

Board of Directors Meeting
Tampa Sr. Center
Tampa, KS.
April 10, 2019---10:00 a.m.

Dinah Richmond, Chairman called the meeting to order. Kathy Kroupa, President of Tampa Sr. Center welcomed everyone to Tampa. The flag salute and one verse of America was sung. Gayla Ratzlaff gave the Invocation. There were two birthdays Gayla Ratzlaff and one anniversary Barbara and Larry Smith 56th anniversary.

Dinah Richmond, Chairman asked for a motion to approve the March 15, 2019 minutes. Mary Rogers made a motion to approve the minutes, Pat K Henderson second, motion carried.

Barbara Smith, Secretary/Treasurer gave the Treasurer's Report as follows: The SCMC checking account- \$978.84, Savings account-\$2916.67 and the Scholarship account-\$596.99. The box rental was paid and received two checks from Hillsboro and Lincolnville for SHL.

Business: There were no Mill/Levy requests. The SCMC Board looked over the SCMC nominees for the Scholarship. The SCMC Board cast by ballots. Kendall Hiebert from Goessel High School will be this years SCMC Scholarship recipient.

Gayla Ratzlaff, Coordinator handed out her Coordinator's Correspondence which included the following information. Farmers' Market checks will begin distribution on June 1st. She reported on Barbara and her have finished the Fed/State tax season. Gayla did 56 Homestead and 19 LIEAP. She has helped 14 people with pre-retirement into Medicare or Social Security this past month.

Mary Rogers, ONE Committee Chairman had no report.

Judy Mellott, Health Service Providers Committee Chairman shared about the 4 main elements for aging. The first is emotional health which is a challenge for older people to stay social. Two million older adults suffer from depression. Physical health with the emphasis is on physical activity which can boost the immune system, helps you mentally and improves your strength. Good hair and skin care can help you feel better. Drink lots of water for your skin. Nutrition is the last one where we need to maintain a healthy diet. If you don't eat a healthy diet it puts you at a higher risk for falls. It helps if this is something you like to do and do it with someone. This way you will probably stick to it.

Lowell Larson, Senior Center Committee Chairman called roll. Burns did not meet. Durham had Rachel Schmidt talk about her year in Korea. Hillsboro was absent. Lincolnville played dominoes and a local young man brought down his go-cart he had built from scratch. Marion had Gerry Henderson sang some Irish songs and was accompanied by Keith Allison. They honored 21 volunteers on April 10th. Dr. Whitley came in and gave a talk. Teresa Mills, Marion Historical Museum will be back in to share items from the museum on grilled hamburger day. Peabody just finished up Lent devotions. They are having their Easter Dinner on April 22. They celebrated birthdays on April 10. Sonya Koslowsky played piano. Shan Copeland came in and played Bingo. Tampa had David Mueller come answer questions about the wind farm. Jean Rziha came and talked about her nursing experience working in the hospital.

Ron Warkentin, Transportation Committee/Nominating By-Laws Committee Chairman was absent.

Barbara Smith, SHL Representative SHL met in February. She attended the Area Agency meeting in Topeka in March. She sat in on the Senate. She attended the retirement party for Karen Mayse at the end of March in Manhattan. The next SHL meeting will be in Salina.

Sue Clough, NC-FH, AAA Board Member was absent.

Linda Semple, NC-FH, AAA Field Representative distributed April Field Announcements. She reported that Sharon Berner is Karen Mayse's replacement. They had a DPOA workshop in Hillsboro this past week. Older Americans Month is coming up in May and the theme is "Connect, Create, Contribute" Upcoming training for SHICK training coming up this summer if you are interested in being a volunteer.

Meeting adjourned and the group enjoyed lunch at the Tampa Grill Café.

Barbara Smith, Secretary

10 Board Members and 4 others

