

CADBURY AT LEWES RESIDENTS ASSOCIATION

GENERAL MEETING

February 16, 2009

10:00 a.m.

The meeting was called to order by President Barbara Cleaveland at 10.00 a.m. The meeting opened with a Moment of Silence.

Sharon Hoover introduced our speaker, Sally Broadhurst, from Sun Dance Rehabilitation Services who spoke to us about the "Staying in Step Series", and the importance of exercise. She introduced Anne Murray who sets up programs on falls and fall prevention. Falls account for 87% of fractures in people 65 and older. The aged body is not aligned properly - it is easier to slip and fall - the fear of falling may cause you to fall. Ms Broadhurst also brought two helpful handouts - "Falls and Hip Fractures Among Older Adults" and "How to prevent Disabling Falls."

Sharon noted that we are going to lose much of our exercise programs here if we do not use them more, and exercise is the best thing for our brains!

BUSINESS

Minutes: President Barbara, suggested that as the minutes of the January 19, 2009, General Meeting have been posted both on the Board and on the web page for all to read, we accept the minutes as written without reading them aloud. There being no objection, the minutes were accepted as written.

Treasurer's Report: Diantha Pack reported that the balance as of Dec. 31, 2008, was \$1,808.60, income was \$1,472.74, expenses were \$141.68. The balance as of Feb. 9, 2009, was 3,139.66. This balance has been divided between checking and savings accounts.

Corresponding Secretary: Adele Hudson pointed out that one of her responsibilities as corresponding secretary is to send cards to those in the Health Center or other units. She has sent out four cards. She needs help in knowing who should be on her list. When you know of someone, please contact your Wing or Cottage reps with their names to get word to Adele.

COMMITTEE REPORTS

Activities: Vi Cribb on behalf of Don Burgess, chairman, reported that on February 9, Activity Committee members Becky Goldstein, Elaine Showers, and Vi Cribb, along with CALRA President Barbara Cleaveland met to discuss recommendations to pass along to Carol Holzman on activities to include on the March calendar.

Vi also requested that as the need is great, that we collect nonperishable food to donate to the Cape Henlopen Food Basket of Lewes. Donations may be dropped off at the front desk before March 16. If you have any questions, see Jeane Wampler or her, Vi Cribb.

Dining Services: There will be a meeting March 6th of the committee which now has 14 members.

Gift Shop: Gladys Ratz reported that January cash sales were \$222.29, that Cadbury dollar sales were down a bit in January. She also reported that they now have bluebird houses, made by our woodworking shop, for sale. The Woodworking shop members will also help with poles.

Landscaping: Lois mentioned several items she plans to present to her next meeting of the Building and Property Committee.

Library: No report. Anne Rouse mentioned that the reception was very successful - twenty-two persons attended - the speaker entertaining - delightful.

Membership: Dick Cleaveland reported that we have 161 residents altogether - cottages, apartments, The Tides, and Safe Harbor. One hundred twenty-three have paid dues to the Association; the Directory has 92% residents with pictures; there was a record attendance of 64 at the last General Meeting; and the Web site has about 25 hits a day, with menus the favorite!

Newsletter: Pat O'Hanlon expressed delight with the columns which were submitted for the newsletter, and noted that the next newsletter is scheduled for May.

Program: Sharon Hoover reminded us that this Thursday night, (Feb. 19) Teller Wines - voted the best Wine store in Delaware will make a presentation. The East Coast Garden Nursery will speak at next month's General Meeting. The Program committee meets the first Monday at 7:30 p.m. in the Bistro. Please let them know your suggestions for programs. Sharon praised the "movie people" - for their loyalty in helping to select movies and once every two months accepted the responsibility to run the movies and get the popcorn machine going!

Woodworking: Gary Showers invited us to stop by - "come in and see us". Woodworking people are there frequently working on projects. A great book has been compiled with pictures of the many projects they have done for examples of what they can do - this book will be in the Library.

OLD BUSINESS

The Resident Directory is coming along very nicely. There are a few pictures which need to be taken. It will be printed here at Cadbury.

NEW BUSINESS

The suggestion was made to consider that we, the residents, waive our privacy and allow it to be known that we are in the hospital or Safe Harbor, etc. - as is done in churches, with the suggestion to be sure to come to bowling on Thursday and Saturday, Bob Hein moved that the meeting be adjourned. 10:53. a.m.

Pat O'Hanlon
Secretary

