Carol

**Minutes Submitted by Stephanie Garcia, Oct. 5, 2018**