

Stevenswood Improvement Association, Inc.
General Meeting
Northwest Center, Pike Conference Room

Wednesday, October 11, 2017

7:00 – 8:30 P.M.

Agenda

1. Welcome and Introductions
2. Police Report: Officer Kristi
3. Treasurer's Report: Mrs. Patricia Mosley
4. President's Report: Aaron Plymouth
 - a. Community Small Grant
 - b. Northwest Hospital's Construction and Expansion Update
 - c. The *Daily Record* Innovator of the Year Award
 - d. Baltimore County Neighborhood Heroes Award
 - e. Community Signage
5. Unfinished Business:
 - a. Nominating Committee Report: Mrs. Montreal Green, Chair
 - b. Nominations from the Floor: Aaron Plymouth
6. Brain Health and Memory Enhancement Strategies: Sister Marie Seaton Walsh, Community Nurse Educator, Office of Community Health Improvement, LifeBridge Health, Northwest Hospital
6. From the Floor
7. Next Meeting Date: Wednesday, January 10, 2018
8. Adjournment

Attendees

Members (20)

Kareem Aziz
Arthur Brown
Charles Campbell
Florine Camphor
Theo Clark
Quintina Gladden
Montreal Green
Robert Kelly
Yvette Lawson
Rosalind Little
Beverly Anne Mason
Dazzell Mosley
Patricia Mosley
Corrina A Murray
Aaron Plymouth
Bernice Plymouth
Mack Randolph
Tyra Thomas
Carl S Waters
Gwen West

SPEAKER(1)

Sister Marie Walsh

Guests (2)

Ronald Paysour
Vivian Paysour

Officer (1)

Officer Makowiecki

Stevenswood Improvement Association, INC.

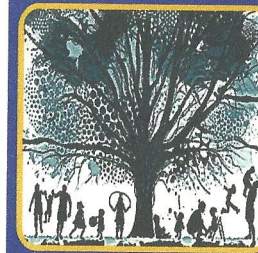
October 11, 2017

General Meeting Minutes

1. Welcome and Introductions began at 7:00 pm.
2. Police Report- Officer Makowiecki
Stevenswood Community Crime Report July to October:
 - a. Stevenswood Road – Burglary – Open door entry
 - b. Edcrest Road – Car Thief – Lost keys involved
 - c. Courtleigh Drive – Thief from car – unlocked
 - d. Carlson Lane – Drugs Related - Suspicion
 - e. Hospital – Carjacking – Daylight, recovered in city
3. Treasurer's Report
 - a. Bank Balance – As of January 1, 2017 - \$4,536.39.
Bank Balance --As of June 30 - \$4,029.06
Bank Balance – As of September 30 - \$4,054.09
 - b. Member Income \$1,510.00. Members 86.
 - c. Expenses N/A
4. President's Report
 - a. No Community Small Grants requested by year end.
 - b. Northwest Hospital Expansion is making good progress.
 - c. Brian White, President of Northwest Hospital and senior vice president of Lifebridge Health, has been chosen as an "Innovator of the Year" by The Daily Record newspaper. White received this award for the creation of Post-Acute Physician Partners (PAPP), a new venture designed to coordinate care between hospitals and nursing homes. Aiding in his choice was a glowing recommendation from our president.
 - d. Kelly R. Carter, Executive Director of Liberty Road Business Association (LRBA) has been chosen for the Baltimore County Neighborhood Heroes Award for our district. Among the many who were nominated for this award was our president.
 - e. The new Community Sign has been approved by the board and is in place on Carlson Lane, beside Northwest Hospital, replacing the previous sign. Price Tag \$512.52 Take a Look!!! ➡

5. Unfinished Business

- a. Nominating Committee Chairperson Montreal Green officially entered the names of the 2018 candidates for the Stevenswood Improvement Association board:
 - i. President – Arthur Brown
 - ii. 1st VP – Robert Waters
 - iii. 2nd VP – Yvette Lawson
 - iv. Treasurer – Patricia Mosley
 - v. Secretary – Donna Waters
- b. Nominations from the floor
 - i. President Plymouth opened the nomination process to the floor, with none made.
 - ii. President Plymouth closed the nomination process to those nominated.
6. Guest Speaker – Sister Marie Seaton Walsh, Community Nurse Educator, Office of Community Health Improvement, Lifebridge Health, Northwest Hospital
 - a. Subject was Brain Health and Memory Enhancement Strategies
 - b. YOU, had to be there to enjoy her Lecture.
 - c. Attached is her lesson guide, which was the basis of her upfront and captivating excursion into how to survive memory loss with a proactive approach.
 - d. Take a participating stroll through the questions and steps.
 - e. Familiarize yourself with the causes.
 - f. Take the Memory Enhancement Action Plan Challenge.
7. From the Floor – Nothing submitted
8. Next Meeting Date – Wednesday, January 10, 2018
9. Adjournment: 8:30 pm., Extended refreshment period.



Welcome to the _____
STEVENSWOOD
COMMUNITY
_____ Est. 1965

Enhance Your Memory Lesson Guide

A. Pre-assessment

True/False

1. _____ Older people with memory problems must have Alzheimer's.
2. _____ Alzheimer's Disease is very common.
3. _____ There are ways to prevent memory loss.

Fill in the blank using the following words.

mental grief ears hippocampus spinach
anxiety games fortified cereals milk products

You acquire information through your eyes and _____ using the _____ in the brain, and you store them in the cortex of your brain. Common causes of memory loss are _____ and _____.

To help keep your memory fit, play _____ and make _____ pictures.

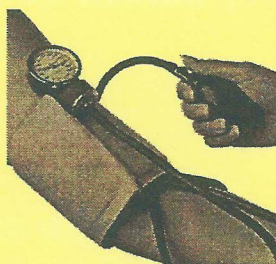
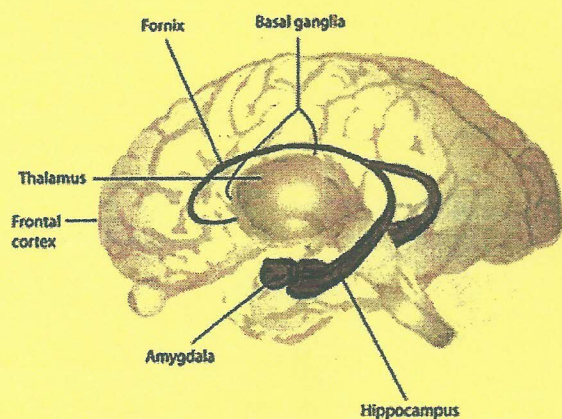
Diet is very important for better memory. Sources of B12 include _____, poultry, fish and _____.

Folate is found in _____, tomatoes, beets, etc.

B. Objectives: By the end of class, the participants will be able to:

1. State two causes of memory loss.
2. Discuss the purpose of the hippocampus and cortex of the brain.
3. List three ways of keeping memory fit.
4. Discuss the importance of exercise and diet, particularly B12 & folate.
5. Complete personal action plan.

C. Teaser



D. New Learning – Handout

1. Memory loss overview
2. Ten Steps to Better Memory
3. Exercise to Help You
4. Resources
5. Action Plan

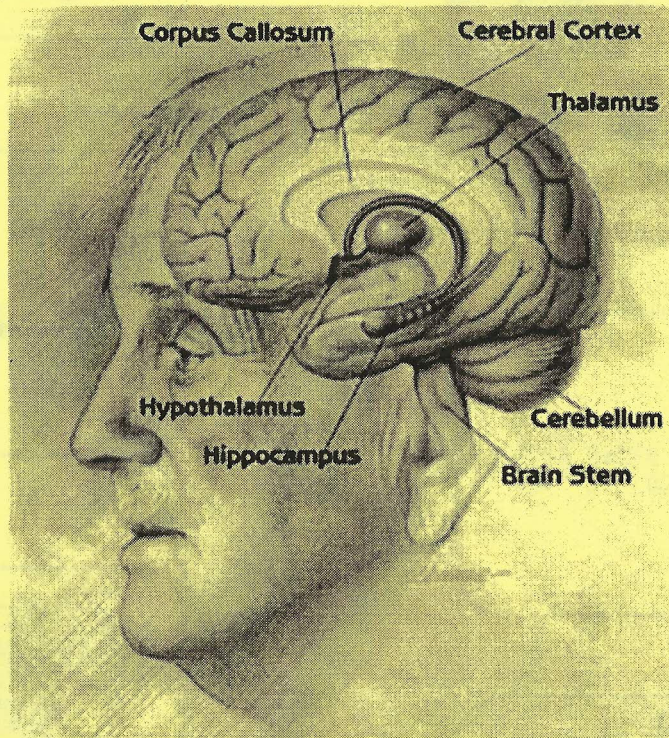
E. Assessment



1. Repeat pre-assessment using game
2. Write an action plan.

F. Assignment – Word Search

NOT JUST FORGETFULNESS



CEREBRAL CORTEX

- * stores memories
- * long term memory

HIPPOCAMPUS

- * acquires information
- * short term memory

COMMON CAUSES

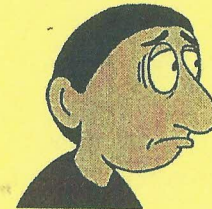
Illness



Anxiety



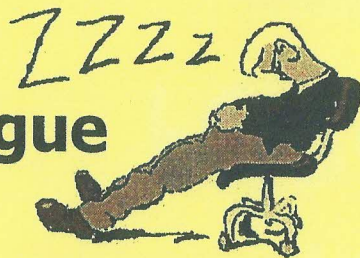
Grief



Stress



Fatigue



Vision &



Hearing

Limitations

6 STEPS TO BETTER MEMORY

STEP #1 - Forget About Alzheimer's

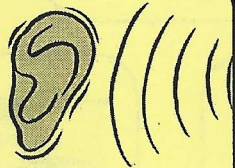
Check
Your
Eyes



Forgetting Doesn't
Always Equal
Alzheimer's



Check
Your
Ears

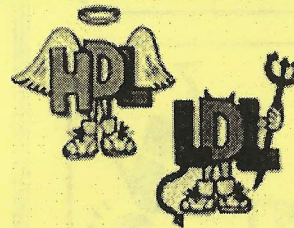


Remembering
Skills Aren't the
Same for Everyone

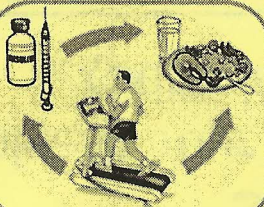


STEP #2 - Stronger Heart = Stronger Brain

Control BP < 120/80



Have Healthy
Cholesterol
Levels



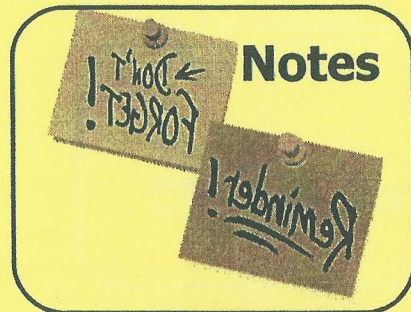
Control Diabetes

Check for
Sleep Apnea

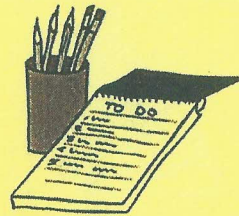


STEP #3

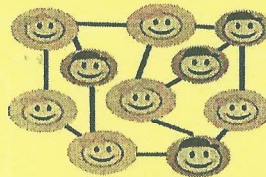
Unleash Your Brain's Full Potential
(Stimulate Your Brain)



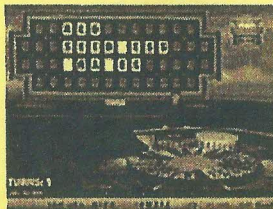
**To Do
List**



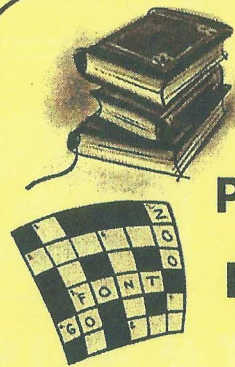
Socialize



**Use Your
Brain**



Read

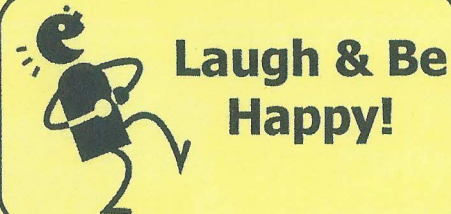


Play Games

Do Puzzles

STEP #4

Reduce Stress
Be Happier, Be Sharper



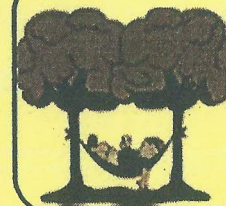
**Positive
Attitude**



Yoga



**Deep
Breathing
Exercises**

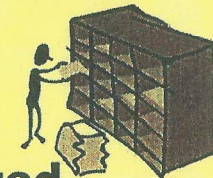


**Take Time
for
Yourself**

**Improve
Your
Sleep**



**Get
Organized**



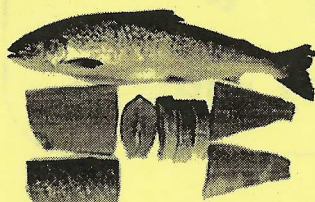
STEP #5

Best Diet for Your Brain

**Healthy
Fruits &
Veggies**



DHA - Fish



**LOW-FAT
COOKING**



**Low Fat
Low Sugar**

**Check Your
B-12 Level**

Food sources of
vitamin B12:



Fiber

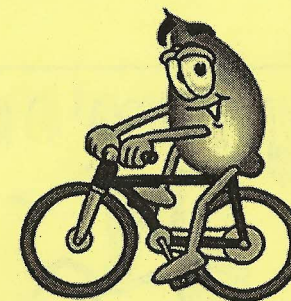


Olive Oil "E"

STEP #6

Exercise Boosts Brain Power

Bicycle



Swim



Dance



Walk

STRATEGIES TO FIGHT ALZHEIMER'S

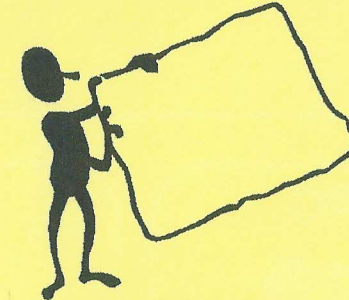
Begin With Passion



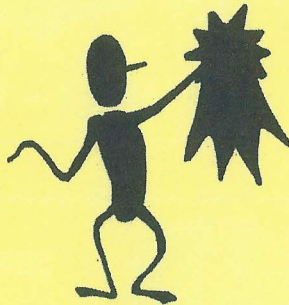
Start Easy



Chart Your Progress



Reward Yourself



Laugh More



Positive Attitude



*Info taken from the dvd "Fight Alzheimer's Early: Six Steps to Keep Your Brain Young"
and the book "The Memory Cure", both by Majid Fotuhi, MD, PhD*

MEMORY ENHANCEMENT ACTION PLAN FORM

Goal/Objective: TO ENHANCE MY MEMORY

In writing your action plan, be sure it includes

1. what you are going to do
2. how much you are going to do
3. when you are going to do it
4. how many days a week you are going to do it

For example: This week, I will work a crossword puzzle daily in the evening.

This week I will _____ (what)

_____ (how much)

_____ (when)

_____ (how many)

How confident are you? (0 = not at all confident; 10 = totally confident) _____

(Just a note: You may want to make copies of this form.)

ACTION PLAN PROGRESS

✓ off

	Week 1	Week 2	Week 3	Week 4	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

MEMORY

BALTIMORE
BOSTON
BRAIN
CANADA
CAROLINE
CHICAGO
DANCE
FIBER
FLORIDA
FRUIT
GAMES
HEALTH
LAUGHTER
ORGANIZED
POSITIVE
PUZZLES
ROCHESTER
SOCIALIZE
SPIRIT
THERESA
VEGETABLES
WELLNESS
WILTON
YOGA

Find these words.

Try to find **all 24** words on this board.

O S Q X W K N V H P G E P M E Y U Z G K
M T E Q O Z I F R E X Z Y S H U S O W D
O K I L U N E W E R U E C A V D F V I N
G G A R Z W G V T O O T C A H U D S P Q
I T A Z I Z F L H M R C A R O L I N E X
A P N C A P U U G I Y G H E A L T H X Y
Z J T D I G S P U T I E A E R B Q W I R
U D N V U H O E A L H V D N S E N J O J
G H G S H S C Y L A N E I A I T X Q S H
R V L U I A I M V B N D R I S Z E R J D
Y R Q T N X A F L A A O K E Z T E R D Z
U W I A Z B L R S Z Y T T I S E N D N U
U V D I L O I U D L Q X E L V A U A P I
E A W S R E Z I Z S E M A G I F E N M N
F I Y I B Z E T S S E N L L E W Z C Y H
G E D F K N V F F V B B A C O V V E P G
Z A Y Z I V E K N S F E V D U D M I M O
G C L A K B H I Z X R O I P G F W J E D
A I R C O H E Z O F I P I S O N Y Y K J
X B O S T O N R R K M V Q L S P F T T P

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