



RAC HEALTH CARE COMMITTEE MINUTES

June 22, 2023

CLUB ROOM

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

Members Present: Janet Warren, Ron Sweet, Carl Bohnenkamp, Brigid Guarino, Rebecca Batson, Emily Lahti, Joan Macholl, and Chuck Roth, RAC Liaison.

Members Absent: Tom Altshuler, Susan Baker and Sandie Papa were absent.

Lisa Frank, Director of Resident Services was absent.

Ron Sweet moved to accept the agenda with a correction for a date change for the next Health Care Meeting to read July 20th. With no further corrections, the agenda was adopted unanimously.

The roll call confirmed a quorum with eight members present.

The May 2023 Health Care Committee minutes were previously approved via email distribution and response by a majority of members confirmed by the Secretary Batson.

Chair's Report: Janet Warren

The date of the next Health Care Committee meeting was changed to July 20th, because Chair Warren and Ron Sweet would be away. Members were notified of the change in a May 27th email. Joan Macholl and Chuck Roth stated they will also be absent on July 20th. The next meeting will be on August 10th.

There were four persons who indicated an interest in joining the Health Care Committee via the RAC Election process in May. Chair Warren called each to discuss their interests and invite them to the July 20th meeting. Three of the four indicated they planned to attend. They are: Ann Harm, Maureen Kershaw, and Evelyn Snoeren. Brigid Guarino and Betty Schuppert will not be returning, but are always welcome to attend.

Tom Altschuler and Susan Baker will be presenting a program on Hearing Loss on June 27th, to Freedom Plaza residents, with plans to offer a Hearing Loss Support Group in the following months. Ron Sweet will be helping with the audio-visual needs. They were absent from the meeting, however Chair Warren asked members to show their support of his project by attending the seminar. Sandie Papa is still experiencing major health issues and is unable to chair the Cancer Support Group. Secretary Batson, who moderated the Cancer Support Group meeting May 19th, will moderate in her place at the next meeting scheduled for July 21st. Secretary Batson reported that the Neuropathy Support Group

still has members who attend the Zoom meetings and the Support Group meetings. The Visually Impaired Support Group continues to draw good attendance for their meetings each month by offering special programs to help residents learn what equipment is available to them and to hear from experts in the field.

The sixth edition of the “Did You Know” Health Care Committee quarterly newsletter will be distributed on June 22. Chair Warren passed around a copy that residents will receive. There has been very positive feedback about the quality and presentation of timely subjects of interest. Committee members furnishing articles are: Ron Sweet, Janet Warren, Carl Bohnenkamp, Rebecca Batson and by invitation Fred Hoeniger from the Fitness Center. Carl B., who wrote an informative article about the Florida Do Not Resuscitate order, brought copies of the Florida Designation of Health Care Surrogate and Florida Living Will Declaration for members and explained their purpose.

Chair Warren announced the next Health Care Committee program scheduled for Tuesday, July 25 at 10:00 a.m. in the auditorium will be, “Healthy Living for Your Brain and Body” given by Bob Busch, an Alzheimer’s Association Community Educator affiliated with the Florida Gulf Coast Chapter. The program will focus on the “Mind Diet” and science-based recommendations for taking care of our brains and bodies. The two other presentations this year on Pain Management and Estate Planning were very well attended and appreciated by residents. R. Sweet will contact Dr. Noe about presenting a program about the use of Medical Marijuana after she returns from a trip to Africa. The fourth Tuesday of each month has been reserved for Health Care Seminars, so future speakers can be advised of those available times. Amy Gunter is scheduled for August 22nd. Secretary Batson will follow up with regard to getting a title for the event. Chair Warren would like to establish The Health Care Committee Seminar Series as a title that would include and promote each speaker scheduled for a presentation.

Chair Warren suggested that the VIP group reestablish their former responsibilities before merging with the Health Care Committee. They would keep the same responsibilities they had previously but entitle them The Visually Impaired Support Group Guidelines. This would result in four support groups who will work in concert with the Health Care Committee, but independently with each chair to provide services to FP residents. Joan Macholl, VIP chair agreed. Secretary Batson has already been working to produce the VIP formal guidelines similar to the Cancer, Neuropathy and Hearing Loss Guidelines.

Several residents have approached Chair Warren about establishing a Parkinson’s Support Group. Discussion centered on how this could be developed, given the

challenges this disease presents. Carl B. offered to speak to several persons he knew to determine interest. Topics could be centered on the progression of the disease, environmental factors, and new medications that are surfacing. Perhaps a moderator could be a doctor who would be willing to work with the group. Dr. Riazudeen, an internist who regularly visits Freedom Plaza, might be available to be involved with this project. This would be a topic to pursue with Lisa Frank when she returns for the next meeting.

R. Sweet suggested that we inform Marketing of the seminars we schedule and open the event to the public. Carl suggested that an allergist would be a good speaker.

Joan Macholl suggested that the day of the week should be included on all promotional flyers and on our Committee Calendars. People remember event dates if the day is included.

As there was no further business, Chair Warren adjourned the meeting at 11:00 a.m.

Respectfully Submitted,

Janet Warren, Chair