



POLK FIT, FRESH and FRIENDLY
July 27, 2017
12:00 Noon, Polk County Library

MEETING MINUTES

Attendees: Vennie Abrams , Ben Ellington, Michele Trofatter, Cindy Gibson, Linda Greensfelder, Patty Martin, Rob Fuller, Yanette Cisneros, Margorie Vestal, Jerry Stensland, Lou Parton, Aaron Keever, Gina Cashion, Maria Matthews, Pam Doty, Amanda Fisher, Mike Veatch, Lisa Mc Alpine, Andrew Kegley, Cathy Brooks

Jerry is taking Jimmi's place today. Introductions were made by attendees.

Minutes: Ben made a motion to approve the May, 2017 minutes. Linda seconded the motion, and it passed unanimously.

Speaker for today is Patty Martin; topic Saluda Living in Place (SLIP)

Patty became involved in SLIP because she works as a parish nurse in Saluda, NC. SLIP is based on the idea that senior citizens can live in their homes if they want to, but they need to be supported by the community and the community services to have a safe and happy environment. Saluda and surrounding areas have large senior communities, and they feel it is beneficial to the entire community to help support seniors aging in place. Patty referred to the books, "Being Mortal" by Atul Gawande, and "Blue Zones-Lessons for Living Longer from the People who have Lived the Longest" by Dan Buettner. Patty also talked about her visit to Athens Village in Athens, GA. She visited this community to see how this type of arrangement could be applied to the senior community in Saluda. The book stresses long-term living versus long-term care.

Patty advises seniors to have advance directives in place. She works to provide NC and SC advance directives to seniors at several vendor fairs, and other senior events. Patty has been partnering with Senior Life Solutions and the Senior Center to provide programming around depression, loneliness and social isolation that senior citizens experience. She also did cooking programs and gardening programming, as well as brainstorming with seniors for new offerings.

SLIP is having an Ice Cream Social in August, a Health Fair in September. St. Luke's is opening a primary care clinic with Dr. Lisa Boyles 2 days per week this fall.

Spindale has a Fire and Injury Prevention Program that helps them identify people who might be “at-risk” for loneliness or social isolation. People who are identified will receive phone calls, visits, smoke alarm installation, and other preventative services to help reduce the number of non-emergent calls from “at-risk” individuals. Columbus does similar program. They also will do a safety survey in the home for preventative services. Columbus has grants from Insurance Commission to provide free smoke detectors to Columbus Fire Protection Area.

To find out more about SLIP, contact Patty Martin or Donna at the Saluda Senior Center.

Mental Health First Aid, September 21, 2017; St. Luke’s Community Room at Dr. Rosenberg’s office.

St. Luke’s Infusion Center Open House, August 7, 4-6 pm

Watch for the Polk Fitness Challenge coming to Polk County in October 2017! More information coming soon.