

Board of Directors Meeting
Peabody Sr. Center
Peabody, KS.
March 18, 2022---10:00 a.m.

Dinah Richmond, Chairman called the meeting to order with the flag salute and one verse of My Country Tis of Thee. LouAnn Bowlin, former Peabody Sr. Center Nutrition Site Manager welcomed everyone to Peabody and gave the Invocation. There was one Birthday; Flo Rahn and no anniversaries.

Dinah Richmond , Chairman asked for a motion to approve the February 18, 2022 minutes. Flo Rahn made a motion to approve the minutes, Pat K. Henderson second, motion carried.

Flo Rahn, Secretary/Treasurer gave the Treasurer's Report as follows: Checking: \$2,411.16, Savings: \$2921.52 and MB Foundation CD: \$9,897.70

Business: There was one Mill/Levy requests. Marion Senior Center requested assistance with half the payment for \$2,480.00 for a water heater. Pat Henderson made a motion to approve \$1,240 for water heater and Mary Rogers seconded and motion carried.

Gayla Ratzlaff, Coordinator reported there would be no commodities in April due to funding and getting food supplies. The next commodities will be in May of 2022. She has been busy doing Federal/State taxes. She reported she would be receiving application for 2022 Scholarship and would send out all applications before next meeting for board members to review.

Mary Rogers, ONE Committee Chairman reported the committee met on March 15th but didn't have a quorum.

Pat K. Henderson, Health Service Providers Committee Chairman shared information on Chrono-nutrition. Chrono-nutrition is an emerging field building on the relationship between temporal eating patterns, circadian rhythms, and metabolic health. People need to get 7-8 hours of sleep, eat between 7am-9 pm, eat 2 hrs before going to bed and get some sunshine during the day.

Mary Rogers, Senior Center Committee Chairman did a roll call of senior center. Peabody is having chair exercises and a birthday dinner. Two speakers have been Myrta Billings and Dr. Heather Faye. They watched a movie and ate popcorn one afternoon. Marion Senior Center has had the following speakers: Myrta Billings, Heather Faye and Sue Peterson. Burns has been doing weekly exercises and had a meal with few in attendance. No report from Hillsboro, Lincolnville or Tampa.

Doug Taylor, Transportation Committee Chairman reported the committee met on March 15th. The monthly vehicle statistics were reviewed. The Marion County Dept. on Aging is in need of volunteer drivers. The Committee discussed raising suggested contribution due to rising gas prices. Gayla reported the present budget can handle the increase for the rest of the year. She will review this when doing budget for 2023. The stipend for drivers went up from \$5 to \$10.

Barbara Craney, Nominating By-Laws Committee Chairman not present.

Barbara Smith, SHL Representative reported she attended a zoom meeting on how to have a zoom meeting. Barb did a program at Marion Senior Center in February. She discussed an article in Kansas magazine about changing names of public schools with Native American mascots.

Dinah Richmond, NC-FH, AAA Board Member had no report

Linda Semple, NC-FH, AAA Field Representative distributed the March 2022 Field announcements. Upcoming events are March for Meals, National Volunteer Week in April and Older Americans month in May. There will be a Sunflower Fair at Tony Pizza Center on September 20, 2022. They are also going to be having honorees..

Meeting adjourned and a delicious lunch was served by the Peabody Sr. Center Nutrition Site.

Flo Rahn, Secretary

6 Board Members and 54others

