



Meeting Minutes

www.vbtfa.org

November 13, 2025 | 8:30AM

Location: Marian Manor

5345 Marian Ln, Virginia Beach, VA 23462

Welcome: Sondra Holmes

Attendees: 62

Katrina Parker: -Thank you to Marian Manor for hosting the meeting

Introduced guest speaker: Brad Breckenridge – IV Nutrition- The Important Functions of Vitamins and nutrients for cellular health and healing.

Old Business:

New Business: SAVE THE DATE

2026 Joint Taskforce on aging meeting

Thursday January 15 8:30 am – 10:30 am

Chesapeake Regional Lifestyle Health and Fitness

800 Battlefield Blvd. Chesapeake, VA 23320

Officer and Committee Chair Reports

Chair: Sondara Holmes

Vice-Chair: Katrina Parker: Speakers and locations 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: \$3658

Membership: Tara Evalle - membership is currently at 145

Charitable Fund: Still accepting applications for charitable donations

Publicity/Website:– website is up and running

Fund Raising: Suzanne Passarella – Thursday, Dec. 11 from 11 am – 1 pm

Location Birchwood Heath & Rehab and Rosemont Health & Rehab.

First Time Attending Highlight

Membership Highlight – 15 Second Introductions

Meeting Adjourned- We will see you next month!

Next Month's VBTFA Meeting

December 11, 2025 @ 8:30AM

Location: Westminster-Canterbury

3100 Shore Dr. Virginia Beach, VA 23462

HOLIDAY GIFT EXCHANGE

Bring a gift of \$20-\$25 to participate in the exchange