

August 27, 2013

Notes of the Triad Meeting at Warsaw Baptist Church

Mollie opened the meeting and thanked Pastor Mickey Robertson for hosting our meeting. Attendees introduced themselves.

Mollie introduced the speaker – Mary Sudduth BA,MSW, Owner of Wellness Place.

Mary's presentation was about services at the Wellness Place which includes services/counseling sessions for individuals, families and groups needing help with the following issues:

Anger, Anxiety, Depression, Healthcare Issues, Family relationships, Substance Abuse, Skin Care, Death and Dying, Mood Disorders, Chiropractic Services, and Massage Services.

She also recognized the most common Mental Health issues that cause depression, anxiety, weight gain/loss, anger and irritability and the importance of Family Dynamics in Care-giving.

Mary told us that they have a gift shop in their location with many items made by local artists and fresh produce grown organically/locally and coffee beans organically grown in North Carolina.

Sandie Doptis made the motion to approve the July Triad Meeting Minutes. Jackie Dustin seconded the motion. The members all voted to approve them and it was passed.

Mollie reviewed the Board's approval this morning for many of the potential speaker topics for 2014:

Identity Theft/Fraud	Social Security Applications	Veterans' Benefits for Seniors
Medicare Applications & Fraud	Medicaid Applications & Fraud	Eye Care
Podiatry Care	Audiology	Senior Nutrition & Fitness
Estate Sales & Auctions	Home & Business Security	Charities
Funeral Services & Preplanning	Volunteering in the Community	Pet Care/Grooming
Home Repairs	Boating Safety	Computers/IT
Richmond Co. Museum History	Local Indian Reservation History	Richmond Co. Crimestoppers Program

The attendees were asked to contact Mollie with their speaker suggestions.

Sheriff Douglas Bryant announced an inspirational event for Saturday, Aug. 31st at the Rappahannock High School starting at 8am.

Sandie Doptis, Bd. Mbr., gave a report on the upcoming AARP Statewide Food Drive from Sept. 8-15, 2013 which our Triad is participating in by collecting non-perishable food items at many local locations to be donated to the Northern Neck Food Bank. The local locations to use from 9am-5pm from Sept. 8th -15th are: The Orchard, Farnham Manor, Warsaw Town Hall, Richmond Co. Dept. of Social Services, Warsaw United Methodist Church and Visiting Angels in Kilmarnock. Items requested for donations include: Peanut Butter, Crackers, Canned Fruit, Chunky Soups, Hot/Cold Cereal, Canned Tuna, Canned Meats, Pasta and Canned Vegetables. On Wednesday, Aug. 28th, a News Release about the Food Drive will be given to Dianne Saison, Editor, at the Northern Neck News to be published in the three Northern Neck newspapers.

Mollie told the attendees that the Board had discussed and decided that Triad would not put an article about Triad in the new Richmond County Journal at this time due to its sometimes controversial and political articles.

Mollie announced the upcoming Triad meetings for the remainder of 2013. It was noted that the October 22nd meeting will be at The Orchard.

Volunteers to distribute our Triad Brochures at local locations here are:

September – Vanilia Galleghar
October – Sheri Vanlandingham
November – Betty Wormersly
December – Mollie Lovejoy

Joel Abercrombie, Bd. Mbr., announced that Home Instead is hosting two free public seminars on Alzheimers on Sept. 24th and October 1st from 6pm-7pm at The Orchard's Magnolia Manor.

Mollie announced that the Warsaw Rotary is having an Oktoberfest Event on Saturday, Oct. 5th from 12 noon – 10pm at the Warsaw Town Park for the public. Traditional German food will be served in addition American food. Games/prizes, a silent auction and live music by local bands will be the entertainment. Tickets are \$20.00 in advance and \$25.00 at the gate.

Sandie Doptis, Bd. Mbr., announced a BBQ on Labor Day, Sept. 2nd at Lewisetta Marina in Lottsburg. Tickets are \$10.00.

The meeting was adjourned.