



## **RAC HEALTH CARE COMMITTEE MINUTES**

November 11, 2021

**Freedom Plaza Clubroom**

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

Members present: Carl Bohnenkamp, Angelo DeFalco, Brigid Guarino, Idalea Rubin, Jacqueline Trautweiler, Janet Warren

Excused absences: Lisa Frank

The roll call confirmed a quorum.

The Agenda was approved with one addition adding the Health Committee's Report at the November General Meeting.

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

### **Unfinished Business and Acting Chair's Report: Janet Warren**

The Health Care Committee (HCC) minutes were sent to all standing members and to new members Carl Bohnenkamp and Angelo DeFalco. Members were asked to check emails regularly and respond when they receive them. Minutes should be read in preparation for the next meeting, so the Committee can move forward with business.

At present, the HCC has six permanent members with three vacancies. The Chair will continue to contact persons who have been recommended. No person in the Committee has volunteered to be Chair or Secretary at Acting Chair Janet Warren's request. She will, as RAC Liaison, continue to serve as chair and secretary for the next two months or unless the positions are filled before that time.

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.

In the absence of Director Lisa Frank, Chair Warren will contact her for a progress report on the presentation planned for January 27, 2022 and report back to committee members.

In October, 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. 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.

As no further work was done on the survey since October's discussion, several dates set for work on this project include **Monday, November 29 and Tuesday, December 14**, both @ 10:00 a.m. in the third floor Club Room. Janet Warren and Carl Bohnenkamp will join Jacqueline Trautweiler and Idalea Rubin as members of the survey committee. The survey should be ready to share with the Committee at the next full committee January meeting with possible distribution in February 2022.

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 Suzy Burt's Community Life Services Department. Also, a monthly Health Care Newsletter with the possible title, "Do You Know" was suggested to provide information to residents about current health concerns. In the past, health related information has been posted on [www.RACRep.org](http://www.RACRep.org) with good success and is also a conduit for these two projects which need a chair and subcommittee members to develop both in a timely manner.

### **New Business**

Carl Bohnenkamp shared his concerns about aspects of safety for residents at Freedom Plaza. He has been actively observing that situations exist that need correction. Several mentioned were: need for more AED's with EMT's responsible for checking the batteries periodically and possibly providing training to capable volunteers, providing assistance to those whose emergency cord does not work in the master bathroom and installing emergency cords in the wood workshop, providing the codes to the decipher locks to EMT's so a wider range of persons can respond to emergencies in those areas, bringing residents up-to-date on emergency preparedness for emerging medical needs during storms, etc, offer medical training for CPR and the Heimlich Maneuver to those who volunteer and are physically capable to offer services, establishing a group of trained responders to assist with medical needs, and reinforce the second floor balcony guardrails. He plans to follow up with various persons in departments who can address these concerns. He suggested [www.medscape.com](http://www.medscape.com) as a good source for health-related information.

Janet Warren reported on a very positive experience at South Bay Hospital and felt that the new CEO who is a nurse as well as an administrator, would be willing to make a presentation at South Bay. She expressed concern that the Fitness Center is not used often and does have equipment that will help maintain flexibility, stamina and circulation. Persons could volunteer to assist others to know how to use the machines, however that can result in a liability problem. An alternative would be to offer training sessions that would be informative for a group that would attend and to extol the benefits of fitness in various modalities. She will check with Director Lisa Frank and the Golf and Tennis Director to discuss possibilities. The number of persons using walkers has increased sharply and these persons need to know how to remain strong with strengthening exercises and correct posture.

Idalea Rubin said that the Help I Have Fallen Buttons given to residents do not always work correctly. She fell and no one responded. She found the button was keyed to Plaza West instead of at GVT. This is an issue that needs to be addressed with the vender as well as the Director of Administrative Services and Safety. There could be other faulty buttons. Formerly, these buttons were free but now cost \$250.

Jacqueline Trautweiler has called the Lung Association in an effort to get breather equipment that strengthens lungs. This project could be one that should involve the Breather's Club as well.

Many ideas were expressed by various members. It appears that it will be a matter of deciding what projects to undertake and when. There is definitely a need for a way to inform residents of tips such as knowing you can have an extra key on file at the front desk to use in emergencies and as well, provide timely health-related information via a flyer or brochure and with a Health Care Newsletter containing articles and tips. Persons could be invited to go on a Scavenger Hunt to inform them where certain important equipment was located.

The Health Committee has been asked to provide a report of activities to residents at the General Meeting. Each RAC Committee is expected to do this at least once a year. Janet Warren will provide a report and has also invited members of Jazzmatazz Theatre Dance Group to perform...a group of women aged 60's to late 80's who stay young and fit by dancing.

The next meeting will be a week earlier in the month in order to have the survey ready in time to submit to the RAC Executive Committee. The next meeting will be Thursday, January 6 @ 10:00 a.m. in the third floor Club Room.

The very productive meeting was adjourned by consensus.

Respectfully submitted,

Janet Warren, Secretary Pro-Tem