



RAC HEALTH CARE COMMITTEE MINUTES

June 16, 2022

Freedom Plaza Conference Room

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

Members present: Carl Bohnenkamp, Brigid Guarino, Janet Warren, Lisa Frank, and Kim Haberkorn

The Health Care Committee meeting was held for the purpose of reviewing the status of various projects previously suggested by the members, to vote on persons who have volunteered for membership, and to discuss the status of the Health Care Committee Newsletter.

Janet Warren and Carl Bohnenkamp represented the Health Care Committee at the May RAC Committee Fair. This replaced the May Committee meeting. Janet constructed a display of information about the Committee's Mission and Responsibilities along with current activities on a double back board and provided handouts to visitors which included a Survival Checklist, Health Care Committee Mission Statement, and a Do Not Resuscitate Leaflet. References provided were: Freedom Plaza Wellness Center Services, Transportation Services, Emergency Plan and Procedures, Independent Living Handbook, the first edition of Did You Know newsletter, and information on how to access the Health Care Committee's information site on [www. RACRep.org](http://www.RACRep.org).

Carl arranged a display of EMT equipment designed to handle emergencies involving heart failure and other conditions. People stopped by to chat, ask questions, and examine what was displayed. There were two persons who signed up for membership; however, the final list of volunteers included six persons. The Committee reviewed each and voted to include all in membership. This fills all vacancies with a total of nine persons. There are no volunteers left in a "bank". Chair Warren will send all an acceptance letter and invite them to the next meeting.

Carl moved and Brigid seconded that membership is granted to the following persons: Betty Schuppert, Rebecca Batson, Ann Graff, Susan Baker, Emily Lahti, and Ron Sweet.

The first edition of the Did You Know newsletter Volume 1 (2022 year) and Issue 1 (May 2022) was distributed to all residents in May and was well received. Lisa Frank, Carl Bohnenkamp and Janet Warren contributed articles on "Wellness", "Safety" and "Fitness" respectively. Don Guiley at A+ Hearing Center in Sun City Center contributed

an article “How Is Your Hearing.” He is a medical specialist who routinely comes to Freedom Plaza. Ron Sweet created the design and format and typed the content for publication. The next edition will be typed and printed during latter June and distributed to residents in early July. Guest writers in the medical field will continue to share information in the categories of the “Top Ten Medical Concerns of Seniors”: Cognitive Decline, Balance, Oral Health, Heart Disease, Osteoarthritis and Osteoporosis, Respiratory Disease, Flu and Pneumonia, Vision and Hearing Loss and Cancer. The second edition will include an article on dental health written by a local dentist. The Committee plans to publish additional issues in September and November.

Lisa Frank announced that her workshop, Where To Go For Help, will be held in the Freedom Plaza Auditorium July 12, 2022 at 2:00 p.m. She informed that GVT residents are issued an emergency pendant because there are no pull cords in the apartments. Carl pointed out the need for pull cords to be illuminated so they can be seen at night, and suggested that residents be informed of a device that would glow in the dark or given the option to purchase an emergency pendant.

Because of several conflicts, the next meeting usually held on the second Thursday of each month at 10:00 a.m. was changed to Thursday, July 28. There will be an election of officers at that time. The August meeting date will be on August 11th. 2022 at 10:00. All meetings will be held in the fourth floor conference room unless notified of a change.

There being no further business, the meeting was adjourned at 10:40 a.m.

Respectfully Submitted,

Janet Warren Chair, Secretary and RAC Liaison