



**RAC HEALTH CARE COMMITTEE
MINUTES
September 8, 2022
Conference Room**

Chair Janet Warren called the meeting to order

MEMBERS PRESENT: Janet Warren, Ron Sweet, Carl Bohnenkamp, Brigid Guarino, Betty Schuppert, Rebecca Batson, Susan Baker, Emily Lahti, Tom Altschuler

MEMBERS ABSENT: Lisa Frank, Director of Resident Services excused due to illness

Quorum: Established with 100% attendance

Ron Sweet moved and Carl Bohnenkamp seconded to approve the agenda. The motion passed unanimously.

The August 11, 2022, minutes were approved by seven of nine members via email.

UNFINISHED BUSINESS: Chair Warren again discussed the process of approval of minutes via email. Seven members had completed the approval last month. Members were asked to notify the chair if they planned to be absent.

NEW BUSINESS: “DID YOU KNOW” newsletter articles are due by September 12. Print date is Monday the 19th of September.

Chair Warren presented a list of scheduled events and asked us to enter them in our calendars and attend as many as possible.

SCHEDULED EVENTS

Thursday September 22 10:00 AM FC Open House Fitness Center

Thursday September 22 2:00 PM AUD PHYSICAL THERAPY: NEUROPATHY

Thursday, October 6 9:00- 3:00 AUD Flu Clinic, Booster Shots

Friday, October 7 10:00 AM “PAIN MANAGEMENT”: Dr. Jim Warren AUD

Thursday, October 13 10:00 CONF Health Care Meeting

Thursday, November 10 CONF Health Care Meeting

Friday, December 2 10:00 AM AUD RAC GENERAL MEETING, RAC HEALTH CARE COMMITTEE REPORT

December: There will be no Health Care Meeting.

Chair Warren stated that she would appreciate members attending the RAC GENERAL MEETING on December 2, so she can introduce us to the Council and Residents when she gives her report of RAC Health Care Committee activities for the past year. A program on Fitness will also be a part of the report.

There was discussion about offering support to two groups that interface with the Health Care Committee: VIP and the Fitness Center. There are three members who are also members of the VIP Committee and one member connected with the Fitness Center. There appears to be a need for the VIP Committee to increase membership as well as elect a chair. As a VIP member, Brigid Guarino will ask Lisa for a list of visually impaired persons and will share this with the VIP committee along with Ron Sweet's offer to post information for them on the website RACRep.org. Ron Sweet suggested that VIP might be interested Don Dionne as a resource person, since he has extensive knowledge of techniques, he has used to facilitate better vision for his wife. In the past, a group at Tampa General Hospital demonstrated equipment that visually impaired persons can use. They might be willing to do this again at Freedom Plaza. Chair Warren will ask Lisa Frank to talk with us about this at the next meeting. Chair Warren will post information about the Fitness Center open house in the DYK newsletter.

Carl B. volunteered to write an article relating to hearing impairment for the January 2023 DYK issue. He suggested that members consult the website www.medscape.com as an excellent source for detailed medical information.

Betty Schuppert suggested a "60 Minutes" television program on aging that might be of interest to FP residents. Ron Sweet offered to locate it and send it to committee members to preview before posting it for residents.

Chair Warren asked members to contact Lisa Frank if they can volunteer to help at the Flu Clinic or Neuropathy Session. She will facilitate the October lecture on Pain Management with Dr. Jim Warren and asked all members to attend.

She asked Emily Lahti to see if the SCC Emergency Squad would be interested in

submitting an article for the January newsletter. Emily will inquire.

ADJOURNMENT: Chair Warren adjourned the meeting at 11:10.

The next committee meeting is Thursday October 13 at 10:000 AM in the Fourth Floor Conference Room.

Respectfully Submitted,

Rebecca Batson, Secretary

Janet Warren, Chair