

## Minutes for 11-18-2021

The meeting was called to order at 11:40. Elections for President and Secretary were discussed. Roz submitted her resignation from being vice president. Rich will be new Vice President going forward and Chris new President.

It was discussed that many members on the call have to leave early today. The holiday party was announced for December 16<sup>th</sup> in person if those are comfortable. If not, members could come to The Sheraton and take a grab to go bag lunch.

Eleonore Weber gave a presentation on Essential Skills every Caregiver Needs to Survive. She mentioned it is National Caregivers Month.

She mentioned it's important to remain independent, protect your legacy income and assets and make your own choices.

She explained Long Care Assistance does the following: Life changing event that changes the dynamics of the life of the person needing help and those people around you who love you.

You need to know your needs, have a supported partner, balance self-care while caregiving, know your boundaries and maintain emotional, mental and physical health.

### Building your team

1. Make a list of individuals as well as contact insurance company.
2. Plan a family meeting.
3. Family dynamics
4. Consult professionals.

Cost of Care Increasing due to real estate equity, out living savings, care givers health over time, increase costs of care and pay for extended care.

Medicare Service Not Covered for long term care, dental, dentures, cosmetic surgery, acupuncture, hearing aids, routine foot care, etc.

How to Pay For It-Self Pay, Medicare, VA benefits, family pays and leverage long term care.

4 R's of Coping-Reorganize, rethink, relax, release.

Self Care- Organize, remember your health, eat healthy, exercise and take care of yourself

Resources and Programs; caregiver.com; caregiving.com and National Institute on Aging

The minutes were approved for the treasurer and secretary reports. Dues are due. Please RSVP for Holiday Party.

The meeting was adjourned at 12:50.

