



RAC HEALTH CARE COMMITTEE MINUTES

MARCH 9, 2023

CLUB ROOM

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

Members Present: Janet Warren, Ron Sweet, Carl Bohnenkamp, Brigid Guarino, Betty Schuppert, Rebecca Batson, Joan Macholl, Tom Altschuler, Susan Baker, Sandie Papa, Emily Lahti. Lisa Frank, Director of Resident Services and Kim Haberkorn, Executive Director of FP Assisted Living and Memory Care were both in attendance.

The agenda was approved by Tom Altschuler and seconded by Ron Sweet.

The roll call confirmed a quorum with twelve members present.

The Minutes were approved via a question of who had read and approved the February minutes. Ten members responded in the positive. Minutes were approved.

Chair Warren discussed the importance of reading minutes upon receipt and responding back to Rebecca if they approve them.

Chair Warren stated that the distribution of DYK has been delayed giving the contributors time to complete an article on the Emergency Squad. The new date for distribution of DYK is set for 4/13.

Chair Warren asked Lisa Frank to report on the Endocrinology program that was scheduled for 2/17. Lisa stated that Dr. Qureshi cancelled at four o'clock the day before when Lisa called her to firm up the details. The Dr. stated that she did not feel she had gained enough new patients from her last presentation to warrant the time spent making a return. There had also been a discussion of Dr. Qureshi seeing patients in our Wellness Center. Lisa stated that her last call to Dr. Qureshi had not been returned. Chair Warren agreed with Lisa to pursue this avenue no further.

Amy Gunter, Freedom Plaza Director of Physical Therapy will present "Steps for an Active Life – Part 2 March 28, 2023 in the Auditorium at 10:00 a.m.. Advertising will be done in the weekly and with a flyer.

Joan Macholl and Chair Warren each spoke about "The Lighthouse for the Blind and Low Vision" presentation on 2/21/23. Michelle Sharp, Case Manager, gave an excellent presentation with different pieces of equipment and classes available through the Lighthouse and online. Rebecca also spoke of her conversation with Michelle concerning our equipment. Rebecca tested it and found all in working order. Although attendance was only eighteen, the response of those present was very positive.

Bruce Clatterbuck and Rebecca have decided that there is not enough interest at this time to warrant a monthly Zoom meeting with the USF Support Group. They will evaluate for this at the April 18, 2023 meeting of the Freedom Plaza Neuropathy Support Group.

We again reviewed that all special programs for VIP would be placed on the second Tuesday of the month, in the regularly scheduled Round Table time slot. All physician and special speaker programs will be scheduled on the fourth Tuesday, in the auditorium at 10:00 a.m.

New Business:

A new Health Care Committee Monthly Calendar has been printed and a copy is attached.

Ron Sweet will firm up the plan for a presentation by Attorney Debra Baker on End of Life and Estate Planning. This is on the Calendar for April 25, 2023.

Lisa Frank will work with Amy Gunter to have future presentations every other month, March, May, and July.

The new Freedom Plaza Cancer Support group will be planned for every other month, starting on May 15, 2023. Sandy Papa will moderate this group.

The Freedom Plaza Neuropathy Group will meet every four months. April 18 will be their next meeting. An evaluation will be made at this meeting concerning interest in future Zoom meetings with USF.

Ron Sweet will oversee setting future dates for speakers Dr. Sasha Noe and Dr. Alex Engleman. Dates available for these speakers appear on the Monthly Calendar.

Rebecca will follow up with Ann Bohachek concerning the placement of the Reader. She will also write an article about the Low vision equipment available here in the Plaza building.

Sandie Papa and Rebecca will draft a copy of the mission statement for Freedom Plaza's four support groups. They will present it at the April Health Care Committee Meeting.

Follow up is needed on the placement of a permanent camera in the auditorium. Lisa Frank had mentioned that there might be funds in the Wellness Center Budget to purchase one.

Chair Warren adjourned the meeting at 11:00 a.m.

Respectfully Submitted

Rebecca Batson, Secretary

HEALTH CARE COMMITTEE MONTHLY **CALENDAR**

MARCH 2023

3/9 RAC Health Care Committee Meeting – Club Room – 10 a.m. 3/14
Round Table – VIP – Auditorium 10:00 a.m.

3/23 Amy Gunter, Physical Therapist: “OK, I’M ON MY FEET AND
MOVING, WHAT NEXT !” auditorium 10:00 a.m.

APRIL 2023

4/11 VIP Round Table – Auditorium – 10:00 a.m.

4/13 RAC Health Care Committee Monthly Meeting – Club Room
10:00 a.m.

4/13 Delivery of DYK Newsletter to residents.

4/18 Freedom Plaza Neuropathy Support Group with Bruce
Clatterbuck Club Room 10:00 a.m.

4/25 Special Speaker Debra Baker: Attorney ‘Estate Planning’
Auditorium 10:00 a.m.

MAY 2023

5-9 VIP ROUND TABLE speaker to be announced.
Auditorium 10:00 a.m.

5-11 Health Care Committee Meeting Club Room 10:00 a.m.

5-19 Freedom Plaza CANCER SUPPORT GROUP

Led by Sandy Papa Club Room 2:00 p.m.

5-23 AMY GUNTER, Director of Physical Therapy at Freedom
Plaza Topic to be announced.

JUNE 2023

6-8 Health Care Committee Meeting club room 10:00 a.m.

6-13 VIP ROUND TABLE auditorium 10:00 a.m.

6/27 Special Speaker Dr. NOE M.D. MEDICAL
MARIJUANA USE FOR PAIN CONTROL