

**Junaluskans General Meeting**  
**Harrell Center**  
**October 4, 2023**

Jan Lemasters called the meeting to order at 10:00 a.m.

**Caring & Sharing:** Hilda Ryan reporting: Cards sent to: the family of Charles Middleton upon Charles' death, the family of Dr. Read Patton upon Read's death, Sandra Scott upon the death of her sister Barbara. Prayer concerns: Ilah King is in rehab due to a fracture in her leg; Ed & Judy LaFontaine because of the recent death of Ed's brother, Lloyd.

Opening prayer was offered by Gary Phillips.

**Guest Speaker:** Guest speaker, Denise Young, Program Director of Alzheimer's Association  
Denise gave an excellent presentation related to Alzheimer's and dementia. Some important facts included:

- ◆ Get checked at age 65.
- ◆ Warning signs include memory loss, mixing up words, getting lost, and mood changes.
- ◆ Suggestions to help reduce the risk include maintaining a healthy diet (Mediterranean diet recommended), exercise, socialization, and cognitive exercises like games, puzzles, and reading.
- ◆ Meds are only 40% effective, and the disease is always fatal.

**October Birthdays, Anniversaries and New Residents:** Larry Roberts recognized those with birthdays, anniversaries, and welcomed two newcomers to the meeting.

**Chairperson Reports**

*Travel:* George Shepherd – Next on the schedule is a trip to Montreat and Black Mountain on October 13, and a hike is scheduled for October 11.

*Vespers:* Gary Phillips – A Vespers service in the chapel is scheduled on October 10 at 4:30 pm, with Bishop Charlene Kammerer as guest speaker; and on December 9 there will be a lessons and carols service in the chapel.

*Christmas decorations:* Randy Carlson – Folks were invited to remain after the meeting to help string wire on the bows, and Christmas decorating is scheduled to begin November 6 – 11.

**Announcements:**

- ★ Ride sharing will be offered to those who wish to attend evening events but cannot drive after dark. Contact either Steve Berwager or Jan Lemasters.
- ★ The soup cook-off in lieu of a monthly meal is scheduled for October 17 at noon in the York Dining Commons.
- ★ A Halloween Dance is scheduled on October 26 from 6:30-8:30 with Burt Howard emceeding.

**Ken Howle: Update on the Lake Junaluska Community**

- Work on the County Road bridges is ongoing and scheduled completion date is late October
- The column at the East gate has been repaired after being hit by a P/U with a flatbed trailer
- Lake is down due to a lack of rain
- Council of Bishops gathering is scheduled for November 1, and there is a need for greeters and drivers
- Stuart Auditorium renovations are ongoing and include the removal of the crow's nest and A/C updates. This was made possible by \$175,000 in charitable giving.
- Warren Center remodeling continues and is expected to be complete by May of 2024.
- Work continues on the repurposing of Chapel Drive.
- Upcoming events on October 15 include the Choir Weekend worship service at LJA, and a 6:30pm concert by Renee Allsbrook with the Community Band at FUMC.

Respectfully submitted,  
Steve Berwager, recording secretary