

MINUTES

**Newcomers of Catawba Valley
Monthly General Meeting
August 9, 2017
Hickory Regional Airport**

WELCOME: Carol Hoover, President

Carol Hoover called the meeting to order at 10:43 am.

Carol welcomed Newcomers. Louise Judd and Tara Smith were thanked for bringing refreshments.

INTRODUCTION of NEW MEMBERS and GUEST: Carol Hoover

Carol welcomed Linda and Roy Dunn. The Dunn's moved from Cleveland, Ohio. Elizabeth Strickland, guest, was welcomed.

General Meeting Minutes: Francine Gissy

John Bates made a motion to accept the July 2017 minutes and seconded the motion. The motion passed unanimously.

TREASURER REPORT: Vince LeGrand

Beginning Balance	July 1, 2017	\$3,854.94
Total Income		\$ 152.00
Total Expenses		\$ 129.00
Ending Balance	July 31, 2017	\$3,682.52

QUARTERLY CHARITY: Carol Hoover

Exodus Homes is a faith-based United Way agency, offering transitional and permanent supportive housing for homeless recovering addicts, alcoholics, and formerly incarcerated people returning to our community from treatment programs and prison. Exodus Homes has 62 beds with eight (8) program locations. A listing of requested items may be found at www.newcomersofcv.com

50 – 50 DRAWING: Shari Kidd

A total of \$66 was collected for Exodus Homes. \$33 will be donated to the charity. Tara Smith, the winner, received \$33.

PROGRAM: Sharon Smith, RN, MSN

Catawba Valley Medical Center's Health First Program

CONTACT INFORMATION: catawbavalleymedical.org or (828) 326 – 3000

Sharon Smith spoke about health and safety issues. An over-view is listed below.

Home Falls - #1 Accident

- Preventative measures include proper lighting, de-clutter, eliminate throw rugs, install rails, add slip resistant runners, understand medicines creating dizziness, know frequency of taking medications, exercise and walk. Call 911, stay with the person, do not move the person unless they are in danger. Make sure the scene is safe, check if the person is responsive and shout for help.

Low Blood Sugar

- Give orange juice, whole milk, jelly beans, soft chewy candy.

Stroke – Signs of a Stroke

- Face droops
- Arms show weakness
- Speech is slurred
- Time to call 911

SOLAR ECLIPSE – Jeff Whisenant, Director, Catawba Valley Astronomy Club

Jeff discussed safety measures for the Solar Eclipse. He distributed safety glasses and materials on how to view the Solar Eclipse safely.

SPECIAL and NEW EVENTS

- August 21, 2017: Solar Eclipse ride sharing to Clinton, S.C. Contact Louise Judd at louise70@embarqmail.com by August 18th.
- August 26, 2017: 5th Annual Newcomer pool and Spa Party. Contact Vince and Michele LeGrand at legravin@gmail.com
- October 11, 2107: General Meeting at Governor's Western Residence in Asheville with a picnic and presenter.

OPEN MICROPHONE

- September 1, 2017: Group tickets go on sale for Hart Square. Cost is \$40/person.
- September 9-11, 2017: Vietnam Memorial in Conover.

The meeting ended at 11:55am. Next General Meeting: Wednesday, September 13, 2017/ 10:30am/Hickory Airport. The program is a discussion on the Titanic by Melinda Ratchford, Belmont Abbey College professor.

Minutes submitted by, Francine Gissy, Secretary

