



The BLS Bugle

April 2013

Welcome to the new & improved Bugle newsletter!

The Communications Committee is proud to bring you lots of fun, interesting, and new information that will help you help the seniors we serve! Please submit any questions, comments, and ideas for article submissions for future editions to BLSPRCommittee@gmail.com. The Bugle is intended to be an informative, educational, and helpful publication - rather than a platform for sales and marketing. Many of the tips, tricks, and stories will be based on our members experience at their 'day job' - if you would like to contact the person submitting the article, please use the Membership Directory located at www.BLSPinellas.org. Future articles for consideration can be emailed to Dale@TheGoAgencyUSA.com

BLS Mission Statement

The Better Living for Seniors Consortium will promote continuing service excellence to seniors through proactive, visionary, and ethical leadership in networking, education and collaboration.

The Better Living for Seniors Consortium of Pinellas County, Florida is affiliated with the Area Agency on Aging of Pasco-Pinellas, Inc. an Aging and Disability Resource Center located at 9549 4th St. N, Ste 100, St. Petersburg, FL 33702

MARK YOUR CALENDARS FOR THE NEXT BLS CONSORTIUM

Hosted by the Professional Development Committee



Friday, May 10 – 8:30am
Mease Manor
700 Mease Plaza, Dunedin

Topic:

What's in Your Marketing Toolbox

Presented by Bonnie, Dye, Web Mentor/Trainer

Making Social Media Work for you
Spamming vs. Marketing
Making Friends with Google
Where is your customer online?
The Key to getting more customers

BLS QUARTERLY CONSORTIUMS

May 10, 2013

Hosted by Professional Development Committee
Mease Manor, Dunedin

August 9, 2013

Hosted by the Communication Committee

November 8, 2013

Hosted by the Senior Resource Committee

HOW CAN YOU GET INVOLVED?

Communications Committee

Meets last Wed at 10:30a
Greek Village, Seminole
Chair: Trisha Randall
Vice-Chair: Dale Griffen

Membership Committee

Meets 3rd Tuesday at 9:00a
Area Agency on Aging Office
Chair: Rachelle Vo
Vice-Chair: Mark Grande

Senior Resource Committee

Meets 3rd Thursday at 11:45a
Contact committee for location
Chair: Sally Marvin
Vice-Chair: Sue Duhamel

Professional Development Committee

Meets 2nd Wed 9am
Area Agency on Aging
Chair: Ginny Moore
Vice-Chair: LaNona Robinson

Public Speaking & Networking

Meets 2nd Tuesday at 9am
Bayview Gardens Beach House
Chair: Linda Burhans
Vice-Chair: Rebecca Weitzel

For more committee information please visit www.BLSPinellas.org

A Letter from BLS President, Carol Radin

Let me first start by thanking everyone for their support and words of encouragement as I start what promises to be a great year as the new President of BLS. Most of all I would like to thank Stacy Geier for the last two years she served as the President. Thanks Stacy, it will be difficult following in your footsteps. I would also like to thank Vice President Mel Coppola, the past Board Members, Meg Mairn and Beth Harvard, and welcome new members Carolyn Daniels and Dale Griffin.

Every year I watch BLS grow as more new members join. I tell each person I refer to BLS that if they join and get involved with a committee and attend the consortiums they will discover this is the best \$45 they ever spend for marketing. I watch as members make new partnerships and retain the ones they have, and I am amazed and proud to say that I work with each and every one of you in our community to make Pinellas county a better place for seniors to live.

Please attend the committee meetings and get to know what they do for the community. Our new Communications Committee is looking for members who can write and find stories of interest for the Bugle. Contact Trisha Randall or Dale Griffen for more information.

Thank you again and I look forward to working with all of you.

Fondly,

Carol

The Communications Committee Thanks Shelly & Lloyd Ballard!

After many years the Communications Committee has taken over the monthly calendar from Lloyd and Shelly Ballard.

We want to thank the Ballard's for their years of service and dedication to the calendar which has helped shape our community and bring us together as one of the most prolific, active networking groups many of us have ever been a part of!



Thank you Lloyd and Shelly!

Area Agency on Aging Announcement:

The address has changed but the welcome mat is still the same!

You're Invited!!

AAA Open House

**May 22, 2013
2p – 4p**

**Join us for refreshments &
tour of our new offices!**

The new address is:

**Area Agency On Aging Of Pasco-Pinellas, Inc.
9549 Koger Blvd, Ste 100 (Gadsden Bldg.)
St. Petersburg, FL. 33702**

**Please make note of this address as the AAA office
serves as the meeting location
for several BLS committees**

Please support the Better Living For Seniors Social Media Efforts



Here are the links to follow BLS on Facebook, LinkedIn, and Twitter!

Facebook - www.facebook.com/BLSPinellas

LinkedIn - <http://bit.ly/BLSLinkedIn>

Twitter - www.Twitter.com/BLSPinellas

Please join, 'like', comment, share, and promote BLS to your network with the intention of increasing membership so that we can collectively help the seniors in our area!

SOCIAL MEDIA TIP by Dale Griffen, The Go! Agency

Why is it important to 'like' Pages and Posts on Facebook?

There are actually two big differences here - clicking the 'like' button on a businesses or person's page vs. clicking the 'like' button below a post, event, or photo. Both are important!

Clicking the **LIKE** button on the upper right hand side of a Business or Personal Page serves two purposes. First, it shows the Page manager the number of followers that they have. For a business, this is very important information to them, as it allows them to show the number of followers that they've gained utilizing social media, thereby tracking their Social Media ROI (Rate Of Influence). Secondly, although with Facebook's new algorithm it's not a guarantee, it most likely will boost the chance that you'll get updates, event notifications, and a deeper connection with that person or company.

When you 'like' a comment or post, you are acknowledging that you saw, read, empathize, or agree with what someone posted. Doing so makes the poster feel good, knowing that their comment has impacted someone, and it lets that person know that you are interested. People and businesses that pay attention will then post more information based on what people 'like' or comment on. You can't over do this!

The other two things you can do to help are to 'comment' and/or 'share' their Page or Posts with your followers. As 'likes' aren't shown on your news feed - shares and comments are. This is the Social part of Social Media. If you know someone that might like, benefit, or be able to help the person or business you're following - click those little buttons! You can also share privately. Don't be a social media 'lurker' - let people know what you think! (But make sure to be courteous!)



RECIPE CORNER submitted by Rebecca Weitzel, Pacifica Belleair

Pacifica Belleair Brain Salad

- 1 1/2 lbs Spring Mix
- 2 cups Strawberries, sliced
- 1 cup Red Onion, julienned
- 1 cup Feta Cheese, crumbs
- 1/2 cup Dried Cranberries
- 1/2 cup Pecan Pieces
- 1 cup Grape Tomatoes



Blueberry Vinaigrette Ingredients

- 1/2 cup Blueberry Vinegar
- 1/2 tsp Dry Mustard
- 1/2 cup Blueberries
- 1/2 cup Sugar
- 1 tsp Poppy Seeds
- 1/2 cup Oil (Canola&Olive)

Combine all ingredients in food processor and blend, add poppy seeds and serve.

GETTING ALONG, submitted by Jean Brasel, professional mediator

THERE ARE SOME TIPS TO HANDLE AND AVOID MISUNDERSTANDINGS

BE A SOLID LISTENER!

What is the person really saying?

Take it ALL in thoroughly and store it so you can use it to your best advantage.

Even more important than what the person looks like, listen for the words they are saying.

For example: George and his wife Sally are arguing, and Sally is saying:

“George, you never listen to me. Why don’t you like my mother?”

George takes this badly and thinks Sally is picking on him, and attacking him personally.

He does not think to ask Sally what why she thinks that that he doesn’t like her mother.

Instead, he inflames the argument and attacks back. *“I do not get any respect around here!”*

Now we have a rip roaring fight, with no end in sight, leading to even more arguments.

Those are the kinds of things that lead to divorce.

How do you think George should have responded to Sally?

Next time you see me let me know your thoughts!



CAREGIVER SUPPORT TIP

submitted by Linda Burhans of Harmony Home Health

When Should Mom and Dad Stop Driving?

As we all know, this is a very sensitive situation.

Driving seems to be one of the last strongholds of freedom when we get older. This is what makes it so hard to tell you aging parent that it's time to hang up their fuzzy dice. What do you do? Here are a few tips to help you recognize the station and approach the subject.



Assess Driving – The best way to do this is to go for a ride in their car with them. Look for signs that mom might be a threat while driving, like diminished reflexes, missing stop signs, weaving from lane to lane or not following traffic signals. Also notice if they seem extra nervous or jittery.

Check Eyesight – Many older people have vision problems but will not admit it and avoid seeing the eye doctor. Seeing the eye doctor does not automatically mean they will lose their license to drive. New glasses may just clear up a vision problem and they'll be back on the road before they know it.

Have a conversation – Ask your parent if they feel they can still manage and are comfortable driving. You may get a suspicious, serious look or an argumentative tone. Remain calm and remember that you are talking about their independence. Remember not to treat your parents like children. You might be surprised they have been waiting for someone to ask.

Talk to your parent's doctor – You may want to enlist the doctor's aid in discussing driving with your parent during their next appointment. Your parent may want not hear it from you, but they will listen to their trusted family physician.

No one likes losing their independence at any age. When safety issues are at stake, you may have to deal with the fact that your parents are no longer to drive by themselves. Enlist all the help and support you can get if and when this decision needs to be made.

SOMETHING TO THINK ABOUT.....

You don't stop laughing because you grow old.

You grow old because you stop laughing.

ACTIVITY TIP, submitted by Katherine Campbell, These Joins are Jumping

How to Keep your Joints Jumping and your Thoughts Organized:

Ageless Grace®, a New Pathway to achieve Fitness for the Mind and Body.

Laughter, movement, music: these are a few of the main elements to Ageless Grace®, the new and wonderful anti-aging “fitness and wellness class program focused on health longevity of the mind and body”. The Ageless Grace® program is based on the science of neuroplasticity, “the brain's ability to reorganize itself by forming new neural connections throughout life”.

The Ageless Grace® program teaches participants take home exercise “tools” that are natural and organic. The purpose of the exercises are to help maintain and/or improve participants’ abilities to conduct daily activities such as; grabbing for a piece of fruit, combing our hair, reaching for a glass, getting down on the floor to play with a grandchild and getting back up!

“Regardless of age, your brain has the ability to make new neurons and construct new neural pathways throughout your life. When you engage in new experiences or think in novel ways, new pathways are forged. Every time you think a specific thought, a specific pathway of neurons fires up, neurotransmitters are released and synapses are subtly altered. With repetition this pathway is strengthened. Even as you read this very sentence, your brain is changing. In this way, your brain's structure is a culmination of all the thoughts and experiences you have had up to this very moment”.

This series of articles will examine how laughter, movement and music are integrated into this unique program that almost any person at any age can do!



The Benefits of Laughter

Think about how you feel after a good laugh. Terrific, right! What could be better than a great laugh? There are numerous social, emotional, cognitive and physical benefits of laughter including; increased friendliness and altruism, reduced depression, anxiety, and tension, increased ability to cope with stress, by providing an alternative, less serious perspective on one’s problems, increased endorphins and dopamine.

“Laughing out loud, being quietly amused, anticipating something funny, and even forcing a smile or chuckle can all lead to increases in positive emotions and neutralize negative emotions, which can help keep us on the “upward spiral” to greater happiness”.

Laughter is one of the first experiences participants have in an Ageless Grace® class. Because the program is based on opening up old pathways in the brain and creating new ones, the exercises are funny and definitely creative. For example, the “tool”, Express Yourself, revolves around movements from daily activities, such as washing your cat. Silly, but fun, participants cannot help but laugh out-loud as they mime the movements of catching a wet cat trying to escape from the bathtub!

Next issue we’ll examine the benefits of movement. Until then....LOL!

CAREGIVER TIP, submitted by Kim Linder, The Caregiver Hour

How to remain connected to your personal power as a professional caregiver

A few years ago my friend Lois Miller, who now works at Inn on the Pond, kindly invited me to attend a meditation ceremony at a Buddhist Center called Parawatya Kadampa, which is discreetly tucked away on 6th Avenue S. in sweet downtown Safety Harbor. Neither one of us are Buddhists, but Lois claimed it was a good place to practice meditation.

At that period in my life, I had been starving for some time to recharge my spirit. Like so many of my professional caregiver colleagues, I had become consumed by the needs of others and inadvertently allowed my own care to fall by the wayside and feel overwhelmed, tired and sick. It was if my inner gas tank warning light was flashing the word empty and I wasn't stopping to refuel it. My life had become out of balance and I was losing my personal power to the point where listening to my intuition was non-existent.



When Lois and I met at the center my outlook was hopeful as I was looking forward to the guided meditation session. But to my surprise the group leader for the class explained that before we meditated, a Buddhist monk was going to share a teaching with us. Suddenly, from the back of the room a young American female monk walked up onto the raised front stage dressed in a beautifully ornate Buddhist robe, with her head cleanly shaved and bright red freckles delicately placed on her rosy cheeks. I was dumfounded and intrigued as she began her sermon.

She carefully explained in order to get through life's challenges we should imagine ourselves as a huge wide mountain anchored deep into the ocean's bottom while towering magnificently high over the ocean's surface. She continued to use the analogy to describe what we all go through in life. How the wind wears away the mountain's surface and creates sculpted deep crevices and sharp edges which is similar to how events in our lives wear away at us spiritually, emotionally and physically. Yet, the mountain by staying securely rooted represents how we need to remain securely connected to our personal power. The young monk concluded her message to say that our inner voice, our intuition, and our hearts are the keys to remaining strong and resilient.

My message is simple and meaningful. We love our work of serving the elderly in their homes, in our offices, in our practice, in our families but for us to stay committed to our purpose we need to stay balanced in our lives by focusing on activities that recharge us.

Ask yourself what brings you joy, what activities recharge your spirit, and when can you spend time with people you love?

BLS Committee Updates, submitted by each committee

Professional Development:

Education, Professionals in Transition, Social Media Workshops

Join the BLS Professional Development (ProDev) Committee and provide your input on the final touches in our presentation of the May Consortium to be held Friday, May 10 at our host location Mease Manor. Super breakfast while you network and then our presentation snapshot for our upcoming July 25 conference: Marketing 2.0 What's In Your Marketing Toolbox? Our speaker is Bonnie Dye, Web Mentor/Trainer to Tampa Bay individuals and business owners (<http://eTrainingLive.com>) You will not want to miss this event.

New committee members are always welcome to visit our monthly meeting, 2nd Wednesday every month at 9:00am Area Agency on Aging (see online BLS Calendar of Events). See if the shoe fits! Getting actively involved with a committee is the most effective way to maximize your membership. A warm welcome to new committee members: Cindy Bush of Keller Williams and Diana Conforti of Bristol Court.

In March, committee member Dale Griffen represented BLS ProDev at the March 2013 SPC Scholarship Appreciation Luncheon. Our BLS ProDev committee gives two scholarships each semester to RNs in their last year of RN college training.

We are having fun putting together our tabletop decorations and tweaking our upcoming programs. Planning continues on our July 25th half-day conference on Marketing 2.0 What's In Your Marketing Toolbox? Hosting location: Lake Seminole Square, Seminole. Please see visit BLSPinellas.org for more information. Hope to see you at the next meeting. Call Ginny or Lanona with any questions.

Have you attended one of our Social Media Workshops? If not, you should! Our monthly event has been very successful, and we've helped many people "lift the hood" and work through their fears, questions, and concerns about Social Media Marketing. We offer an open, relaxed, peer-led forum that starts with a few base topics of discussion each month – but for anyone that has attended, you know that the workshops are very fluid and is great for people of ALL levels of expertise. Please bring your laptop, tablet or smartphone (and your questions) as we discuss the benefits, "how-to's", tips & tricks of utilizing platforms such as Facebook, LinkedIn, Twitter, and others - to help you market yourself and your business online! Be sure to visit the BLS Calendar for details on this event which is held on the second Monday of each month at Harmony Home Health.

Senior Resource Committee

We invite you to attend our Senior Resource Committee Meeting 3rd Thurs of the month @ Bon Secours @ 11:45 am

We promote the Senior Helpline, feature four Panel of Experts events each year, at senior venues around the county. We welcome more experts on senior issues and suggestions for next venue mid-county.

We become Santa's Helpers for Elves for Elders program which provides gifts for indigent seniors in our community. First kick-off fund raiser "Shuffle for Elves" shuffleboard/ cook out will be at St.Pete Senior Center. Time/Date TBA.

* We facilitate Bonding & Strengthening relationships between BLS Members.
"BS for BLS" meets 1st Friday @ Panera (Feathersound) @ 8:30 am

Questions or Suggestions: Sue Duhamel, Chair, sduhamel@redefinedliving.com
Carolyn Daniels, Vice-Chair, clcdaniels@gmail.com

BLS Committee updates, submitted by each committee

Public Speaking & Networking Committee

The public Speaking & Networking Committee meets at 9:00am the second Tuesday of every month at Regal Palms in the Ice Cream Parlor. This committee operates the Speakers Bureau for BLS, maintaining a list of qualified speakers on various subjects available to meet requests from the community. By using the BLS website for this feature, community members can both sign up to be a speaker and also request speakers for their events. All speakers provide information in an educational manner and no solicitation is permitted.

Secondly, the Public Speaking and Networking Committee conducts monthly networking breakfasts around the county called Chomp 'n Chat. These are 9-10am and are held on the second Friday of every month, unless there is a consortium that month. This is a great opportunity for a purely networking opportunity where professionals meet and talk about their businesses, needs, special events, etc. Please see the BLS website for locations as they change monthly.

A little chuckle...or two...or three...

Three Elderly Sisters

Three sisters, ages 92, 94, and 96, live in a house together. One night the 96-year-old draws a bath. She puts one foot in and pauses. She yells down the stairs, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. Then she yells out, "Was I going up the stairs or down?"

The 92-year-old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure. She then replies, "I'll come up and help both of you as soon as I see who's at the door."

Late Night Lecture

An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

RETIREMENT..... A WIFE'S VIEW

A frustrated wife's definition of retirement:

"Twice as much husband on half as much pay."

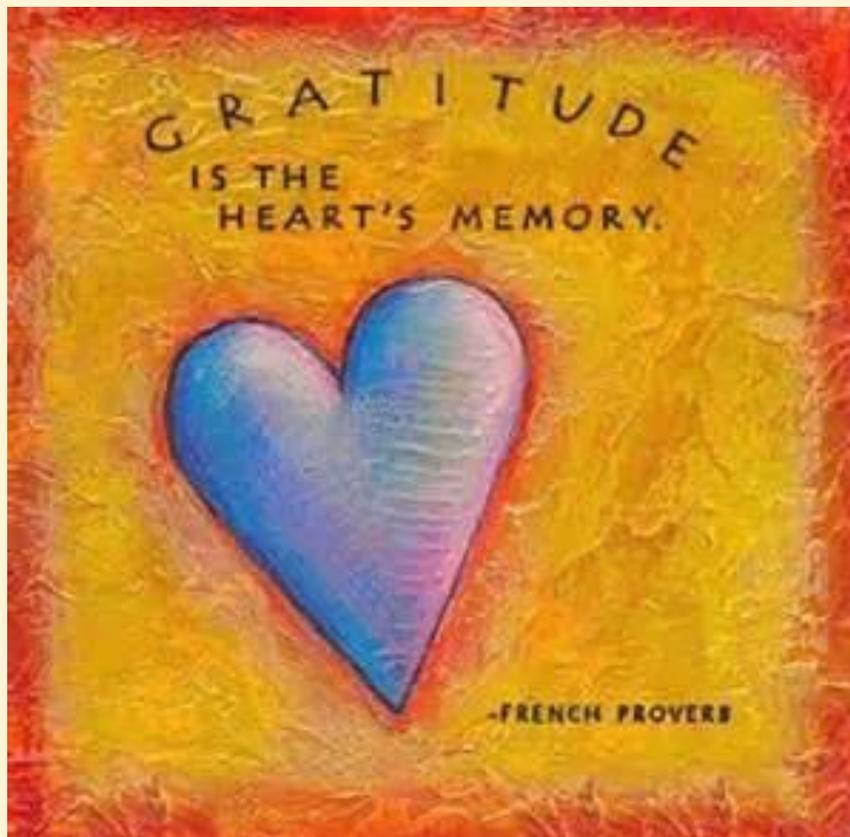
GRATITUDE, submitted by Mel Coppola, Griswold Home Care

I first “Got my Gratitude On” back in August 2011. I won’t bore you with the details, but it was all due to Facebook. That’s where I found a 90-day project, ending on Thanksgiving day. For each day, you were to find at least one thing to be grateful for and to share that gratitude with others. How cool! Being a pretty upbeat person, I was intrigued and I accepted the challenge. The first few days were easy. I was thankful for all the things we normally think of—friends, family, a place to live, a job, etc.

By the second week I was starting to dig deeper. I remember one day thinking, “Well, nothing really happened today that stood out” and I realized I had an ordinary day. Well that was certainly something to be grateful for! After all, it could have been a really bad day, but instead everything buzzed along as it should.

Then there was the morning that I drove along the river. It was a beautiful morning and the sun was reflecting on the water. It was like a picture -- the line between the vegetation and the reflection was indistinct. Minutes later I was in bumper to bumper traffic. Had I not taken the time to notice and be grateful for the beauty on the river, my day would have begun with stress and negativity.

As the days and weeks passed, I began to see how making gratitude a habit was changing my life. Negativity and stress were deflected by this new shield I wore. And it seemed the more I expressed gratitude, the more things there were to be grateful for. It was a wonderful cycle!



FINANCIAL TIP, submitted by Candy Goodwin, Vernick Financial Planning

How Do I Talk To My Elderly Parents About Their Finances?

Talking to your parents about money is always difficult, especially when the money you're talking about is theirs. They belong to a generation that was taught to keep their information private and not to share their concerns openly. Even if they need help, they may be unwilling to talk to you because it's "none of your business," or because they're afraid to give up control over their own financial affairs.

If they're reluctant to talk to you, make it clear that you respect their needs and concerns. However, don't be afraid to express your own needs and concerns as well. Their financial situation may impact you also, particularly if they become unable to support or care for themselves. At the very least, you should find out where they keep their personal records; discuss housing, health care, and budgeting issues; and find out what steps they have taken to plan their estate.

What if they still refuse to talk to you? If they're capable of managing their affairs for now, you may want to drop the matter and re-approach them later. Or you may suggest that they talk to another family member, a trusted friend, or a professional advisor, such as an attorney or financial planner.



However, if you feel that they're no longer competent to manage their own affairs, or that their financial situation is precarious, you should seek out professional advice right away. Call the Eldercare Locator, an information and referral service sponsored by the federal government, at (800) 677-1116 for a list of local and national organizations that can help.

*Vernick Financial Planning, 9303 Seminole Blvd, Suite B, Seminole, FL 33772
727-258-9001 www.vernickfinancial.com*

*Securities offered through Cadaret Grant and Co., Member FINRA/SIPC
Branch office 801 49th St North, St Petersburg, FL 33710 727-327-5782*

Another couple of chuckles...

Grandma's Visit

"Oh, I sure am glad to see you," the little boy said to his grandmother (*on his mother's side*).

"Now Daddy will do the trick he's been promising us."

The grandmother was curious. "What trick is that?" she asked.

"He told Mommy that he'd climb the walls if you came to visit," answered the boy.

Hard of Hearing

Morris, an 82-year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that! I said yo've got a heart mummer, be careful."

MEMBER SPOTLIGHT

submitted by the Membership Committee,
written by Mel Coppola, Griswold Home Care

Introducing: Kacey Angel-Lee of Hill Law Group

If you want to learn what the word passion means, you can look it up in the dictionary.
Or you can just spend some time with our BLS Member Spotlight winner, Kacey Lee.
All Kacey's passions run deep.

You can hear it when she talks about Tampa Bay.
Born and raised here, Kacey loves the heat and spends a lot of time outdoors.



Kacey Angel-Lee

You can hear it when she talks about her work at Hill Law Group:
Kacey wants *everyone* to understand about their Life Care Planning
and about her role as the RN in the three areas they address.

She educates, advocates and supports clients and their
family members by evaluating their situations,
planning with them and providing guidance.

You can hear it when she talks about BLS.

A member for just about a year at the suggestion of April Hill,
Kacey has not only become friends with many of the people she has met,
more importantly, she has been introduced to people who can
“potentially help her to help others.” That's right, another passion is helping people.

You can hear it when she talks about Elders. “What I do is not a job; it is my life's work. . .my gift from God was passion for working with Elders and I have been doing so since I got out of high school.” Kacey loved the hands-on care and one-on-one time with them that she had when she worked at a nursing home. In fact, her love of Elders is why she decided to become a nurse. Kacey would love to own an adult day care center, but that part of her passion will have to wait a few years while she focuses on her children.

Because of all her passions, you can *definitely* hear it when she talks about her family. How involved she and her husband Kevin are with their two sons, Dominick (11) and Benny (9). The boys play soccer and baseball on travel teams, so Kacey and Kevin are at games 6-7 days a week. And when they are not busy with sports or school, Kacey is with them at home.

So do yourself a favor. Spend some time with Kacey Lee. Get to know this woman and all that she is passionate about. You'll be so glad you did.

How the member spotlight is chosen....

Member Spotlight winner is picked at random from the current membership list the month before each consortium. A member of the Membership Committee picks three random numbers and we rearrange the membership list based on a different search parameter (A-Z, Z-A, my zip code, etc.). The first number chosen is the winner unless we are unable to contact the winner in order to conduct the interview for the Bugle. In the event we cannot contact the winner, then we contact the winners to the two other numbers chosen.

PLEASE HELP US WELCOME THE FOLLOWING NEW MEMBERS OF BLS

Donna Rogers	Bay Pointe Nursing Pavilion
Lynn Marie Boltze	Right at Home
Suzanne Rawlins	Insurance Services for Seniors, Inc.
Robert Kelly	Caregiver's Support and Resources
George Petruch	Mederi CAREtenders
Dana Nokley	Eagle Lake Rehab and Care Center
Cindy Bush	Keller William Realty St. Pete
Joseph Muller	Merrill Lynch
Taylor Tagliarino	WellCare Health Plans
Susan Baylis	PIT Member
Kelly Heron	Menorah Manor
David Fuller	Wealthcare Planning
Cintia Dealencar	The Barrington
Michael Pierce	Stetson University College of Law
Cristel Harden	TLC Medical Supplies
Jay Roberts	Wheelchair Transport Service
Kae Yauchler	Active Security Co.
Howard Bright	Anti-Pesto Bugkillers
Joseph Price	Bankers Life & Casualty
Shane Warner	Perry Law, P.A.
Jasmina Nomikos	Indian Oaks Manor
Nancy Jacobson	

BENEFITS OF A BLS MEMBERSHIP

Business Networking ~ Potential Referrals ~ Camaraderie & Support ~ Friendships
Speakers Bureau ~ Membership List ~ Job Bank/Professionals in Transition
New Member Receptions ~ Participation in BLS Committees ~ BLS Bugle
Quarterly Consortium Meetings ~ Membership Card ~ Chomp n Chat Meetings
Annual Educational Conferences ~ BLS Networking Event Calendar ~ BLS Eblasts
A Concentrated Marketing Group ~ Commonality of purpose & passion for serving seniors
Access to information/options about senior resources ~ Community Involvement
Opportunities to be selected for Member Spotlight ~ Two tickets to the Palladium Theater
Fulfillment of giving back to your community and to seniors



Leaders of BLS Word Seek

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

The BLS Board of Directors is composed of Officers, Chairs of the standing Committees, two At-Large members and an AAA liaison. See if you can find all of the Board Members and Committee Co-Chairs in the puzzle.

Carol Radin
Carolyn Daniels
Dale Griffen
Ginny Moore
Helen King
Lanona Robinson
Linda Burhans
Mark Grande
Marsha Wilson

Mel Coppola
Rachelle Vo
Rebecca Weitzel
Sally Marvin
Shelly Ballard
Stacy Geier
Sue Duhamel
Tammy Mohr
Trish Randall

A MARKETERS LIFE submitted by Breque Bonner, Bayshore Homecare

Secrets to Surviving a Traffic Jam

According to a study conducted by Statistic in August 2012 128.3 million people commute to work. The study found that 75.7% of these commuters drive to and from work alone. If you find yourself frequently stuck in traffic during your solo commute here are some tips on how to keep your sanity.

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Look at billboards - You may find marketing genius or just pure craziness

Play a game - I like to count how many cars I see with university paraphernalia.

Have a snack- The only thing worse than sitting in traffic is being hungry while sitting in traffic. Plan ahead; bring a little something healthy to hold yourself over until you get home to eat dinner.

Make a phone call- This only works if you aren't already exhausted from talking to people all day. But, sitting in traffic is a great time to call that friend or family member you have been meaning to catch up with. BUT be safe – ALWAYS USE HANDS FREE DEVICES - if your vehicle doesn't have Bluetooth capabilities you can invest a few bucks in a portable Bluetooth speaker that simply clips to your sun visor.

Please share with me how you survive traffic jams. I need all the suggestions I can get!



Gert finds out the new guy has a car, a valid drivers licence and a refillable Viagra prescription.

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You can expect to see the next issue in your Inbox mid-July.

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