



RAC HEALTH CARE COMMITTEE MINUTES

September 13, 2021

Fourth Floor Conference Room

Chair Pro-Tem Janet Warren called the meeting to order at 10:30 a.m.

Members present: Brigid Guarino, Carol O'Brien, Carolyn O'Neill, Idalea Rubin, Janet Warren, Lisa Frank

Excused absences: Carol Norden Guests: Jacqueline Trautweiler, Hugh Howarth.

The roll call confirmed a quorum.

The agenda remained the same as the July meeting at which time there was not a quorum.

The July Health Care Committee Report to RAC was approved via email distribution and response confirmed by Janet Warren, Chair Pro-Tem and Secretary.

Chair Pro-Tem's Report: Janet Warren

Chair Warren has contacted ten persons, both women and men who have been recommended, to determine their interest in joining the committee in order to fill vacancies that exist now or may exist in the future. Some have expressed immediate interest and others would like to be contacted within six months. The Health Committee will vote to approve any prospective members after they visit as guests. The committee needs members with varied backgrounds in health education, medical experience and /or work in the health field which would yield more ideas and potential for a wide range of dynamic services to residents. The Committee could be enlarged beyond nine persons, to become a working committee by showing justification for this to the RAC Executive Committee (ExComm).

There is a need to elect a chair and secretary. As well, there is a need to develop an organizational plan for at least one year. This would result from a research of needs and includes goals related to the Mission, measurable objectives, a timeline and means of evaluation. The job of the Chair is to work collaboratively with all to ensure that this is done and to coordinate various activities with the members. The secretary records, writes and submits the minutes. There can be subcommittees that would be in charge of special projects and work in collaboration with Director, Lisa Frank who will approve the committee's activities. If surveys are involved, these must be approved by the RAC Executive Committee, because Health Care is a RAC committee operating under the guidelines of the Council.

Report from Director of Resident Services: Lisa Frank

Director Frank gave an overview of Health Care Committee activities that had taken place during previous years and under COVID restrictions. Two projects suggested for residents in the near future were: “Who And Where To Go For Help?” which would include information describing the functions of the various housing options at Freedom Plaza as well as learning how to get help when you need it when in your apartment. The goal at Freedom Plaza is to help persons stay “at home” as long as possible by providing interventions, when necessary. Another project would focus on “Neuropathy” for which she is planning to have a speaker. She requested six volunteers to help with the Flu Clinic on October 7, 2021.

New Business

Discussion by members included ideas suggested for health education projects and activities:

- *Nutrition in the context of eating foods that result in good health and healing and avoiding foods and products that contain toxic chemicals
- *Fitness in the context of developing better mobility through strengthening muscles and exercise strategies
- *Sessions on how to use multiple medicines
- *Sessions on Heart Health
- *Formation of support groups for situations involving recent bereavement, those whose loved ones who have Alzheimer’s disease; hospice support, social worker assistance and focus groups for men’s and women’s wellness.

Lisa Frank reported that an effort has been made to establish groups such as hospice but there was poor attendance due to “lack of time to attend or already receiving support from friends and family.

Members suggested resource persons and organizations who could be contacted such as Gannon University, UMC, Tampa General Hospital, SCC Mental Health and Wellness Center, services from Innovative Health Care, chiropractors, and physicians.

Chair Pro-Tem Warren suggested that a needs assessment would be a first step. She encouraged members to read the minutes from other committees posted on RACRep.org because something could surface that would interface with the Health Care Committee. The members agreed that two projects should move forward: “Who And Where To Go

To For Help” and the Neuropathy Clinic. Director Frank is working to develop these two sessions. The sessions would be widely publicized a month ahead to increase attendance through: Posters in the elevators and lobby; mention at RAC General Meetings and Freedom Plaza Floor Meetings, and notices posted on each floor by RAC Reps. A series of episodes regarding Alzheimer’s The Science of Prevention was posted recently on RACRep.org which also is a good source to advertise events. Earlier the site featured exercises residents could do in their apartments. It is an excellent way to provide extra health information to the residents. Health Committee events would be televised and shown on Touch Town for those who could not attend.

Chair Pro-Tem Warren asked what the Committee could do to facilitate the development of the two projects. Director Frank said she was developing “Who and Where To Go to For Help” and would bring an outline to the next meeting. A speaker would be hired for the Neuropathy Clinic, however a combination of arthritis and neuropathy could draw more interest.

The meeting time for the Committee was changed from the second Tuesday at 10:30 to the second Thursday of the month at 10:00 a.m.

The flu clinic has been set for October 7. There are plans for the third shot, but the date has not been set. There were six persons who volunteered to help, but should confirm this with Director Frank.

Chair Pro-Tem Warren discussed with the group the list of persons who have been contacted. Jacqueline Trautweiler (former pulmonary nurse) and Hugh Howarth (dentist) were invited to join the committee and accepted. They shared information about their occupations and experiences. The Committee agreed that another man should be invited to fill a potential vacancy.

The Committee members stated a preference to postpone the election of a chair and secretary and asked the Chair Pro-Tem Warren to act as chair for a little longer. She assured the Committee that she would assist the chair and secretary when asked, but there is a need for a formal election to fill these two positions.

In further discussion, several members offered to contact persons they knew as possible speakers for sessions related to arthritis and cardiology. Jacqueline Trautweiler suggested putting in the Weekly an invitation to be a part of a “walking group”. There is a concern about the quality of food provided by Sysco, however all inquiries should go through Director Frank.

Idalea Rubin and Jacqueline Trautweiler volunteered to develop a resident needs assessment and will bring a draft to the next meeting for input. This survey will need to be submitted to the RAC ExComm for approval before distribution.

The meeting was adjourned at 11:45 a.m.

The next meeting will be on Thursday, October 14 at 10:00 a.m. in the Fourth Floor Conference Room.

Respectfully submitted,

Janet Warren, Secretary Pro-Tem