

Tacoma (WA) Chapter of the Links, Inc.  
HHS Facet Committee Meeting Minutes  
April 16, 2019  
Telephone Conference

Meeting called to order at 7:06 pm

Present: Links Victoria, Alicia, Melva, Carolyn

**Reviewed Monthly Health Moments**

Link Alicia reported Oral Health moment for March went well. Oral health items and handouts given to members.

Link Mary G is assigned to the April health moment and the topic is Diabetes.

Link Kim B is assigned to May and the topic is Mental Health. However, Link Alyce approached Link Victoria about a woman (working with Carol Milgard Breast Cancer Center) who would like to present some information to the chapter on Breast Health. Link Victoria will follow up to see if her presentation will work for our May health moment.

**Stress Reduction and Wellness Workshop**

Reviewed presenters and draft program. Please see previously sent draft program. Will add a break to the program and will also have a light lunch served after the presentation by Donna Brazel. Program will likely be extended to 3:30.

The presenters are all confirmed. There will be a 25 min panel presentation. Each presenter will have 5 minutes to give a high-level overview of their topic during this panel discussion. A five minute Q and A will follow. The presenters are Donna Brazel, Ken Noble, Gayle Johnson, and Debrah Carter Thompson. Link Victoria to secure honoraria for speakers. Link Victoria will also confirm A/V needs from Donna Brazel. Link Alicia will get Bio from Debrah Carter Thompson.

**Logistics** - The room will be set up between 12 and 12:15. The tables will be pushed against the walls and chairs placed in front of tables. Link Carolyn will check with Link Connie to see if employees from UPS can assist in room set up.

**Refreshments** - Link Stephanie W and Link Carolyn are the refreshment committee. The lunches will consist of pin wheel sandwiches, Kind bars, fruit and water. The food will be set up in the adjoining room where breakfast is usually served. The lunches will be set out so we will not have long lines for food.

**Give Aways** - Link Victoria has purchased five-inch exercise balls and is also working on getting items from Multicare. Link Adrienne will try to secure State Farm bags. Link Carolyn is reaching out to her sister, who is a physician in California, for possible give away items.

Next Meeting is scheduled for May 21<sup>st</sup>. We would like an in-person meeting to brainstorm ideas for Mental Health Forum. Link Alicia will secure meeting room. October 19<sup>th</sup> is the tentative date for the Mental Health Forum. Bethlehem will again partner with us. We will also focus on program planning for next year at this upcoming meeting.

Meeting adjourned at 7:41 pm