

Board of Directors Meeting  
Peabody Sr. Center  
Peabody, KS.  
July 15, 2022

Dinah Richmond, Chairman called the meeting to order and welcomed everyone to the meeting. Gayla gave the invocation. The flag salute and one verse of "My Country Tis of Thee was sung. There was no birthdays or anniversaries.

Dinah Richmond, Chairman asked for a motion to approve the June 17, 2022 minutes. Pat Henderson made a motion to approve the minutes, Mary Rogers second, motion carried.

Flo Rahn, Secretary/Treasurer gave the Treasurer's Report as follows: The SCMC Checking account-\$2,322.25 and SCMC Savings account-\$2,922.24. There was one mill levy request from Hillsboro Senior Center for replacement of roof on shed at a cost of \$2,125.29 and were asking for \$1,062.65. Doug made a motion to approve the \$1,062.65 and Pat Henderson seconded and motion carried.

Business: There was one mill levy request from Hillsboro Senior Center for replacement of roof on shed at a cost of \$2,125.29 and were asking for \$1,062.65. Doug made a motion to approve the \$1,062.65 and Pat Henderson seconded and motion carried.

Gayla Ratzlaff, Coordinator distributed her Coordinator's Correspondence. The Sunflower Fair is on Tuesday September 20<sup>th</sup> in Salina, Gayla will be taking the van for \$3 per person. She asked if the SCMC Board wanted to cover the registration for Board members. Flo Rahn made a motion to pay for the SCMC board members, Pat Henderson seconded and motion carried. The Marion Food Bank has Senior Food boxes and is available for Seniors over age 60 and proof of income required. There is talk of a COLA increase on Social Security Benefits in the amount of 8.6% up to 10.8%. Gayla attended her SHICK training this past week. Gayla will arrange for Annual Planning Committee meeting in August.

Mary Rogers, ONE Committee Chairman reported they meet on July 12th. All three nutrition site members attended. The next meeting is scheduled for November at Marion Sr. Center.

Pat Henderson, Health Service Providers Committee Chairman spoke about inflammation and the immune system. Ways to combat inflammation is by getting 7 hours of sleep a night, eating well by staying away from processed food, exercising 20-30 minutes and managing your stress. She talked also about fall proofing your home. Increased falling as people age is caused by declining flexibility and poor eyesight

Mary Rogers, Senior Center Committee Chairman called roll. Burns is exercising once a week and have a lunch on the second Tuesday of the month. Hillsboro had their jam session and a birthday dinner on the 25<sup>th</sup>. They are having a fundraiser on August 6<sup>th</sup> along with celebrating Bob Delk's 100<sup>th</sup> birthday. Lincolnvillle and Tampa was not present. Marion has Myrta Billings, K-State Extensions and Research nutrition advisor come and gave a presentation. Peabody has chair exercises twice a week. Myrta Billing gave a presentation on pre-diabetes. Birthday dinner was held and Joann Stoval played piano.

Doug Taylor, Transportation Committee chairman reported the 1997 will be getting new tires.

Barbara Craney, Nominating, By-Laws Committee Chairman was absent

Barbara Smith, SHL Representative was absent

Dinah Richmond, NC-FH AAA Board member reported they are having a meeting next week in Abilene.

Linda Semple, NC-FH AAA Field Representative reported on the following workshops at the Sunflower Fair includes line dancing, food preparation, chair exercises, Paul Shipp and Salina Hospital will do a fall program. The noon speaker will be Dr. Mayla Jones and closing speaker is Larry Hatteburg. She will be bringing around poster board for each Senior Center to tell about their Senior Center.

Meeting adjourned and the group enjoyed a Friendship Meal at the Peabody Sr. Center.

Barbara Smith, Secretary

8 Board Members and 3 others









































