**INDEPENDENT COUNCIL ON AGING**

**10/7/22**

**11:30am**

**Marquette Savings Bank and Zoom**

**GENERAL MEETNG MINUTES**

**APPROVAL OF MINUTES:** Ray and Alyssa

**SPEAKER:**

* Ellen Hill – Director of Chronic Disease Programming at the YMCA
* Diabetes Prevention Program – Need to not have diagnosis to be eligible for program. Goal is to prevent diabetes. Year-long program
* Blood Pressure Self-Monitoring Program – teaches you how to lower your blood pressure. Must have been diagnosed with high blood pressure. 4 month program. Meet every other week.
* Fall risk program – create confidence with those who are a fall risk
* Tobacco Cessation – Helps you through the quitting process. 6 week program
* All programs are grant funded. No cost for those that participate. Do not have to be a member of the Y to participate.

**PRESIDENT’S REPORT:**  Kathie Soudan

* Issue with meeting minutes from June resolved. There was a computer error so Stephanie created minutes by memory
* Will be voting on charity for holiday donations next meeting
* Comic Relief was wonderful. Thank you Amee!

**VICE PRESIDENT’S REPORT:** Lisa Anderson

* Next month’s meeting speaker is Jenn Moody
* No speaker for December – Presentation of holiday donations

**TREASURER’S REPORT:** Patty Farrell

* See attached report

**SECRETARY’S REPORT:** Stephanie Garcia

* Nothing to report

**MEMBER’S AT LARGE:**

* Nothing to report

**MEMBERSHIP COMMITTEE REPORT:** Wendy Wallace

* Memberships due $85. Make sure you fill out form even if you pay through pay pal

**ARTS AND CULTURE REPORT:** Ray Maholtz

* Oct. 19th from 5-8 Show (UPMC sponsored event)
* First Saturday in Nov. – Traditions doing their open house

**VALENTINES DAY SENIOR LUNCHEON:** Sister Pat Hause

* Had first committee meeting today
* Next meeting will be half hour before general meeting
* Prices have gone up at the Convention Center
* Looking at other venues that can accommodate 500 people

**COMIC RELIEF:** Amee Weislogel

* Went very well. Thank you everyone!
* Will start planning now for next year
* Anyone who wants to be on committee, meet half hour before General Meeting

**BY-LAWS:** Wendy Wallace

* Proposed changes have been made in bylaws
* Matt and Alyssa made motion

**ELDER JUSTICE:** Pasquale Casane not present

* Matt shared that Pasquale would like to bring committee back to start planning

**PUBLIC RELATIONS:** Jennifer Moody

* Posting some pictures of Comic Relief
* Working on table tents

**GUIDES TO SERVICES:** Todd Kuzdzal not present

* Nothing to report

**FINANCE:** Patty Farrell

* Missing some membership forms. Only received some checks.

**LEGISLATION:** Matt Trott

* Elections on federal/state level coming up
* More seniors in our population
* GECAC trying to come up with ideas of snow removal for seniors. If anyone would like to be on a committee to come up with ideas, let Matt know

**NOMINATING COMMITTEE:** Pat Christenson not present

* Nothing to report

**OLD BUSINESS:**

* Hydrangeas planted last Friday at Blessed Sacrament in honor of Tony Viglione

**NEW BUSINESS:**

* Board talked about going back to the Regency but decided to stay at Marquette because they can accommodate IT. $50 for December and $400 for the next 6 months at Marquette.

**ANNOUNCEMENTS/GUESTS:**

* Bruce Davis announced guests from Aetna. A lot of people do not know about their benefits. Looking to make partnerships to come in and educate their members.
* Health Dept. introduced their guest
* Active shooter training Nov. 9, 2022 at the Erie Co. Dept. of Public Safety
* Nov. 18th Matter of Balance Coach training 8am-3pm
* Mercy Hilltop Center show Oct. 27, 2022 from 5-8pm; wine a cheese; fundraising element
* Wendy Wallace has a new job at Benetwood Apts.
* SSJ delivering meals again on Thanksgiving Day
* GSWA meeting is next Thursday at the Holiday Inn on Downs Drive.

**Motion to Adjourn:** Ray and Lisa

**NEXT BOARD MEETING: Thursday, 10/27/22 at Maryvale Apts.**

**NEXT GENERAL MEETING: Friday, 11/4/22 at Marquette Savings Bank or Zoom**

**Minutes Submitted by Stephanie Garcia Secretary**