

**MEMBER SERVICES COMMITTEE
MEETING MINUTES**

January 7, 2009

Chairman Howard Velzy opened the meeting, which was held in Suite 2 of the Multi-Purpose Building at 10:00 a. m. Others in attendance were: Robert (Bob) Milthorpe, Dennis Bergquist, Nancy Smith, Ray Baker (Board of Directors Liaison), Barbara Genter, and Irma Williams.

Irma Williams volunteered to take notes and type minutes for this meeting only.

Dennis Bergquist, chairperson of the 2010 Health Fair, shared information about this year's fair. It will be held on March 18; potential vendors are being contacted. There was some conversation concerning which organizations pay a fee for being there and which do not. Ray Baker said that a Vendor Fee Task Force has been appointed to study who will be charged and who will not pay a fee.

Chairman Velzy said there have been some recent rulings regarding five groups, which might be under the umbrella of the Member Services Committee, but instead have been designated "clubs." Some of those are Neighbors Helping Neighbors, AARP, and Visually Impaired Persons. Barbara Genter shared that the library itself is now considered a "club."

Julia Much has worked with the Red Cross to set Blood Bank dates for the entire year, however, more assistance is needed.

Chairman Velzy spoke about the Emergency Preparedness Forum being sponsored by our committee at 10 a. m. on Monday, January 11, in the Recreation Hall. This forum consists of a power point presentation by Tim Siemsen from the Pima County Health Department. Gladys Miller from the Pima Council on Aging will also be in attendance.

At this time, the chairman reminded us of the goals and responsibilities of this committee and reiterated the need for us to focus on health and safety issues.

The March 8 program presented by Jessie Pergren's on the subject of memory loss will include information about Alzheimer's Disease as well as dementia and will delineate the differences between the two.

The question came up as to whether the above program is being presented by a non-profit or a for-profit group. Considerable discussion on these groups and how Tucson Estates might view and use them took place. Ray Baker suggests that, when possible, not-for-profit people be the presenters at our forums.

The committee agrees that there is a definite need for a set policy regarding who will and will not be allowed to make a presentation at Tucson Estates. Nancy Smith put into words the thoughts of the committee and the entire group agreed that it correctly communicates our feelings. It is as follows:

1. We recommend that potential speakers come from non-profit associations when possible.
2. The speaker will be asked to give general/specific information on the subject or topic.

3. NO direct sales pitch will be allowed by the presenter.

As our liaison on the Board, Ray Baker will present the above recommendation at the Board meeting.

April Forum has not been finalized. One possibility is the Life Legacy group, which provides free cremation to those who donate their organs. Howard has a host of resources, including many individuals/groups with excellent power point presentations; they are eager to come to Tucson Estates and will not charge a fee.

A number of new possibilities for our Tucson Estates residents were shared by our chairman. They are:

A. Weekly Forums at the same time/day each week, beginning in November, 2010.

Concerns: Do we have sufficient volunteers to do this?

Will there be a building available at the same time each week?

A suggestion was made by Nancy Smith that, if we move ahead on the forums, we begin by doing them bi-weekly instead of weekly. Perhaps the first and third Monday or the second and fourth Wednesday, etc.

B. Seminars for Programs longer than one hour with a fee charged

Concerns: Do we have sufficient volunteers to do this?

Will there be enough interest to warrant these?

C. A voluntary health and safety program (dealing with specific chronic health problems) to help our residents manage health and safety concerns could be made available. Existing resources would be used to channel information on upcoming meetings and seminars, as well as research and developments on that specific medical condition. This would be done through e-mail, for the most part.

Concerns: Do we have someone to author the sign-up Form?

Do we have someone to enter information into a database? Yes, Ray Baker knows someone who will do this. Again, are we spreading ourselves too thin?

D. An information center for health and/or safety related brochures and pamphlets in a spot easily accessible to our residents.

Concerns: The group agreed this would be a valuable addition to the opportunities we now offer and would further enrich the lives of our residents. Ray Baker will talk to our general manager first and then, hopefully, will present the idea to the Board. Various locations were considered for the placement of a rack holding the informative bulletins. Our first choice is on the wall near the kitchen in the multi-purpose building.

Next meeting will be at 10:00 a. m. on Thursday, February 4, in Suite 2.

Tucson Estates Secure and Healthy Enrichment Living Program TESAHELP

Mission statement : TESAHELP is a volunteer program for the enrichment of life in the community of Tucson Estates which can provide, guide, and inform its members in the healthy and secure self-management of their lives in the areas of safety and health.

Implementation: It will be open to all residents of TEPOA who voluntarily join by registering with their address, phone # and E-mail and residency info. (permanent or part time, renter or guests). They will also be asked what particular chronic conditions they may be interested in for themselves, their family or friends. Member Services Committee would inform members thru forums, seminars, literature, screenings, and self-help groups. It would provide a monthly, (Nov- April) E-Mail newsletter to inform members of what resources and information are available. It would provide resources for the positive self-management of a safe, secure, sound and healthy lifestyle. It will utilize the existing resources of TEPOA and resources and research from outside agencies such as PCOA, Pima Co. Health Dept., U of A Community Health Div. the Stanford University Chronic Disease Self- Management study, and various other Health Associations.

Orientation of Resources

Resources would be organized into the following areas of concern. Constituents would select the particular areas of concern and would receive information and suggestions as to how their lives may be enriched by the utilization of such resources. These resources may be applied to a healthy lifestyle (prevention or wellness), Self-management of illness, or care-giving by family, friend or paid help.

Security:

- Personal Safety
- Home Safety
- Travel Safety
- Emergency Planning
- Emergency Response (CERT)
- Retirement Planning
- Financial Planning

Health:

- Medical conditions
- Exercising (for fun, fitness, endurance and specific illness)
- Information / Education / Training
- Nutrition
- Social activity and involvement
- Health supplements (vitamins, medicines, holistic alternatives and etc.)
- Communications (doctor interviews and resources, community associations)
- Emotional /Spiritual (Stress management, meditation)
- Care resources (self help, in-home, and residential)

Howard Velzy, Chair