



RAC HEALTH CARE COMMITTEE MINUTES

February 10 , 2022

Freedom Plaza Conference Room

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

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

Absent: Idalea Rubin

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)

Chair Warren reviewed the minutes from the January meeting to check progress with some of the projects:

The Fitness Center panel has made improvements to the FP Fitness Center to make it more user friendly. Lisa Frank's Department is funding the purchase of a new upper body exercise station, exercise charts have been installed as well as a new sign-in and data collection system.

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 is also working with ROC to present on the topic of Alzheimers' disease. She is recuperating from recent surgery, and it could be possible to schedule these two seminars in early April. The committee will pursue other speakers while she is healing.

Carl B. and Jacqueline T. are in the process of getting an article for the new Health Care Newsletter from the office of Dr. Allen, DDS and a possible seminar on dental care. Jacqueline is in the process of contacting Dr. Patel regarding a health seminar on pain management in March and will report the results to the committee by next week so this can be promoted within a reasonable two-week time frame. There is an agreement that promotion will include information in half page fliers to all residents, FP Weekly, Touchtown screen announcements, posting on RACRep.org, posters in the lobby, and email announcements to RAC Floor Representatives and RAC Committee Chairs with a suggestion to announce an invitation to their groups.

Carl B. reported progress with safety concerns:

The car wash station had no ground fault conductor, but Lavinia Karppe, Maintenance Department installed one immediately after he reported it. Also, specialized locks were installed for the Art Room at his request.

He has continued concerns about the strength of the second-floor guard railing and will be scheduling an appointment to discuss the matter with Angie Roher, Director. Janet W. shared information from the Electric Mobility Policy Manual which provides specific guidelines for scooter operators. She will forward copies to the committee members.

He reported that the emergency pull cords in the woodworking shop are still blocked behind the door. Lisa F. said she would follow up with the situation.

He contacted Jeff Dickerson, Director of Administrative Services to ask if residents' Emergency Pendants are up-to-date, if the vendor offers updates and if the vendor has made a site survey to determine dead areas. It appears that problems have not been a widespread common occurrence. Lisa 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.

He showed a copy of the Freedom Plaza Safety Manual to the committee members, some of whom had not received this when they moved in. Lisa F. reported that an excellent safety plan is in place and worked well during Hurricane Irma when power was lost and patients were not able to get oxygen or go to the hospital because the winds were above 35 mph. The committee agreed to pursue the task of insuring all residents have a copy of the safety plan.

Janet W. showed the committee a copy of the first page of the Health Care Newsletter, "Did You Know?" Ron Sweet, RAC president constructed the heading and template for the newsletter and will assist with the format for the first edition. Janet W. wrote the first article "Fitness Anyone" which was approved by the committee. There were no other articles written for publication, so the Chair set a timeline. Members should have all assignments completed in no less than two weeks and submitted to Idalea Rubin no later than February 24. President Sweet and Janet W. will help her use the template to type the format for the first edition which should be completed no later than March 3 in time to be received and approved by the Health Care Committee Chair who will submit it to the RAC officers by Friday, March 11. Lisa Frank offered to print and have the front desk deliver all the newsletters.

Newsletter Content:

- Page 1: Purpose of the Newsletter and Committee Members Jacqueline T.
Article by Lisa Frank on wellness
Article by Janet Warren on fitness
- Page 2: Article by Carl Bohnenkamp on safety
Article by Jacqueline Trautwelier on Walking Club (Blue Cheese filler?)
Article by Dr. Allen on a dental topic
Did You Know feature: Research and write-up to be assigned.
1. Residents can have lab work done through the Wellness Center (give time and day) and some description.
 2. Everyone should check their pendants regularly to make sure they are operating correctly and contact Lisa? if they are not. (How do they check this out?)
 3. All residents should have a copy of the Freedom Plaza Safety And Emergency Information booklet from Resident Services.
 4. All residents who operate a scooter should have a copy of the Electric Mobility Vehicles Policy booklet from Resident Services.

Include: Any Announcements of Current Events (VIP Club's Macular Degeneration); Pain Management Seminar with Dr. Patel?)

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

Respectfully submitted,

Janet Warren, Chair, Secretary and RAC Liaison