

# BASA MINUTES

Wednesday, September 19, 2018

- 41 people were in attendance.
- **Guest Speaker: Beth Dole and Rex, Fyzical Therapy and Balance Centers**

October is fall prevention month. Fall related deaths are going up - about 1 every 19 seconds - the average cost of an ER Visit for a fall is \$34,000 with over 800,000 people hospitalized yearly. Falls account for 40% of all nursing home admissions. At Fyzical Therapy and Balance Center we address balance issues which are one of the key factors in fall injuries. Come in and receive your free assessment, establish your baseline and let us help you get your balance back in line. Many things contribute to balance issues - fatigue, difficulties walking, memory issues, isolation, depression, inadequate lighting, dehydration, inner ear issues, eyesight problems and muscular/skeletal issues. It is important that you stay flexible, talk to your doctor about your personal history, review your medications periodically, get annual vision and hearing checkups, keep your home safe from tripping hazards, install grab bars, get hearing aides if needed, watch out for throw rugs and animals. The more you fear falling the more at risk you are. Fyzical Therapy and Balance Center offers classes Wednesdays and Fridays - call their office today.
- **STEERING COMMITTEE REPORT:**

We are looking for a formal minute taker for our General BASA Meeting.  
The website is being updated - Rachel Krino will be presenting at the November General BASA Meeting - BASA is investing in the Word Press program which will enable changes to be made more easily and present a more user friendly product.  
BASA Cares has 10 / \$1000 awards to be given away. Send in your nominations as soon as possible. To qualify the business must be an established 501c3, in business for at least 3 years and geared towards Seniors. They will be awarded at the Annual Meeting on October 17th.
- **SENIOR EXPO 2019**

Co-chairs: Maggie Hardy and Elizabeth Sonnabend  
Logistics Chair: Connie Hintsala  
Marketing Chair is CC Hovie  
Sponsorship Chairs: Nancy Albrecht and Dave Hauser  
The event location will be changing - not ready to announce at this time.
- **MEMBERSHIP**

87 Paid members at present  
2018 dues are \$35 for new members. Dues have increased as of January 1, 2018 to \$50 for current members. If you are a new member please make sure you get on the website and check it out. There is an orientation on the website to introduce you to BASA and familiarize yourself with BASA's contributions to the community and its role in supporting the seniors in our area. If you need a nametag see Heidi or Russ.
- **BASA MEMBERS IN THE NEWS**

Leelanau County, Disability Network, BATA and Share Care are working together under the Leelanau Transportation Services Initiative to improve the way the transportation needs in the Leelanau County area can be met.
- **SENIOR SUPPORT**

Beth Dole had two requests last month.
- **LEGISLATIVE UPDATES**

Legislation did pass an increase of 424 million dollars for the research of Alzheimer's. Thank you so much for all your support in getting this passed - your phone calls, emails etc. did not go unnoticed.
- **OLD BUSINESS**

The BASA Social on September 12th at Boardman Lake Glens was an awesome event. The perfect day and great meal was hosted by Ann McMann and Boardman Lake Glens. Thank you so much for the great time!
- **ANNUAL MEETING**

The annual meeting will be held on October 17th at 9:00 a.m. at the top of the Park with a Breakfast Buffet provided.
- **ANNOUNCEMENTS:**

**Leelanau County Services:** Oct. 4th, Heartland Hospice hosted a gathering at the Bay Theatre in Suttons Bay on "Tips on writing your Obituary." Oct. 16th, a talk on Pain Medication Management is scheduled for 1:00 p.m.

**Options for Senior Living:** Hosting a Parade of Homes on October 19th. They will be visiting Orchard Creek, French Manor and Traverse Manor.

**VA Benefits Office:** Mike is willing to help any agency host a forum or Coffee Chat for Veterans to talk about their VA benefits.

**Grand Traverse Pavilions:** September 8th Fundraiser was a big success and they will be scheduling another one with the same theme for next year. Don't miss it.

**Villa:** Trick or Treating on October 31.

**Great Lakes Physical Therapy:** Bras for a Cause is Oct. 12th. Come cheer them on.  
Great Lakes maintains a Loan Closet for Area Agency on Aging - if you are in need of walkers, canes, toilet risers etc.

**Cordia:** Thursday, Sept. 20th they had a presentation by the Grandmothers to end AIDS in Africa organization.

**Manor Group:** The VA Aid and Attendant Benefit Pension is changing - they will now have a 3-year look back. Medicare Advantage sign up starts October 15th. Now is the time to look at your medications and reassess your needs.

**Area Agency on Aging:** There have been a lot of Bed Bugs reported in the area. Please discourage people from getting used mattresses and furniture. They are very difficult to get rid of.

**Parkinsons:** They are in need of board members and meet the 2nd Monday between 4 and 5 in the afternoon.

**Newstar Insurance:** Open Enrollment for Medicare Advantage Oct. 15th through Dec. 17th. Mi Medi gap subsidy has been cut.

**Northern Healthcare Management:** Looking for a new director.

**Senior Center:** Home Town Tour is Oct. 10th. 120 Veterans and guests travel around to all the memorials. Lunch will be provided. Oct. 29th they will be hosting their annual Fish Fry - \$5 per person.

**Reynolds/Jonhkoff:** Open House on September 9th went great. They will be hosting a Lunch and Learn at McGees on Oct. 17th.

**Alzheimer's Walk:** The walk was Sept. 29th starting at 9:00 a.m. at the Open Space.