



RAC HEALTH CARE COMMITTEE MINUTES

January 13, 2022

Freedom Plaza Conference Room

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

Members present: Carl Bohnenkamp, Brigid Guarino, Idalea Rubin, Jacqueline Trautweiler, Janet Warren, Director Lisa Frank

The roll call confirmed a quorum.

The Agenda was approved.

The Minutes were approved as reviewed by the Chair/Secretary.

Chair's Report: Janet Warren (Chair, Secretary, RAC Liaison)

At present, the Health Care Committee (HCC) has five permanent members with three vacancies. Angelo DeFalco had to resign due to health challenges. Committee members were invited to attend the RAC General Meeting on November 19 when the Chair, Janet Warren gave a Health Care Committee report of progress to the assembly and presented a program on the value of physical fitness as well as a performance of five dances from the SCC Jazzmatazz Theatre Dance Group with ages ranging from the sixties to late eighties. The report and performance was well received by the audience. On January 13, three members of the Committee (Carl, Jacqueline and Janet) met to discuss the Health Care Committee Survey and proposed Newsletter.

Ron Sweet, RAC president volunteered to construct the heading and template for the HHC newsletter "Did You Know" and to assist with the format for the first edition. He is currently collecting data from all the Freedom Plaza Clubs in order to feature them on RACRep.org, the website he created and maintains for Freedom Plaza residents. He will post editions of the Health Care Committee Newsletter on that site when submitted.

Chair Warren is a member of the newly formed Fitness Center Committee who is working to improve residents' participation in Fitness Center, establish general improvements to the center, provide monitors at scheduled times, and to offer assistance to persons who request it while using the equipment in the center. The Chair, Glenn Spoerl expressed interest in the HCC Survey as a means of receiving information about residents' potential participation in the use of the Fitness Center and offered to furnish a question for use on the Survey. The two committees interface with health concerns.

Unfinished Business:

At the November meeting, Carl Bohnenkamp shared his concerns about aspects of safety for residents at Freedom Plaza and these were reviewed at this meeting:

*Need for more AEDS. The Company provides for two in the Freedom Plaza building and one in the Plaza Club which are accessible to the EMT'S during their 24 hour employment. One is located in the Wellness Center. Lisa Frank did not see the need to purchase an additional one, because in ten years it has been used only once.

*CPR training should be available for residents who want to be trained. Freedom Plaza will not offer training or pay for it, but residents can sign up be trained for \$25. There are three EMT's and staff in the dining room who have been trained according to Lisa, but the number trained persons is not known.

After discussion, it was decided to not pursue the Survey. The Chair posed the question, "Do you plan to have any programs for residents from January to June?" She presented research of the 10 top major concerns Seniors have about health and urged the committee to use this as an organizer to determine topics for scheduling at least two seminar sessions. Jacqueline Trautweiler preferred to provide information through the "Did You Know" Newsletter, because she did not feel seminars would not be well-attended. She said a dentist, Dr. Allen, will be furnishing information in the newsletter about dental care and members could submit articles for the first edition.

Discussion points included the point that the newsletter (although certainly important) would not be able to present an in-depth treatment of a topic of concern and there is no opportunity for interaction, e.g., residents would not be able to have their questions and concerns addressed. To not plan a seminar or workshop because of an anticipated lack of participation denies residents opportunities to receive qualified information in a workshop setting. Lisa Frank said that seminars held by doctors have been well attended during the past two years. A key to attendance is early and adequate promotion well ahead well-ahead of time: Half page fliers; posted information in the FP Weekly, Touchtown screens near the elevator, RACRep.org., invitation by email to RACReps and RAC Chairs by the RAC Secretary Warren and a poster in the atrium area. The seminar can be recorded and posted on Touchtown as well as RACRep.org.

New Business

The Chair suggested picking a topic such cardiology or rheumatology and pursue setting up a seminar/workshop, because the Committee is validated by the services they provide residents. The committee settled on cardiology. Idalea R volunteered to contact her physician, Dr. Fernandez, at Florida Cardiovascular. Jacqueline T. volunteered to contact her pain management physician Dr. Patel to see if he would speak on pain management.

Janet W. volunteered to contact the acupuncturist at the Wellness Center located near Big Lots.

Brigid G. informed that the VIP committee will be offering a speaker soon. There is a need to ensure that there is no conflict of times with seminars among the RAC Committees. Need to get the date so there will not be a conflict of time.

The results of these inquiries will be reported at the February Meeting.

Still in the planning stage is Lisa Frank's topic regarding who to see and what to do if you are feeling ill and services provided by the Wellness Center and other agencies. She will know February 1 if she will be able to present in February. The committee agreed this should be the first seminar. She is also working with ROC to present on the topic of Alzheimers' some time in February. When those two dates are set, the other seminars can be scheduled.

Carl B. asked Director of Administrative Services, Jeff Dickerson, if persons were having problems with their safety pendants. Lisa said that problems have not been a widespread common occurrence. She is generally contacted when a person is "missing" and resolves the situation promptly. Alerting the residents to periodically check the proficiency of their pendants could be mentioned in the Newsletter.

Carl B. reported that the outlet at the car washing station did not have a ground fault feature and LaVinia corrected it immediately. He continues to have a concern about the strength of the second floor guard rail which should withstand a force of 200 pounds. He plans to present this to Director Roher for consideration. He suggested there is a need to wear the medical grade N-95 masks due to the uptick of COVID, and this should be included in the Newsletter. He reported that the emergency pendant in the woodworking shop is in inaccessible place on a door and needs to be changed. Lisa will follow up on this. Emergency cords should be in every room. Some residents do not have one in the master bath and should request one.

Jacqueline T. shared some ideas for the Newsletter. The committee discussed what features and topics should be included in the first edition. All agreed there is a need to emphasize what is accomplished rather than report lacks. Jacqueline T. appointed Idalea R. as editor; however, the Newsletter must be approved by the Chair Warren and Director Frank before issue and may be further edited. All communications to the residents from any RAC Committee must be approved by the RAC Officers before distribution. Chair Warren showed the template created by Ron Sweet and several changes were suggested

for the Heading. Newsletter topics will include: Purpose, Membership Recruitment, Safety (Carl), Fitness (Janet), Walking Club (Jacqueline.) Doctor's article on dentistry, Wellness (Lisa Frank's), announcements of Lisa's seminars, three bullets info under "Did You Know" (Re: labwork available, checking pendants, and EMT on duty 24 hours a day), and interesting facts (re: health benefits of blue cheese).

Committee members will bring their contributions to the Newsletter at the next meeting Thursday, February 10, 10:00, in the Fourth Floor Conference Room. The Newsletter should be completed before the RAC Officers meet, so it can be approved for distribution at that time.

The meeting was adjourned at 11:05 a.m.

Respectfully submitted,

Janet Warren, Chair, Secretary and RAC Liaison