

**BCOA**  
**General Meeting**  
**3/12/2009**

President, Justine Hoo, called the meeting to order at 8:20 am. As there were many new members and guests in attendance, she reviewed the ground rules for individual introductions, announcements and the collection of funds to be awarded to a non-profit and business cards for the Member Moment.

Justine also recognized Kim Liberty and the members of her committee for the outstanding job they did on February's membership meeting.

**Program:** Nina Kessler, LCSW and Life Coach, introduced Dr Rohn Kessler who presented a discussion entitled "Sparks of Genius – Enhancing Your Memory". He indicated that the usual progression of memory and executive functioning loss can be delayed and even reversed for some individuals. This occurs through a process of targeted brain fitness which depends on the neuro-plasticity of the brain; by consciously performing new and mentally challenging activities on a regular basis, the brain is capable of forming new connections and improving cognitive ability. A lively question and answer period followed.

**Business:**

**Minutes:** the minutes of last month's meeting were accepted. Saul Chapnick made the motion which was seconded by Peter Schoen.

**Board Change:** Justine reported that recording secretary Laurette Chunka had resigned due to her impending retirement. As this is an executive board position, a replacement requires a vote by the membership. Justine requested nominations from the floor, and when none were made, Christina Levine, chair of the Nominating Committee, placed Carol Wheat's name in the ring; Jimmy Tercero made a motion to vote on the nomination, which was seconded by Annette Wellington. The membership then voted Carol Wheat in as the new recording secretary.

Laurette was then recognized for her years of service to BCOA with a card and small gift.

**Outreach:** Lourdes Lopez introduced Annette Wellington, who will be taking over the chair of this committee – committee chairs do not need a floor vote. They presented 3 checks for \$800 each to 3 food pantries to assist them during these difficult times. The food banks were Daily Bread Food Bank, Cooperative Feeding and The Pantry of Broward. Anthea Pennant, Director of Development for Daily Bread, gratefully accepted their check and encouraged members to think about what they can do on a daily basis to change things.

The funds for these donations came from the various fund raising activities, other than the Cheryl Wilson Fund.

Each month, a basket is passed for donations and BCOA matches the first \$75. Lourdes presented last month's collection, totaling \$154 with matching funds, to Barbara Grasch,

representing the Alzheimer's Association of SE Florida. Barbara stated that the funds will be put in the scholarship fund to allow needy families to participate in the Safe Return Project.

Additional, funds are available for non-profit members who have provided their documentation to the outreach committee, so members were urged to get their paperwork in.

**Membership:** Kim Liberty recognized the 12 guests who were attending the meeting, welcomed those members who have joined or re-joined in the last month and talked about the benefits of membership. She also thanked her committee for the great work done for the February meeting, and on behalf of the Board, presented them with certificates of recognition.

**Board Openings:** there are 2 positions available; Finance Committee Chairperson, which the President can name, and the Corresponding Secretary/Membership, which is an Executive Board position that requires a vote. Justine asked that anyone interested see her after the meeting.

**Public Relations:** Myra Schoen is a committee of one and is recruiting members to work with her. The web site has been a success and she and Kim Liberty will be meeting with a web designer to discuss enhancements. Anyone interested in joining is asked to email her – see membership directory for contact information.

**Legislative:** Barbara Grasch shared written material including contact information for the Broward County Legislative Delegation. She thanked her committee for their work on the event held January 22, and recognized Yolanda Rodriguez especially, for her expertise as moderator.

**Cheryl Wilson Fund:** Barbara Brietstein happily announced that The Women of BCOA calendar was a sell-out. Next year's theme will be BCOA members and their pets – anyone interested in sponsoring a month should contact her. Chris Levine pointed out that funds are available for indigent seniors with a special need that cannot be met using other resources. There is a request form and she will e-mail it to the membership.

**TRIAD:** as the TRIAD liaison, Chris Levine invited anyone who is interested to attend their meetings which are the first Thursday of the month. The group is composed of seniors and law enforcement working together to improve their communities.

**Scholarship:** 2 scholarships of \$1,000 each are available to students working toward a degree in a field which has a geriatric specialty. Saul Chapnick had flyer with him for anyone who is interested. The application is on the web site. Applications are due to the committee on April 15.

**Fund raising:** The Tri-County event will take place on July 29<sup>th</sup> at Gatsby's, so save the date!

The next meeting will be Thursday, April 9<sup>th</sup> at The Garden Plaza.

Carolyn Wheat  
Recording Secretary