



October 17, 2016

## MEMORANDUM FOR RETIREES

FROM: Misawa Military Retirees Association

SUBJECT: MMRA Meeting Minutes

1. The bi-monthly meeting of the Misawa Military Retirees Association (MMRA) was held on 4 October 2016 at 1700 hours in the Club Tohoku.

2. Paul Sayles introduced the new health coordinator, Capt Sara Klimek, who recently arrived in Misawa. Captain Klimek briefed the meeting about her duties as the health coordinator, and the various fitness and health programs she manages. She especially emphasized the diabetes monitoring and care program, cholesterol screening, managing chronic diseases and diseases associated with aging, and developing skills in self-care. She handed out literature on exercise for aged and disabled persons as well as for healthy aging, and plugged her library of National Institute for Health (NIH) exercise videos. Her one point health tip was “Walk for ten minutes after every meal” a process which she says meets the NIH minimum requirements for daily exercise and helps keep off the pounds.

3. Paul Sayles asked that the minutes of the 2 August 2016 meeting be accepted and approved by the attending members.

### 4. OLD BUSINESS

- a. Base Decals – Dave Barton advised the members that the base decal issue is still open and nothing new to report (OPEN)
- b. Retiree Appreciation Day – Dave Barton reported that we had an excellent turnout in spite of 12 no-shows for the breakfast. He thanked all for their participation and the agencies and units that supported the event. (CLOSED)

### 5. NEW BUSINESS

a. This year’s flu shots will be given at the “POD” (Point Of Distribution for us uninitiated) at the fitness center on November 3<sup>rd</sup> and 4<sup>th</sup> and Fridays, Mondays and Tuesdays at the hospital. (CLOSED)

b. The Youth Center requested a donation for their activities, but our constitution does not allow us to support other organization, so as we have done in the past, Paul Sayles took up a collection. The attendees donated \$60 which will be given as the donation from the MMRA. (CLOSED)

c. Rosie Madero, manager of the Misawa Branch of the Navy Federal Credit Union., announced that there were funds available for Misawa retirees for Christmas activities. She decided to use the money for the MMRA meeting on 6 December, so there will be extra goodies for that meeting. All who can attend please do, and bring your spouses! (OPEN)

### 6. FINANCIAL REPORT

Dave Barton read the financial report which was accepted and approved by the membership present.

7. There being no further business, the meeting was adjourned at 1730. The president announced that the next meeting will be on 6 December 2016 at 1700 in the Club Tohoku Gray Room.

///Signed///

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