

Quality of Life Outreach, Inc.

Minutes

September 17, 2014

The following persons were present: Charlotte Wiles, Lura Powell, Pam Posey, Tracy Kennedy, Dick Black, Sonya May, Brenda Huff, Bonnie Carr, Jennifer Kranzman, Gloria Falls, June Wiles, Judy Logan, Kim Hughes, Charla Hollin, Sheila Sizemore, Hailey Feldhaus. Validation of absences was given for the following board members: Bridget Martin, Cynthia Martin, Teresa Mullen, Sherri McCourtney.

Charlotte opened the meeting. Lura Powell made a motion that the minutes from the August meeting be approved. Tracy Kennedy seconded the motion.

Treasurer's Report

- Pam Posey, QOL treasurer, reported the balance in the QOL account.
- A \$500 donation was received to be used to promote Heart Health month in February.

Charlotte made a motion to approve the Treasurer's report. Dick Black seconded the motion.

Committee Reports:

Substance/Tobacco Prevention

- Tracy sent the Thank You cards to the Sheriff's Office and Andy Riner and asked them to pass Thanks on to all who participated.

Wellness

- Kim Hughes is conducting a Cook Smart Eat Smart Cooking class for the RMCC Career Pathways program. These classes are taking place every Friday in September from 9-1.

Seniors

- The Oaks participated in National Assisted Living Week. Residents enjoyed extra activities every day. The Oaks welcomes guests for lunch \$6 per plate. Call ahead to order.

Topics discussed:

The QOL nominating committee was selected. The following will serve on the committee:

Brenda Huff- liaison

Tracy Kennedy

Sonya Maye

Bridgett Martin

The committee will have the ballot ready for our annual meeting next month.

Dr. Black made a motion to accept the nominations. Pam Posey seconded the motion.

Events coming up:

- The Fall Festival will be held October 18th. Charlotte will not be able to attend. Volunteers are needed for the QOL. Ideas have been mentioned but nothing has been decided on yet.
- Care Giver Support Group will host speaker Ken Webb on Wednesday October 1st. The topic will be The Emotional and Behavioral Response of Challenged Caregivers.
- 4H is selling mums. They are \$20 per mum. Support 4H education.
- Polk County Health Department will conduct a mass flu clinic on October 20th at the clinic.
- Senior Aging Conference will take place in Fort Smith on October 23rd and 24th.

Guest Speaker Presentation:

This month's guest speaker was Jamison Bonds with The Elder Law Practice of Whatley and Elrod in Fort Smith. He discussed the need for asset protection, long term care planning and estate planning.

Meeting adjourned