



RAC HEALTH CARE COMMITTEE MINUTES

October 14, 2021

Freedom Plaza Clubroom

Chair Pro-Tem Janet Warren called the meeting to order at 10:00 a.m.

Members present: Carol O'Brien, Carol Norden, Idalea Rubin, Jacqueline Trautweiler, Janet Warren, Lisa Frank

Excused absences: Brigid Guarino, Carl Bohnenkamp

The roll call confirmed a quorum.

The Agenda was approved.

The Minutes were approved as reviewed by the chair/secretary.

Unfinished Business and Chair Pro-Tem's Report: Janet Warren

The Health Care Committee (HCM) minutes were sent to all members and potential members invited as guests on October 5, and two reminder memos were sent on October 11th and 15th. Members are asked to check emails regularly and read the minutes before the next meeting in order to conserve time for the meeting and able to move forward with business. The September Minutes will be resent.

At present, the HCM has six members with two vacancies. The Chair will contact four persons who have been recommended and invite two to the next meeting. The committee may have 8 committee members plus a RAC Liaison. At present, RAC Liaison Janet Warren will continue to serve as chair and secretary until others are willing to fill these positions.

Next May 2022, residents will have the opportunity to request membership in one or more of the twelve RAC committees. If placed on a waiting list (the bank), persons can be invited to fill vacancies that exist during the month of June 2022. Elections of committee officers are held in July 2022. Initially, there is a need to plan for project completions within the September 2021 to July 2022 time period. The results of the Health Care Committee Survey will provide guidance.

Report from Director of Resident Services: Lisa Frank

Director Lisa Frank gave a status report for projects discussed at the September meeting. She is working on presenting “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 and various agencies available for assistance. She will move forward with finding a speaker for a Neuropathy workshop possibly including information about problems with arthritis and carpal tunnel syndrome. Committee volunteers assisted her at the Flu Clinic held on October 7, 2021 and the day progressed smoothly.

New Business

Idalea Rubin and Jacqueline Trautweiler presented their work on the Health Care Committee Survey to be distributed to Freedom Plaza residents in order to determine their interests in various areas of health care and to provide guidance for planning future projects. During the September meeting, members created a list of possible topics and activities that might appeal to residents. October discussion included a review of the efficacy of including each of these in the survey. Each topic was discussed to determine feasibility based on past experience or potential for future presentations and was eliminated or included with Director Lisa Frank’s helpful guidance. Work will continue with survey development and presented again at the November meeting. As there are no RAC meetings in December, the Survey should be completed in time to submit it to the RAC Executive Committee for approval on November 12 . RAC Reps on each floor can be asked to distribute the surveys and collect them, however, this must be on the RAC Meeting Agenda for approval at the November 19 RAC meeting. Otherwise, the project will be delayed until January.

To inform residents of the Health related activities already established at Freedom Plaza, the possibility of developing a flier was suggested as a future project. This can be developed in collaboration with Susy Burt’s Community Life Services Department.

The date for the “Who and Where To Go For Help” workshop for residents will be on January 27 at 10:00 a.m. in the auditorium. This allows time to develop the promotion through various mediums, so there will be maximum attendance. It promises to be a very popular topic with much helpful information for everyone.

The Pfizer booster shot clinic will be on Wednesday, October 27 in the auditorium. Committee members volunteered to assist Lisa.

Jacqueline Trautweiler will be contacting the American Lung Association for possible involvement in future health care seminars.

The Committee will continue to meet on the second Tuesday of each month at 10:00 a.m.

The next meeting will be in the third floor Clubroom on Thursday November 11, 2021.

The meeting was adjourned at 11:15 a.m.

Respectfully submitted,

Janet Warren, Secretary Pro-Tem