

LOVN CHAT Meeting Summary **May 14th, 8:30 am**

Present: Kimalee Rowley, Tom Goslin, Pat Maurer, Jackie Orton, Tom Davie, Hilary Woodcum, Mary King, Hedda Matza-Haughton, Susan Haley, Dot Grinnage, Diane Ramseyer

Welcome and Introductions – Everyone was welcomed and introductions provided.

Special Guest - Hedda Matza-Haughton – “Words Not Spoken”

www.laughforthehealthofit.net

Hedda shared the story of the programs she does utilizing laughter as a healing process, as improvisational theater with untrained community members. One of the theater programs she did was with medical residents on the topic of “death and dying”. She has also done theater programs with teens. Following the theater program, the cast (in character) discuss the presentation with the audience, making it a very interactive experience. Currently, she is working with the Pines to do a program on Caregiving. They are working on the funding aspects of it, so that it can be taken out to the community in a variety of settings. Her website has examples of actual presentations, both with community groups, as well as individually.

Hedda also has laughter kits with a CD explaining tips to use laughter as a way to decrease stress and improve wellness.

Updates (Directory and DVD) – Diane shared that copies of the directory are nearly gone. An update will be made in June and sent electronically. No plans for reprinted are on the table at this time, due to the cost. Jobs, Etc. asked for 6 cases, but, we only had one case left. A few miscellaneous copies remain.

Some additional copies of the previous exercise dvd have been found – see Diane if you would like any copies. Also – the current directory is available.

June Meeting – we will be discussing future activities and roles for CHAT members to improve sustainability of the CHAT.

Announcements and Catching Up with Member Activities – All

Tidewell is doing a service to honor veterans – they are holding a Venice service at the Church of the Nazarene – May 20 from 3-4:30. Call Tidewell at 800-959-4291.

Community health depends on community voices

JFCS has a program for Iraq and Afghanistan returning troops. They have a variety of services they can assist with – from financial to employment to counseling. Call Devon at JFCS – 366-2224.

Sarasota Cares – a program through JFCS with Weinberg Foundation funding. This is a caregiver program to partner with other agencies that serve seniors to explore how programs are offered directly to caregivers can be beneficial. Susan Haley provides direct services to families, creating a wrap-around of support from within the families own environment. The goal is for the family to be able to sustain necessary support when professional services are no longer available to them.

Venice Community Dinners continue to happen weekly, with the mobile food van providing food for participants beyond the weekly meal. They have also formed some subgroups to help identify additional needs which the volunteer group might be able to assist in addressing.

SCOSA will be holding some focus groups throughout the summer with high school and middle school youth to help update the “Believe in All Your Possibilities” Campaign

Information was shared on the North Port Drug-Free Youth program. Work is continuing in the build-up process. Hilary and Tom are part of the group through the North Port CHAT helping support this effort, and will update this group on the progress of this effort.

First Step has a new program “Blueprint for Healthy Living” – tomorrow at Alderman Oaks 9-11 – kick-off - will address a variety of issues which impact the health and wellness of seniors in the community. Thursday, at the Sarasota Senior Friendship Center (afternoon 1 pm), Tom will give a presentation on stress and healthy living.

Florida KidCare provides insurance for children and family in Florida. For information – call Jackie at 893-7485.

The library CHIP Centers continue to post the events and activities going on in the area –so, be sure to keep this information coming to Pat Maurer at the Venice Library– 861-5000.

Next CHAT meeting – June 11th – 8:30 pm Venice Library