A Message from the BLS President

TO MY BLS MEMBERS & FRIENDS,

Happy New Year! By the time you read this, we are all well into 2019. The year 2018 ended successfully with a 30th Anniversary Celebration in October; an energetic Consortium in November; a BLS Holiday party in December; and the Silver Santas project working diligently all fall to serve over 1000 persons who would have otherwise been forgotten during Christmas. A special thank you to all the BLS Committees who provided leadership on these efforts: FUNdraising Committee; Senior Resource Committee; and Membership Committee. We have new activities going on this year, so be sure to read about this in this issue (hint: Mental Health Awareness and LGBT Elder Initiative).

We just celebrated 30 years of BLS’s existence. Wow! Having been a part of BLS that entire time gives me pause to think, reflect on, and get my creative juices flowing on the future of BLS. I vow to do my part to keep BLS a viable, relevant and vibrant organization that goes beyond just networking. While networking will always have a place, we are the only networking group in Pinellas that is strategically aligned with our local Area Agency on Aging. I think it’s an essential and unique feature that keeps us plugged into resources at the local, state and national levels. The Area Agency on Aging of Pasco-Pinellas, Inc. supports BLS in many ways and we, in turn, support them, such as fundraising and outreach for them.

I encourage you to make the most of your membership and I challenge you to do a few things for or on behalf of BLS that will strengthen your membership:

- Go to the website, www.blspinellas.org, and read a new section of it to which you never paid attention;
- Visit at least one committee this quarter and find out what they are about; there are nine committees now! https://blspinellas.org/page-1313945;
- If reading bylaws gets you excited, check out BLS’s bylaws: https://blspinellas.org/BLS-ByLaws;
- If you are on Facebook, like or post on BLS’s FB page: https://www.facebook.com/BLSPinellas/ and while you are at it, invite your friends to like the page;
- BLS’s quarterly newsletter is a wealth of information; consider writing an article for it. You can find past editions of the Bugle here: https://blspinellas.org/Newsletter.

I am proud to be your President! Let us together serve seniors, serve AAAPP, and serve each other. Feel free to reach out to me (helenk1288@gmail.com) if you’d like to share your thoughts.

SINCERELY,
HELEN KING, BLS PRESIDENT
FALLS PREVENTION COALITION CONSORTIUM

Presents
“Falls Prevention Education... It Works!!!”

FEBRUARY 8, 2019
THE FOUNTAINS at BOCA CIEGA
1255 Pasadena Avenue South
St Petersburg 33707
8:30 a.m. Breakfast
9:00 a.m. Program
Please register at BLSPinellas.org
Door Prizes Welcome
Contact Arlene Grosso 727.560.8965

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change environment to reduce fall risk factors, and exercise to increase strength and balance.
**Help Wanted:** The FUNdraising Committee is looking for new leadership! We need two motivated individuals with familiarity to BLS to Chair and Vice-Chair the committee.

When the committee was originally started it was with the idea of planning two large events each year for Better Living for Seniors with more outside sponsors. We are proud of the events that have been held and the money raised for Better Living for Seniors and the Area Agency on Aging. New leadership can help shape the next few years of this committee.

If you enjoy planning large events and bringing people together, this is a great way to network and get more involved in BLS. The position of Chair will also come with a BLS Board position. (the Board meets every other month). Former leaders, Ginny Moore and Carol Radin will be available to assist the new team in any way that they can.
ALL THINGS MEMBERSHIP...
Submitted by Becky Moultrie, Membership Committee Chair

BRING A FRIEND TO BLS : A Campaign to Grow BLS Membership

Have you noticed how many guests we have at Chomp & Chats and Consortium? Well it’s thanks to you that attendance is up! Now let’s convince your friends to join BLS. And when they do, make sure they give us your name. Because when they do, you might just win a half page ad in the May Bugle! That’s right, whoever refers the most new members each quarter in 2019 wins a half page ad in the following quarter’s issue of the Bugle.

Congrats to Maria Carlberg of Home Instead who referred two new members in the 4th Quarter 2018. She won a half page ad in this issue of the Bugle. (I’m sure Colin is appreciative of that!!) You can be a winner, too. The member who refers the most new members wins!

If you have questions about the contest or how to refer someone to BLS, contact Becky Moultrie at bmoultrie@assistinghands.com.

HOW TO GET THE MOST OUT OF YOUR BLS MEMBERSHIP

Want to get more out of your BLS Membership? Well we have an app for that!

Apple devices: Visit the App Store, download the Wild Apricot for Members App
Android devices: Visit the Google Play Store, download the Wild Apricot for Members App

On either app, your BLS log in and password will give you access to your account. Once in the app, you can:

- View your 2019 BLS Membership Card
- Update your Membership Profile (change your email, update your phone #)
- Register for upcoming BLS events
- You can even make a donation to BLS for Consortium when registering!!! No need to have cash at the door.
- Contact other BLS members
- Search by name or company
- And once you find a member, click to call or email directly from the app!

Remember, your email address drives your BLS membership and registration & RSVP to all events. Make sure you are using the email that is tied to your account. Not sure, contact Membership Chair Becky Moultrie at bmoultrie@assistinghands.com to find out. Or contact Becky if you have any questions about using the app.
THE IMPORTANCE OF REGISTERING FOR BLS EVENTS

The BLS Board of Directors and the Membership Committee work hard to find host locations for the four Quarterly Consortiums and the seven Chomp & Chats.

We respectfully ask (no, make that beg!) for our members to register for these events so we can give these gracious host locations an accurate count of attendees so the community can properly prepare for seating and refreshments.

How do you RSVP? Well, it’s easy. You can:

- Click on the email reminder. That link is made just for you and will take you to your BLS log in. Just enter your password and you’re in!
- Go to BLSPinellas.org. Log in using your email used to set up your BLS membership. It’s important you use that email. If not, you won’t be logged in as a member and may be charged a guest fee.
- Open the Wild Apricot for Members app on your smart phone. Click Events, find the event and click Register.

Chomp & Chat is free for Members. Consortium is free as well, but a $5 donation is greatly appreciated. You can make your donation on-line, in the app or at the door. These funds go support the programs of Better Living for Seniors and the Area Agency on Aging Pasco Pinellas.

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2019 Important BLS Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Friday, January 11</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>St Mark Village</td>
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<tr>
<td>Friday, February 8</td>
<td>8:30am</td>
<td>Quarterly Consortium</td>
<td>The Fountains at Boca Ciega Bay</td>
</tr>
<tr>
<td>Friday, March 8</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>The Barrington</td>
</tr>
<tr>
<td>Friday, April 12</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>To Be Determined</td>
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<tr>
<td>Friday, May 10</td>
<td>8:30am</td>
<td>Quarterly Consortium</td>
<td>To Be Determined</td>
</tr>
<tr>
<td>Friday, June 7</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>Preserve at Clearwater</td>
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<tr>
<td>Friday, July 12</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>To Be Determined</td>
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<td>Friday, August 9</td>
<td>8:30am</td>
<td>Quarterly Consortium</td>
<td>Brookdale Beckett Lake</td>
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<tr>
<td>Friday, September 13</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>Magnolia Gardens</td>
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<tr>
<td>Friday, October 11</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
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<tr>
<td>Friday, November 8</td>
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<td>Quarterly Consortium</td>
<td>To Be Determined</td>
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<td></td>
<td></td>
<td>To Be Determined</td>
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<tr>
<td></td>
<td></td>
<td>Holiday Party</td>
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<tr>
<td>Friday, December 13</td>
<td>9:00am</td>
<td>Chomp &amp; Chat</td>
<td>No meeting this month</td>
</tr>
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# 2019 AAAPP Annual Luncheon

**Friday, April 26, 2019**
Largo Central Park Performing Arts Center
11 am: Networking & Exhibitor Showcase* • 12 pm: Lunch & Program

Proudly Hosted By Area Agency on Aging of Pasco - Pinellas
Together with Presenting Sponsor Pinellas Community Foundation

## Limited Sponsorships Available

<table>
<thead>
<tr>
<th>PLATINUM - $2250</th>
<th>GOLD - $1700</th>
<th>SILVER - $800</th>
<th>BRONZE - $475</th>
<th>ADVERTISERS</th>
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</thead>
<tbody>
<tr>
<td><strong>Exclusive Opportunity:</strong></td>
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<tr>
<td>✓ 6 meals at a reserved table</td>
<td>✓ 5 meals at a reserved table</td>
<td>✓ 3 meals at a reserved table</td>
<td>✓ 2 meals at a reserved table</td>
<td>Color Ads only in Luncheon Program booklet (size 6”W x 9”H):</td>
</tr>
<tr>
<td>✓ (2) guests at the Pre- Luncheon reception Green with Board of Directors and Advisory Council Members</td>
<td>✓ Full page color Ad in Luncheon program</td>
<td>✓ Half page color Ad in Luncheon program</td>
<td>✓ Quarter page color Ad in Luncheon program</td>
<td>✓ Full page - $350</td>
</tr>
<tr>
<td>✓ Full page color Ad in Luncheon program</td>
<td>✓ 1 Exhibit table (premium location)</td>
<td>✓ 1 Exhibit table</td>
<td>✓ 1 Exhibit table</td>
<td>✓ Half page - $250</td>
</tr>
<tr>
<td>✓ 1 Exhibit table (premium location)</td>
<td>✓ Video Banner (full slide)</td>
<td>✓ Video Banner (logo on shared slide)</td>
<td>✓ Video Banner (logo on shared slide)</td>
<td>✓ Quarter page - $150</td>
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<tr>
<td>✓ AAAPP Website (logo and link for 1 yr.)</td>
<td>✓ AAAPP Website logo and link for 1 yr.) on home page</td>
<td>✓ AAAPP Website logo and link for 1 yr.) on home page</td>
<td>✓ AAAPP Website (company name for 1 yr.)</td>
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</tr>
<tr>
<td>✓ Social media exposure</td>
<td>✓ Sponsor name announced at lunch</td>
<td>✓ Sponsor name announced at lunch</td>
<td>✓ Sponsor name announced at lunch</td>
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</tr>
<tr>
<td>✓ Sponsor name announced at lunch</td>
<td>✓ Speaking Opportunity during lunch</td>
<td>✓ Speaking Opportunity during lunch</td>
<td>✓ Speaking Opportunity during lunch</td>
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</tbody>
</table>

*Exhibitor Showcase is open to all attendees of the luncheon.

## Reserve Your Sponsorship/Ad as Soon as Possible by Either:

E-mailing or calling Bonnie Hough, Director of Outreach, at: bonnie.hough@aaapp.org or (727)570-9696 x 210.

**OR**

By visiting the AAAPP website at http://www.agingcarefl.org/annual-luncheon/
Payment accepted by check or via PayPal.

## AD SPECIFICATIONS:

Printed Program Measurement: 6”W x 9”H
Please supply ads in Press Optimized PDF format. CMYK
Minimum resolution 300 dpi at full size

- Full Page: 5.25”W x 8.125”H
- Half Page: 5.25”W x 4”H
- Quarter Page: 2.565”W x 4”H

**MARCH 26, 2019**

IS THE DEADLINE TO SUBMIT ADS, SPONSORSHIP INFORMATION AND PAYMENTS!!
We thought Bugle readers would be interested in knowing a little bit about the BLS 2019 Board of Directors.

**Helen King—President**  
*Retired, Volunteer; no company affiliation*

I have been a member of BLS for its entire thirty-year history. This is due to my former position as Deputy Director and Liaison to BLS for the Area Agency on Aging of Pasco-Pinellas, Inc (AAAPP). That position involved me working closely with the BLS Boards of Directors as well as all the committees over the years. Being now retired provides me the time and attention to proudly serve as President and coordinate with the team of officers while holding no conflict of interest with BLS members businesses. My past leadership positions were serving on the Board of Directors (Chair of ad hoc Legacy Committee) and Secretary of the LGBT Elder Committee. In addition, I assist with the Membership Committee and helped with the 30th Anniversary Event for the Fundraiser Committee.

My long history with BLS has given me an understanding of the important connection we have with the AAAPP; to appreciate the value of having professionals interacting with one another for the good of the senior community; and an expansive knowledge of how BLS works (board, bylaws, committee structure, etc.).

**Mark Grande — Immediate Past President**  
*President, Eternal Cremations*

**Tammy Mohr — Vice President**  
*Associate Publisher, Senior Living Guide*

I have belonged to BLS for ten years and have been on the membership committee since 2008. I have had many roles within BLS, such as, Member at Large for 2 years, Secretary of the BLS Board for two years, Chair for the Membership committee in 2017, and Vice President since 2018. I am fortunate to be able to attend almost all BLS functions and committee meetings.

I love anything that has to do with being on the water. I love Sunrises and Sunsets. I have one amazing child and he is the reason that I love so hard. I have a snobby dog name Lina who goes to the spa more than I do (but she is the sweetest so well worth being spoiled), I have been with my husband for over 20 years and he is my best friend! I love working with the Senior Living Guide and have learned so much from this industry that I truly feel it has made me a better person.
Meet Your 2019 BLS Board of Directors...continued

**Mikel Blackburn, Secretary**  
*Publisher/Digital Account Executive, Senior Living Resource Magazine*

I have belonged to BLS for more than 7 years and have been a member of the Membership Committee all that time. I have served on the BLS Board in multiple capacities over the years...Secretary and Member-At-Large.

As part of my Membership Committee responsibilities, I have assisted in locating venues for Chomp & Chats and Consortiums; served as MC of Chomp & Chats; and assisted with registration/greeting at Chomp & Chats & Consortiums. Supporting other BLS committees and events is a priority. I attend and assist with the BLS Fundraisers; promote Silver Santas and assist with Bagging. All of this allows for me to promote BLS and its benefits to all my contacts and encourage membership.

As part of my work, I promote all BLS events/Committee meetings thru E-blasts and postings on my Professional Events Calendar. I sincerely enjoy using my talents, working with compassionate associates who share my same focus to promote excellent service to seniors.

**Pat Smoot-Member-At-Large**  
*Reverse Mortgage Professional for Access Home Mortgage*

I joined BLS in the fall of 2013. I have served on 2 committees; I have been a Board member and the Chair for Professional Development for 4 years. I participate and attend most events sponsored by BLS and try to help creatively when possible. Many members know me and see that I get involved. The Professional Development Committee has grown and has a more diverse group today. Our educational speakers have brought other members to our meetings. Our Consortiums have been well received. I decided to run for office last fall and take a break from the Chair position to see where else I might contribute.

I have been specializing in Reverse Mortgage products for 13 years, helping senior clients afford to stay in their homes. I am active with several Non-profit organizations in our county and with my new role as ‘Board Member at Large’ I hope to pitch in where needed to help any committee and the Board grow our successful organization.

**Katie Riston – Member-At-Large**  
*Business Development Manager, Mobile Physician Services*

I have been a member since 2014. I currently serve on the membership committee. Prior to that, I have been on falls prevention. I assisted FUNdraising with their 30th anniversary party. I actively assist in Chomp ‘n Chats that are part of the Membership Committee.

I use BLS as a resource tool for helping my patients find the services they need. I do my best to attend as many BLS functions as I can and am willing to jump in and support committees that may need help with a special project. Whenever I can, I promote BLS at other networking events.

I have been dedicated to BLS and helping our seniors for years. BLS does so much for our seniors and I have been honored to be a part in that. Serving on the board these past two years have taught me a lot. I love that I can once again serve on the board and help BLS continue to grow and help more seniors.
Becky Moultrie-Chair, Membership Committee
Owner and Administrator for Assisting Hands Home Care

I have been a BLS member since 2014. I support BLS as Chair of the Membership Committee (2nd year), was previously the Vice Chair for 2 years. I am almost always at each BLS Chomp n Chat. I also help when I can on the Falls Committee.

Annually I host a Silver Santa Party. In 2018, we filled over 50 bags for seniors plus many donations of fill-in items. I’m an avid gardener, and thanks to my husband, I’m now a beekeeper!

Tal Bratton-Chair, Senior Resource Committee
Vice President, Home Care Financial Services

I have belonged to BLS since July 2015 and have participated in the Senior Resource Committee since that time. Before recently becoming Chair of this committee, I served as Vice Chair for a couple of years. As many know this committee has many opportunities for members; thus, I have served as tree and sorting site captain during the Silver Santa phase of the year.

I try to attend other committee meetings to see if I can contribute; and have begun to cultivate a relationship with AAAPP to further their mission. Besides BLS, I support Habitat for Humanity, SCORE and Veteran’s Organizations.

Val Palla-Chair, LGBT Elder Initiative Committee
Certified Geriatric Care Manager, Institute for Elder Care Resources

I have been a BLS member since 2011. I have been a member of the LGBT Elder Initiative since its inception and became the Chair in 2017.

After a career in hospital administration in Chicago, my wife and I moved to Florida in 1998. I completed graduate studies in gerontology at the University of Florida in 2009 and became a certified Geriatric Care Manager. I currently maintain a caseload of senior clients for my own care management company, Elder Care Resources.

Trisha Randall, Chair, Communications Committee
Publisher, Senior Living Guide

I have belonged to BLS for almost ten years. I have been a long-standing Chair of the Communications Committee and Editor of the BLS Bugle. I helped guide the newsletter from a paper/mailed publication to its present form as an electronic document emailed to members. I also do behind-the-scenes work on the BLS website to keep it updated, as well as set up events on the website in support of the many BLS committees and activities.
Meet Your 2019 BLS Board of Directors...continued

Michelle Lowack – Chair, Professional Development
*Business Development Director, Home Care Assistance*

I joined BLS in 2016. Initially, I served on the FUNdraising committee at its inception as well as the LGBT EI committee. Currently I serve as Chair of the Professional Development Committee.

My service to others began over 30 years ago as an Ambassador for the American Cancer Society and continued as a Member for GFWC (General Federation of Women’s Clubs). I have been a team captain the past 3 years and Missions Chair for Pinellas County Walk to END ALZ. Joining the Guardian Association of Pinellas County in 2016, I recruited new members, assisted the Conference Committee and Everyday Essentials Outreach and am the Co-Chair of both the Education and Conference Committees as well as Secretary for the Assoc.

Family is of paramount importance to me. I am supremely proud of my two adult children Brian and Lyndsay. Being a grandmother to AubreeAnn and BrayleeFaith is "simply the best". The newest undertaking and honor came when I moved my Daddy, who has dementia, from Illinois into my home 2 weeks ago. On Thursday mornings I attend Bible Study Fellowship at Harborside Church.

Arlene Grosso – Chair, Falls Prevention
*Co-founder/President, Access and Design*

I am passionate about Falls Prevention and have just stepped up to Chair the Committee as of January. Besides BLS, I am very involved with other community activities: AARP Volunteer – HomeFit Program Presenter; Affordable Housing Committee Member “Grow Smarter St Pete”; and Stewardship Council and Finance Council Member – Holy Family St Pete as just a few examples. I love cooking, baking and traveling with my 3 children and 6 grandchildren.

LynnMarie Boltze – Chair, Mental Health Awareness
*Professional Guardian*

I have been a member of BLS almost 10 years. I have been active in the following BLS committees: BLS Professionals in Transition; BLS FUNdraising; and BLS LGBT Elder Initiative. I have served both on the BLS Board of Directors and prior committee leadership and non-leadership roles. I support and promote BLS through community networking and clients, which includes resource referrals every day to BLS professional members.

I’m proud to announce that in 2018, I became a Board-Certified Patient Advocate (BCPA). This required me meeting the competencies and best practices required by the Patient Advocate Certification Board, a national and international certification credential for Patient Advocates.
• After 27 years with the Agency, Beverly Burton retired on January 10, 2019. During her tenure at the agency, she worked tirelessly to make the lives of local seniors better, and her AAAPP family will miss her dearly. In retirement, she plans to travel, bake, kayak, camp, and spend time with her family. Please join us in wishing us Bev all the best!

• Tawnya Martino has been promoted to fill the role of Director of the Aging & Disability Resource Center. Tawnya has been with the Agency since 2005 in various roles, including most recently as the Director of Program Accountability for the past ten years. She currently oversees 3 programs: the Helpline, a federally funded program providing information and referral to seniors, adults with a disability, and caregivers; Intake and Screening, providing access to federally and state-funded programs; and a Medicaid program that provides access, education and eligibility assistance for the Statewide Medicaid Managed Care Long-Term Care Program. She holds a Master’s Degree in Health Administration from the University of South Florida. Before joining AAAPP, Tawnya worked at two local human service organizations that provided her with direct service opportunities to work with seniors and address their needs. Tawnya serves on the Emergency Food and Shelter Board of Pinellas County and the Gulf Coast Jewish Family & Community Services’ Refugee Advisory Board.

• Peggy Herlache has been promoted to fill the role of Director of Program Accountability. Peggy has been with the agency since 2005 where she has previously been in the roles of Program Coordinator and Medicaid Waiver Specialist. She oversees state funded general revenue programs and the Older American Act programs. She earned a Bachelor’s Degree from St. Norbert College in De Pere, Wisconsin and a Certificate in Non-profit Management through the Nonprofit Leadership Center Tampa Bay. Before joining AAAPP, Peggy worked with several non-profit agencies including the SPCA Tampa Bay and Network Rehab Services in Kansas City, Missouri providing case management services for people with severe and persistent mental illness and experiencing homelessness. Peggy also volunteers with WMNF 88.5 Community Radio and the St. Petersburg Shuffleboard Club.

• Please join the AAAPP in wishing Tawnya & Peggy all the best in their new roles! We know they will do great things!

2019 Florida Bar Award Winner

Attorney William D. Slicker of St. Petersburg has been selected to receive the 2019 Florida Bar President’s Pro Bono Service Award for the Sixth Judicial Circuit (Pinellas and Pasco). He provided over 200 hours of free legal services working on highly contested family law cases. Mr. Slicker has previously received the St. Petersburg Bar Foundation’s Heroes Among Us Award, the Ms. J.D.’s first ever Incredible Men Award, the Florida Coalition Against Domestic Violence’s Lighting The Way Award, and various other awards recognizing his civic and legal contributions.
Welcome to our new BLS members

The following individuals / companies have joined us August 2018 thru October 2018

- Lauri Shannon (jlauri@changintidesfl.com) - Changing Tides Counseling
- Lori Collins (lori911educator@aol.com) - Pinellas County 9-1-1
- Polo Rangel (prjr38@yahoo.com) - Kona Gaedens/Casa Celeste
- Leslie Edwards (Leslie.Edwards@brookdale.com) - Brookdale Clearwater
- Maria Winer (Maria@mariacares.com) - Maria's Adult Day Care Center
- Monique Spruill (mspruill@sencaeragemanagement.net) - SenCare Management
- Kimberly Jones (rcs.sps@grandvillasenior.net) - Grand Villa
- Antje Anderson (antjeanderson@msn.com) - Real Estate/REMAX Realtec
- Alexis Szathmary (alexis.szathmary@edwardjones.com) - Edward Jones
- Cindy Minetti (cindy.minetti@gcjfcs.org) - Gulf Coast Jewish Family & Community Services
- Jalanika Whiting (Jwhiting@firstlighthomecare.com) - First Light Homecare
- Veronica Rogers (vrogers@tesserawestchase.com) - Tesser Westchase
- Cate McCarty (catemccarty@gmail.com) - Dr. Cate Dementia Coach
- Adam Mullikin (adam.mullikin@safeandsoundaging.com) - Safe And Sound Aging, LLC
- Sally Thomas (skthomas@bnin.net) - Therapeutic Reflexology
- Linda Goldfarb (linda@lsgconsulting.com) - LSG Consulting Services, LLC
- Laura Dent (safetyharbortours@gmail.com) - Historical Tours
- Joseph Salvato (josephsalvato@seniorhlpers.com) - Senior Helpers

The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.

- Maddie S.
  Stanley's CAREgiver
we, literally, have thousands of pets! In addition to our 3 dogs we have several thousand bees thanks to my bee keeper husband, David
Trisha Randall – Bella & Coco (7yo, 5yo) – cute little Shihtzu’s
Dr. Thomas Quinlan – Blu, our Great Dane puppy that we will adopt in February,
Daphne Tsongranis – Fani & Pearl, 2 year-old mini-schnauzer sisters
Kelli Edwards – Stache (4 months), a rescue from Georgia, Stache was born during Hurricane Michael
Sherri Gruden – Dr. Pepper “Doc” (7yo), Chesapeake Bay Retriever
Monee Mueller – Gracie (8 months), a shy little Havapoo (Havanese & miniature poodle, aka Havapoodle)
LynnMarie Boltze – three rescue kitties, Captain Morgan (11yo), Bogey (5yo) a rescue from Friends of Strays, and Bleu (2.5yo) rescued off the highway coming home from Moffitt Cancer Center
Helen King – Dixie (10yo), a “blender dog” (mixed-breed) rescue
Jill Streichert – three sweet dogs, Barley, Maggie, and Charlie Parker
Samantha Haigler Nevins – Indy (short for Indiana), a cockapoo
Katie Riston – Pixie, a Jack Russell Dachshund mix
Renee Brunelle – Lea, a rescue pup
Jennifer Button – Cupcake (11yo), Maltese/Chihuahua mix
Ray Blackledge – Zoey & Bella, two rescue pups that are sisters at heart
Amanda Wood – Sophie, a rescue with the coloring of a tiny cow
Maria Carlburg – Stitch (3yo) Lhasapoo, we gladly turned our grand-puppy sitting into a permanent situation when our son had a newborn that needed some special care
As our loved ones’ age, it’s natural for some changes to occur. Regular forgetfulness is one thing, however; persistent cognitive or memory loss is another thing and potentially serious.

The same goes for extreme anxiety or long-term depression. Caregivers should keep an eye out for the following warning signs, which could indicate a mental health concern:

- Changes in appearance or dress, or problems maintaining the home or yard.
- Confusion, disorientation, problems with concentration or decision-making.
- Decrease or increase in appetite; changes in weight.
- Depressed mood lasting longer than two weeks.
- Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide.
- Memory loss, especially recent or short-term memory problems.
- Physical problems that can’t otherwise be explained: aches, constipation, etc.
- Social withdrawal; loss of interest in things that used to be enjoyable.
- Trouble handling finances or working with numbers.
- Unexplained fatigue, energy loss or sleep changes.

Don’t hesitate to seek help if your loved one is experiencing any of the symptoms above, urges the Geriatric Mental Health Foundation. There are professionals out there willing to help, including your family doctor, who is always a good place to start. You could also consult a counselor, geriatric psychiatrist or psychologist. The important part is not to stand by and suffer alone.

With the combined efforts of caregivers, family, friends and mental health professionals, we can help ward off mental illness in our older loved ones and make sure they are on the right track to healthy aging.
Heard it through the Grapevine!

<table>
<thead>
<tr>
<th>Name</th>
<th>Announcement/Event</th>
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<tbody>
<tr>
<td>LynnMarie Boltze</td>
<td>two exciting things, recently nominated to receive a Delivered with Heart Award and I got engaged at Christmastime!</td>
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<tr>
<td>Samantha Haigler Nevins</td>
<td>The Aging &amp; Wellness Institute has a brand new 5000 sf facility located at 1055 N. Hercules Ave, Clearwater. Come visit us and see what programs we have to offer!</td>
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<tr>
<td>Katie Riston</td>
<td>Mobile Physician Services has added another primary care provider to Lee county and are currently looking to hire more throughout the state</td>
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<td>Bob Runnels</td>
<td>Mr. Bob has taken a semi-retirement at Home Instead effective January 7, 2019. Bob will still be around and attending various networking meetings and calling on organizations and looks forward to participating with Be a Santa to a Senior and the Mothers &amp; Fathers Day giving back community events.</td>
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<tr>
<td>Sherri Stinson</td>
<td>new office address is 522 Alt 19, Palm Harbor, 727-351-7057, specializing in probate, guardianship &amp; estate planning</td>
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<tr>
<td>Ginny Moore</td>
<td>Proud to announce that in 2018 I became Board Certified Patient Advocate (BCPA) meeting the competencies and best practices required by the Patient Advocate Certification Board, a national and international certification credential for Patient Advocates.</td>
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<tr>
<td>Connor Baird</td>
<td>I got married in October to my bride, Elle.</td>
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<td>Maria Mansilla</td>
<td>Brookdale Countryside has a new Sales Manager, Elizabeth Koehl, stop in and say Hi!</td>
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<tr>
<td>Sheri Gruden</td>
<td>I am going to be a stowaway on the Krewe of the Black Pearl for the Gasparilla Children’s Parade! Arrrggggg!!!!</td>
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<tr>
<td>Kelli Edwards</td>
<td>happy to share that we have hired Rachel Bryant as our new Care Manager. Additionally the Care Resources team just returned from our annual Aging Life Care conference at the Tradewinds Hotel. Liz Barlowe and I were the co-chairs and many of our local businesses attended as vendors/sponsors.</td>
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<tr>
<td>Season’s Hospice</td>
<td>growing to meet our community’s needs we have open positions.</td>
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**DISCLAIMER:**

BLS does not promote or vouch for services provided by any of its members. Members wishing to do business with one another are strongly encouraged to do their own public records searches and background screenings before entering into any business relationship. BLS accepts no liability for any information identified from those searches or any claims arising from any verbal or written agreements members may engage in with one another.
Thank you for taking the time to read the Bugle Newsletter!

Feel free to forward this newsletter to non-members of BLS. If they like what they see, bring them to the next Consortium and encourage them to become a member of this great organization!

We encourage you to share your feedback.

Facebook: www.facebook.com/BLSPinellas
Twitter: www.twitter.com/BLSPinellas
LinkedIn: bit.ly/BLSLinkedIn

Please RSVP on website at www.BLSPinellas.org or visit our Event link on Facebook.

BLS Mission Statement

The Better Living for Seniors Consortium will promote continuing service excellence to seniors through proactive, visionary, and ethical leadership in networking, education and collaboration.

The Better Living for Seniors Consortium of Pinellas County, Florida is affiliated with the Area Agency on Aging of Pasco-Pinellas, Inc. an Aging and Disability Resource Center located at 9549 Koger Boulevard, Suite 100, (Gadsden Building), St. Petersburg, FL 33702.