

**Independent Council on Aging**  
Treasurer's Report for the Membership  
February 5, 2021

**Previous Report Balance: \$34,391.46 from January 8, 2021 General Meeting.**

Income from Sponsorships and Memberships:

**Deposits:**

Memberships:	\$ 170.15
--------------	-----------

\$ 170.15

Expenses:

**Deductions:**

\$ 72.98

Verizon Phone Bill:

\$ 72.98

**Current Bank Balance: \$34,488.63**

**Outstanding Checks Not Reflected on This Balance: \$350.00**

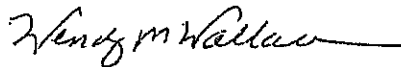
**Ck #5059: \$100.00 Refunded Elder Justice Conf. Sponsorship**

**Ck# 5074: \$ 50.00 Art Show Winner Welte**

**Ck#5100: \$200.00 Times Publishing (Valentine's Day Event Ad)**

**Outstanding Deposits Not Reflected in This Balance: 0.00**

Respectfully Submitted,



Wendy M. Wallace, ICA Treasurer

## INDEPENDENT COUNCIL ON AGING

2/5/21

11:30am

Zoom

### GENERAL MEETING MINUTES

**APPROVAL OF MINUTES:** Kathie Soudan and Matt Trott

**SPEAKER:** Sara Benczkowski PT, DPT

- AHN: Vestibular Rehab in OP Center
- Mix of ortho, neuro, dizziness
- Dizziness: Feels like moving or room is moving
- 35% of adults 40 and older have experienced some sort of vestibular dysfunction
- 4% have chronic balance issues
- 1.1% report chronic dizziness problem
- Vertigo: illusion of movement even when at rest, is treatable
- 80% of adults over 65 have experienced some sort of dizziness
- 50% of these cases are caused by vertigo benign paroxysmal or Positional vertigo
- Signs and Symptoms: True room spinning, dizziness with specific movements, fatigue, nausea/vomiting, headache, blurred/double vision, ringing in ears
- Referral sources can be PCP, Neurologist, ENT, PT
- Vestibular Rehab: uses head and body movements to strengthen the connection between eyes, vestibular system, brain, and body
- Reposition the crystals in your ears to abolish dizziness
- Most common: Epley maneuver
- Other causes: Medication, hypotension, infectious diseases, Endocrine Diseases, Hematologic Disorder, panic attack/hyperventilation, and dehydration
- What to do? Check medication regularly, go to annual wellness check, and have vision/hearing tested
- Exercise ideas for Seniors: Look as far up and as far down x 10 times, look as far left and as far right x 10 times; without using your hands, stand up from chair x 10 times
- Vestibular Disorder Association: Has an online forum, free pt. resources, and provider lookup
- 4247 West Ridge Road
- [Sara.benczkowski@ahn.org](mailto:Sara.benczkowski@ahn.org)
- 833-2749
- 881-8078

**PRESIDENT'S REPORT:** Sister Pat Hause

- Nothing to report

**VICE PRESIDENT'S REPORT:** Kathie Soudan

- Speaker for March is Dr. Wise on Home Meds Program

**TREASURER'S REPORT:** Wendy Wallace not present

- Report provided by Sister Pat Hause
- See attached report

**SECRETARY'S REPORT:** Stephanie Garcia

- Nothing to report

**MEMBER'S AT LARGE:** Katie Young and Vicki G.

- Nothing to report

**MEMBERSHIP COMMITTEE REPORT:** Amy Chevalier not present

- Nothing to report

**ARTS AND CULTURE REPORT:** Mary Beth Pfister and Ray Maholtz

- Nothing to report

**VALENTINES DAY SENIOR LUNCHEON:** Kathie Soudan

- Secured Feb. 14 2022 at Bayfront Convention Center

**COMIC RELIEF:** Ameer Weislogel not present

- Nothing to report

**BY-LAWS:** Amy Chevalier not present

- Nothing to report

**ELDER JUSTICE:** Pasquale Casane not present

- Nothing to Report

**PUBLIC RELATIONS:** Pam Marlowe not present

- Nothing to report

**GUIDES TO SERVICES:** Todd Kuzdzal

- Working on Membership Directory

**FINANCE:** Wendy Wallace not present

- Nothing to report

**LEGISLATION:** Matt Trott

- For vaccine info go to: <https://www.health.pa.gov/.../Vaccine/pages/vaccine.aspx>
- <https://www.pa.gov/guides/get-vaccinated>
- <https://www.governor.pa.gov/newsroom/governor-wolf-proposes-plan-to-cut-taxes-for-working-class-families-invest-billions-in-education-and-workforce-development/>

**NOMINATING COMMITTEE:** Trevor Pearson not present

- Nothing to Report

**NEW BUSINESS:**

- None

**NEW MEMBERS AND GUESTS:**

- None

**ANNOUNCEMENT:**

- Mary Johnson from the Health Dept.: Active Elders: Sunday, Feb. 21<sup>st</sup> at 3pm on WQLN PBS Channel 54. If you would like flyers email [mjohnson@eriecountypa.gov](mailto:mjohnson@eriecountypa.gov)
- Jessica Textor from AHN: Women's behavioral health clinic just opened up
- Ann Flick: Rent rebates can be done on-line. Next GSWA Thursday, Feb. 11<sup>th</sup> 2021 at 2:30pm. Speaker is Michelle Carpin from VA. If you need link let Ann know.
- Zac Wild: On March 23<sup>rd</sup> at 5pm on Zoom will be a panel discussion "Are you Prepared?" Will send out more details
- Jennifer Moody from LIFE NWPA: New information on LIFE NWPA website

**Motion to Adjourn:** Matt Trott and Ann Flick

**NEXT BOARD MEETING:** Thursday, Feb. 25<sup>th</sup> 2021 at 8:00am via Zoom

**NEXT GENERAL MEETING:** Friday, March 5<sup>th</sup> 2021 at 11:30am via Zoom

Minutes Submitted by Stephanie Garcia Secretary

