



RAC HEALTH CARE COMMITTEE MINUTES

October 13, 2022 10:00AM

Freedom Plaza Conference Room

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

Members Present: Janet Warren, Ron Sweet, Carl Bohnenkamp, Brigid Guarino, Betty Schuppert, Rebecca Batson, Susan Baker, Emily Lahti and Tom Altschuler
Excused Absence: Lisa Frank, Director of Resident Services

The roll call confirmed a quorum with nine members attending.

Ron Sweet moved and Emily Lahti seconded to approve the Agenda.

The minutes for the September 8, 2022 were approved via email by a majority of members and consultation.

Unfinished Business:

Chair Warren spent time reviewing the successful programs that our committee has sponsored this year. A list follows:

1. "The Did You Know" newsletter had 3 publications this year with the next set for 1/19/2023.
2. "Where to Go for Help" with Lisa Frank on July 12
3. Open House at the Fitness Center
4. Neuropathy Seminar presented by Amy Gunter, Director of Freedom Plaza Department of Physical Therapy, September 22
5. Pain Management Seminar presented by Dr. James Warren in October.
6. Health Care Committee Reference Files available on www.RACRep.org by Ron Sweet
7. Endocrinology Seminar in planning by Lisa Frank
8. The Flu Clinic and Booster Shot Clinics were cancelled by Walgreens due to supply shortage. They will be rescheduled.

New Business:

Rebecca is to check with Bruce Clatterbuck to see if he will write an article about the Neuropathy Support Group that has a monthly meeting that is accessible online with ZOOM. She will also discuss with him the future setup of a Neuropathy Support Group led by him.

Chair Warren asked Carl Bohnenkamp to write an article on Stroke Risks.

“Did You Know” Newsletter articles will be due January 9, 2023.

Articles Due: Monday January 9, 2023

Printing week of January 16.

Distribution on Thursdays January 19.

The 60 Minutes video on aging will be reviewed and possibly used in the future. Medscape was mentioned as a good source of health care information.

The work of the VIP Committee was reviewed by the three members who serve on the Health Care and VIP Committee, Rebecca Batson, Susan Baker and Brigid Guarino. There is an upcoming presentation on October 27 at the Prince of Peace Church, presented by The Lighthouse For The Blind at 10 AM. All are invited to attend. The three members also discussed the success of the monthly support group sessions which had excellent attendance.

Members discussed hearing impairment among Freedom Plaza residents and how it can best be addressed, either with its own Committee or part of the VIP or Health CARE committee.

Ron Sweet explained the existing “loop system” already existing in the auditorium. Tom Altschuler discussed his success with “OTC” hearing aids that are now available. Further research to be done before we consider an article for “DYK” or a presentation possibly by the Veterans Association.

Scheduled Events:

Next Health Care Committee Meeting: Thursday, November 10 at 10:00 a.m.

RAC General Meeting, Friday December 2 at 10:00 in the auditorium. Chair Warren will be reporting the activities of the Health Care Committee during the past year and invited all to attend, so she can introduce the members of the RAC Committee. The Jazzmatazz Theatre Dance Group will be presenting a program on Fitness.

There will be no Health Committee meeting in December.

The meeting was adjourned by Chair Warren at 11:09 a.m.

Respectfully Submitted,

Rebecca Batson, Secretary

