



## RAC HEALTH CARE COMMITTEE MINUTES

December 8, 2022

Freedom Plaza Conference Room

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

Members Present: Janet Warren, Ron Sweet, Carl Bonhenkamp, Brigid Guarino, Rebecca Batson, , Emily Lahti and Lisa Frank, Director of Resident Services

Absent: Betty Schuppert, Susan Baker, Tom Altschuler

The roll call confirmed a quorum with seven members present.

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

The minutes for the October 13, 2022 were approved via email by a majority of members and consultants.

**Unfinished Business:** Chair Warren briefly reviewed the programs that have been sponsored during the last year by the Health Care Committee. She presented an in-depth report of this to the Annual Meeting of the RAC Board of Directors on December 2, 2022. She commended the work of the Health Care Committee and Lisa Frank, Director of Resident Services, for providing informative and well-attended presentations. Chair Warren was commended for her very professional presentation by the members of The Health Care Committee.

Chair Warren asked for a report from Rebecca Batson about the planning status regarding a Neuropathy Support Group and an article written by Bruce Clatterbuck for the DYK newsletter. Rebecca reported that Bruce has committed to both the article and working to develop the support group here at FP, that will be using the USF support group as a teaching and support model. Rebecca and Lisa Frank will set up the first meeting shortly after the newsletter is circulated with the date of the first meeting. The direction of the group will depend on the amount of interest at the first meeting.

Chair Warren gave information concerning the DYK articles due: January 9, 2022

Distribution: January 19<sup>th</sup>

Topics: Carl will write about stroke risks, Chair Warren will do a nutrition article on foods that heal, Bruce will write an article on neuropathy and Dr. Haverfield, a Chiropractor, will submit an article. Also articles Lisa Frank and Ron Sweet will submit articles.

Chair Warren asked that articles submitted earlier than the December 9 deadline would facilitate an earlier publication date.

#### NEW BUSINESS:

Chair Warren referred to the list of remaining topics that we plan to cover in the future. They include Cognitive Decline. A program with Dennis Brady, Facilitator of the Alzheimer's Support Group, is a possibility. Oral health, which can include Periodontal Disease and Implant Therapy, is another possibility. Rebecca will contact her periodontist, Dr. Rubino, concerning a presentation in the spring. Amy Gunter, Physical Therapist, will present a program "Getting Moving: in February. We will alternate Amy's presentations on opposite months of the Physicians. Dr. Haverfield will be contacted by Chair Warren to do a presentation sometime during February. We have multiple prospects for future events and will plan further at our next meeting.

Four members of the VIP Committee were present today. They include Joan Macholl, Chuck Roth, Rebecca Batson and Brigid Guarino. The members have decided unanimously to join the RAC Health Care Committee. For many reasons, including death and resignations, they have lost multiple members and no longer have a chairman. The Health Care Committee has also unanimously voted to accept the merger. The first plan is to reinstate the Round Table on the first Tuesday of every month at 10 a.m. with Joan Macholl and Brigid Guarino as facilitators. Advertising will be handled by Rebecca and Ron Sweet. We will wait to schedule speakers until after the first of the year. Future decisions will be made about including topics on hearing loss. Ron Sweet will handle the necessary work that needs to be done with the RAC Board of Directors to have the VIP Committee incorporated into the Health Care Committee.

#### Scheduled Events:

Next scheduled Health Care Committee meeting is January 12, 2023 in the fourth floor conference room at 10:00 a.m.

DYK articles due by January 9<sup>th</sup>.

The meeting was adjourned by Chair Warren at 11:10 a.m.

Respectfully submitted,  
Rebecca Batson, Secretary

