



## **Meeting Minutes**

[www.vbtfa.org](http://www.vbtfa.org)

**Feb. 12, 2026 | 8:30AM**

**Location: Bay Lake Retirement  
4225 Shore Dr. Virginia Beach**

**Welcome:** Sondra Holmes

Thank you to Bay Lake Retirement Community for hosting the meeting

Attendees: 62

**Guest Speaker:** Dr. Laiana Torries of Integrative Medicine of Virginia Beach. Topic: Naturopathic Medicine & Nutrition

**Old Business:** Thank you to Meghan Hampson of Home Instead, for taking the Board members' pictures

**New Business:**

### **Officer and Committee Chair Reports**

Chair: Sondra Holmes

Vice-Chair: Katrina Parker: Speake and meeting locations are being accepted for 2026

Secretary: Corey Sullivan - Notify Corey if you are not receiving the Task Force email updates

Treasurer: Laurie DaPrano - current account balance: \$5106

Membership: Tara Evalle - membership is currently 162

Charitable Fund: Heather Dore'

- Princess Anne Family YMCA awarded \$500

- Accepting applications for charitable donations

Publicity/Website: Carey Raleigh / Laurie DaPrano

Fund Raising: Suzanne Outreach event today: Valentine's Day Delivery at Maimonides health Center of VB, Kempsville Health and Rehab, and Our Lady of Perpetual Health

### **First Time Attending Highlight**

**Membership Highlight – 15 Second Introductions**

**Meeting Adjourned- We will see you next month!**

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**Next Month's VBTFEA Meeting**

**March 12, 2026 @ 8:30AM**

**Location: Alperin Law PLLC, 500 Viking Drive, #202, Virginia Beach**

**Speaker: Steven Porco, Habitat for Humanity of South Hampton Roads**