

Pine Lakes Women's Club Minutes

October 3, 2019

President Pat Dieringer opened the meeting with the Pledge of Allegiance to the flag followed by a moment of silence for the military and first responders.

Presenter – Dr. Terry Tucker, eye specialist

Cataracts surgery – Lasers are good for this type of surgery. Jackhammer cuts and sucks it out, then puts a contact lens back in. they can add a prescription into the contact that they put in. only one eye at a time so infections don't happen as often. Laser is not paid for by the federal government ~\$700.00. it's worth it to have that clean cut. When should you get a cataract surgery? Go when your vision gets bad enough, they do not affect your health.

Macular degeneration – you never ever go totally blind; you still have peripheral vision. You'll get bad enough where you won't be able to drive, but you can still see, it affects your central vision. There are 2 types, one is wet, and one is dry. Dry progresses slower. Wet means you have leaking fluid in your macular area. It's usually blood product and its devastating to the retina. There are treatments for the wet (a needle, a very small needle) which shuts down the vessels, so they don't leak in. you should be getting your eyes checked to see if you have precursors to macular degeneration. There are vitamins for this, ARE1 and ARE2 you may be able to get help early.

Dry eye - no cure, but there is treatment. Your eyes water (tears) is caused by dry eye. Your tears are a trigger to produce additional tears and that queues the water. Blinking has glands producing water, mucus, and oil that coats the eye. It could be caused by any of these glands that could cause the dry eye. Sometimes that artificial tears work to help, 4 to 5 times a day. Blinking puts new tears in and the old tears drain out (into throat or nose).

Opened to questions from audience.

Q – what are good name brand artificial tears that are on the market?

A - Artificial tears without preservatives are the best. You can use it twice a day if you don't touch your eye and get it contaminated.

'Retane' is a good one to use.

Vitamin K, omega3s and Fish oil are blood thinners – so consult your general practitioner

Eye vitamins are good to use unless they have zinc (this may interfere with macular degeneration)

Q – How best to deal with extra skin on the eyelid?

A - Eye lid surgery to remove extra skin, Simple procedure only takes about 15 minutes. If you have Ptosis may be paid for by Medicare.

Q – What are floaters?

A - Floaters are very common. Floaters are very common. Floaters come from a jelly substance with collagen fibers within the eye membrane on the retina. Floaters are not a big deal, but when it happens you need to get it checked to make sure there is no damage to the retina.

Thanks to Dr. Tucker for his presentation and answers to our questions. He left a few business cards with Pat Dieringer.

Secretary report for September was presented by secretary Bridget Heier.

- Changes – none
- Motion for approval –Brenda Loubier
- Second – Jean Rourke

Treasurer Report was presented by treasurer Judy DeLonge

- Judy went over reasons for Women’s Club to change their accounts to a different Bank.
- Changes – none
- Motion for approval – Pat Rotthoff
- Second – Phyllis Fulwider

Correspondence was presented by corresponding secretary Bev Mercurio

- Discussion on if reasons for sending cards out should be mentioned to group or if it was an invasion of the person receiving the card privacy?
 - We’ll still know why cards were sent out – approved by all
- Reminder to let Bev know when someone needs a card

Old Business

- Vote on Quarter Auction instead of Spaghetti Dinner Nov 16th
 - Quarter Action details and needs for help – Bev Mercurio/ Phyllis Fulwider / Judy DeLonge
 - Paddles are \$3 each or \$5 for 2 (doors open at 5PM)
 - Catered by Mel’s Diner (pulled pork or chicken tender) baked beans/coleslaw/drink/dessert for \$10.
 - Men are welcome there are gifts for them.
 - Pat Dieringer reviewed the details for having the quarter auction and it’s 95% planning is complete
 - Barb Daily motion to accept - Helen Garofolo 2nd
 - All in favor, none opposed
 - Pat reviewed the rules for the quarter auction, details are also on the front cover of the October Whispering Pines
 - We’ll have another quarter auction for women only at the January meeting
 - Discussion if Lake Fairways and Tara Woods residents would be able to come
 - We can only house 300, discussion concluded with approval to opening it up to all communities now.
 - Volunteers needed
 - More runners that have a few tables

- Tickets/paddles sales
- 50/50 tickets sales
- Kitchen helpers
- Need someone at coffee social for presales of paddles and meals
 - Discussion on if we should presale meals
 - If so, they will need to select meat
- Tonight's refreshments organized by Barb Zgzepecki
 - Need people for Nov, Jan, Feb and March for refreshments
- Membership renewal – Phyllis Fulwider and Sue O'Donnell
- License Plate Sale \$5.00 each – Phyllis Fulwider and Pat Dieringer
 - We've sold over \$100 so far
 - One on display at the front desk
- Meeting date change – March 15th should be March 19
 - Was already on schedule, but clerical error
- Missing date – Christmas Bake Sale – Dec 7th after coffee social - Bridget Heier
 - Donation signup at November meeting

New Business

- Blanket Collection – January 15th, from 9am-12pm in craft room arranged for making blankets by Barb Z
- Tarps – Contact Suzanne Warner when she returns
 - Will be put on November agenda
- Military boxes ongoing – Lois Likinay and Linda Dowd (oct 17th this month cutoff)
 - Halloween candy, nuts and decks of playing cards
 - Assemble helpers needed for Oct 17th
- Clothes for Women's shelter can be taken to Trudy Minahan (4A) until Lois Likinay gets back)
- Thanksgiving Dinner – Pat Deiringer/Judy DeLonge/Suzanne Warner
 - \$20 pp includes dinner, tax, tip (all-inclusive)
 - Let Pat know if you want to donate a meal to someone that needs it
 - Let Pat know if you know someone that is shut-in that might need delivery
- Christmas dinner for Women's Christmas meeting
 - Mel's is providing diner (pork loin)
 - Do we need an appetizer? – NO appetizers – approved by all
 - Entertainment by Sing-a-Lings? – no discussion on this topic
- Christmas Sale – Nov 2 – Bev Mercurio/Phyllis Fulwider after coffee social in activity room
 - We need volunteers for set up Friday night and for selling on Saturday morning
 - We will advertise at other communities can join
- Treasures Sale - Furniture rumors cleared up, we are accepting furniture – Bev Mercurio
- Craft Fair update – Martha Stevens
 - January 15th, booths are selling (80 spots total)
 - If you know anyone that would like a booth, contact Martha
 - Need men with golf carts and also to help set up at 2PM on Thursday Jan 16 (finished before 4PM)

- Health Fair update – Judy DeLonge
- Fashion Show update – Lelian Thibodeau/Karen Filippini co-chairs
 - Request price change to \$20.00 pp – approved by all
 - Catered by Mel’s Diner
 - Feb 20th
 - Need volunteers – volunteer signup sheets next meeting in Nov
- Request check for Inspection by Dick Loubier – we will need to give Dick a check to hold for inspection for every event, this used to be one for the entire season.
- Event clean up – Martha and Gene Stevens

We now have a Pine Lakes Women’s club Facebook group. It will be a closed group for only MEMBERS of the Women’s club. We will not be using the Pine Lakes Ladies group – they told us it is not for us to advertise on their page as our information seems to be many places and repetitive. Information on how to connect to the new Facebook group was handed out.

Next meeting: Nov 7, 2019 7:00 PM. Speaker Lennie Gorman and his service dog

New Members – 3 new members - Joy Houser, Marie Tellier and Doris LeTourmeau

50/50 drawn

Door Prizes

Meeting was adjourned at 9 PM.

Respectfully submitted by Bridget Heier