

Minutes From: Avon Chamber Health Council Monthly Meeting
Date: Monday, January 20, 2020
Location: Atria Farmington

Sharon opened the meeting by thanking Shania for organizing and hosting the chamber B-Well festival at Shop Rite of Canton. It was a great opportunity for chamber members to network with each other and share their company information with the community. All those present at the meeting who participated agreed whole heartily.

Sharon introduced Frank who was the host for the meeting. He gave a brief overview of the services that Atria provides their residents. He offered anyone who had not been in the community before to take a tour after the meeting. Frank then introduced the Head Chef, who put together a wonderful meal of lobster tails and chicken for the group.

Guest speaker was Lisa Cheney, from Aging Well NWCT, who spoke about, "The Effects a Stroke Has on One's Personality." It was very informative, and she shared lots of helpful facts and tips. Lisa highly recommends the book, *My Stroke of Insight*.

Each attendee was then able to introduce themselves and share their company information.

Recap of the B-Well Festival. 24 chamber members participated in the event. Anyone needing a receipt can send an email request to acocbookkeeper@sbcglobal.net for the \$20 that they contributed for the flyers and gift card. Feedback from those participating was positive. Suzanne from Arden courts said she had a direct response that following Monday regarding her support group. Many commented on how the employees at the store were also able to gather information for themselves. It was a positive effect for the community as well as the employees. The purpose of the Health Council is to educate the members as well as the public and this certainly was accomplished. Minor concern addressed was the clustering of most of the assisted livings in one general area. It all worked well, and everyone played nice in the sandbox. For future events, spreading everyone out, might be more effective.

Lisa from the chamber commented on the fact that as a group we need to do more to promote our health council events in the future. "The chamber gives us the tools, but we need to market better as a group."

Shania, then surprised the group by sharing a message from Chuck Joseph, how appreciative he was for the participation and exposure the Festival brought to the store. He generously gave those who participated a \$20 gift card for Shop Rite as a thank you.

Submitted by Sandra Cook