

# OREGON DMA SECRETARY

Sheila Blair CDM, CFPP  
Cascade Manor  
65 W. 30<sup>th</sup> Ave Eugene OR 97405  
Phone: 541-434-5435 Fax 541-342-5909  
[sblair@retirement.org](mailto:sblair@retirement.org)

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## EXECUTIVE BOARD MEETING MINUTES

The meeting was held at the Double Tree Hotel in Portland.

### OLD BUSINESS:

The Oregon DMA officer's meeting called to order by Oregon DMA  
Shirley Boehmer, CDM,CFPP President  
Pat Wieland, CDM,CFPP President Elect  
Sheila Blair, CDM,CFPP Secretary  
Richard Farmer, CDM,CFPP Treasurer  
Missy Davis CDM,CFPP Past President  
Mark Dougherty CDM,CFPP Newsletter Editor  
Bernadette Jacobs, CDM,CFPP Oregon Spokesperson  
Norma Hersha CDM,CFPP  
Betty Beilstein, Retired

### NEW BUSINESS

It was suggested that we change the term of President, President elect, and past President to a two year term effective October 2008. This will be put before the members at the State meeting on April 9, 2008.

It was also suggested that we pay registration for 1 member and 1 student to go to nationals. This also will be put to a vote with the membership on April 9, 2008.

We have hired an accountant to do our books. The cost is \$50 per year. The \$2500. CD we purchased rolled over on the 3/31/08 and the interest made was \$98.53. We have \$4200. in checking.

Meeting was adjourned at 8:20

OREGON DMA FALL SEPTEMBER 28, 2007

The business meeting was called to order at 8:20 A.M.

The next Central District meeting will be held on April 25 at Willamette Lutheran in Keizer. Anyone interested in coming is invited.

Richard reported that we have \$4200 in checking and \$4000 in savings and \$2500 in a 6 month CD.

Minutes for the state meeting can be found on the Oregon DMA web page. Two members ask that they be mailed copies of the minutes.

Members voted in favor of extending the term in office of the President, Pres. Elect and Past President to a two year term to provide better growth and support in positions.

The membership suggested that we do a better job marketing meetings in the future. Plan the meeting further in advance. Send a post card out 6 weeks before so they can make arrangements to take the day off.

The membership agreed to pay the registration for one member and one student that have never been to national.

Amendment to Board meeting.

There was a motion to pay registration for Bernadette Jacobs since she's the spokesperson. It was seconded and passed unanimously.

Lyons-Magnus had a informative presentation on the health benefits of red juices. Particularly, pomegranate, cranberry and grape. They are high in anti-oxidants. They help lower blood pressure, reduce adhesions in the cardio tract, lessen urinary tract problems, they have a LDL lowering capability. At this time they can't find anything problematic with drinking too much juice.

Pomegranate juice is on the expensive side so if it can be blended with another juice, such as cranberry, to make it more affordable. An interesting fact that some of us didn't know is that cranberries are only grown in the United States. White cranberries have all the benefits of red cranberry juice, plus it is non-staining but the cost is higher. Welch's is the only company that makes 'Concord' grape juice.

The grape juice that is 100% grape the variety of the grape varies through out the year as to what is in season. The darker the color the higher the photo chem.

Cindy Heilman shared the advantage of flexible dining hours and choices.

There is less plate waste and more satisfied customers (your residents).

The importance of dining together: The staff becomes extended family. Relationships are built one meal at a time. The residents that eat in the dining room overcome loneliness and isolation.

The more a resident is satisfied with a meal the higher their satisfaction with everything else. They look forward to meal time, it is a social time for them. If their expectations are met then they feel special.

The number one thing that the residents want from the staff is politeness and a courteous attitude.

The next State meeting will be in September on either the 12<sup>th</sup> or 19<sup>th</sup> at St. Charles in Bend.