



RAC HEALTH CARE COMMITTEE MINUTES

July 20, 2023

CLUB ROOM

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

Members Present: Tom Altshuler, Susan Baker, Rebecca Batson, Carl Bohnenkamp, Ann Harm, Maureen Kershaw, Emily Lahti, Chuck Roth Liaison, Evelyn Snoeren, Ron Sweet, and Janet Warren. Excused: Bruce Clatterbuck, Sandie Papa

Excused Absences: Joan Macholl, Sandie Papa, Bruce Clatterbuck were absent.

Lisa Frank, Director of Resident Services was absent.

Ron Sweet moved and Carl Bohnenkamp seconded to accept the agenda. The agenda was adopted unanimously.

The roll call confirmed a quorum with eleven members present. Bruce Clatterbuck and Sandie Papa are considered honorary members due to extenuating circumstances.

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

Chair's Report: Janet Warren

Chair Warren welcomed three new members to the RAC Health Care Committee (RHCC); Ann Harm, Maureen Kershaw and Evelyn Snoeren. Each was invited to share their background of experiences related to health or medical fields.

The new roster was distributed along with expressed appreciation for each committee member's contributions to the success of various projects initiated and completed during the past calendar year—July 2022 to July 2023. Tom A. and Susie B. (Presenter and Hearing Loss Support Group Moderators); Becky B. (Secretary, Cancer Support Group Moderator, Guidelines assistance, VIP and Neuropathy liaison); Carl B. (work with detecting potential FP safety and medical issues affecting residents and contributing reporter to "Did You Know"; Joan Macholl (Visually Impaired Support Group Moderator and Coordinator); Bruce C. (Neuropathy Support Group Moderator); Sandi Papa (founder Cancer Support Group) Emily Lahti (SCC Emergency Squad); Chuck R. (Liaison RAC Council); and Ron Sweet (RAC President Advisor, Format Editor for the "Did You Know" newsletter and contributing reporter, creator of racrep.org).

Chair Warren distributed a synopsis of all the accomplishments of the Committee for the past committee calendar year (addendum attached to the July RHCC Minutes).

This included six editions of the RAC Health Care Committee's newsletter, "Did You Know" which has received very positive reviews from residents; the establishment of four support groups who meet regularly, fourteen lectures or seminars presented by invited physicians, Freedom Plaza management or Health Care Committee members; presentations and programs by the Chair to residents at Committee Fairs and RAC General meetings, and twenty-three entries posted on www.racrep.org all relating to health care and wellness information, past recorded seminars, educational videos, all editions of the "Did You Know" newsletter, and Wellness Center guides and procedures.

She also presented an analysis of the Committee's activities related to planning programs and activities in areas of concern for Freedom Plaza residents. All areas were addressed this year through various means by Committee members; Advisor Lisa Frank, Wellness Center Director; and Freedom Plaza medical staff: Goals were reached for Health Care Planning, Proactive Health Care, Emergency Assistance, Physician Visitation, Medical Testing, Physical Therapy, Pain Management, Fitness, Nutrition, Balance Issues and Posture, Safety, Vision and Hearing Loss, Cognitive Decline, Oral Health, Heart Disease, Endocrinology, Osteoarthritis, Podiatry and Foot Care, Covid/Flu, Cancer, and Neuropathy.

Respiratory Disease has been the only area that was not fully developed but is in line for more emphasis in the future via support group, newsletter article, or speaker. Chair Warren noted that the Freedom Breathers furnish some support, however Maureen K. reported that the exercises were more physical than breathing exercises. Chair Warren called for volunteers to work in the area of respiratory disease. Susan Baker, Maureen Kershaw and Ann Harm agreed to write an article on the topic for "Did You Know" by September 18th when articles are due for the seventh edition.

The Committee will continue to include all the above categories of health and medical care and issues during the coming year with planning and organization as a topic for the next committee meeting. A survey of residents determining health interests and needs would be in order for the future.

Articles for the seventh edition of the "Did You Know" newsletter are due by September 18 or before with scheduled for September 26.

Unfinished Business:

Chair Warren reported that all goals set forth in the RHCC minutes were achieved and commended members' for their commitment. Several discussion items on the table remained: (1) a suggestion from several residents to establish a Parkinson's Disease

Support Group, (2) purchase of a camera to be used for recording health care presentations, (3) informing FP Marketing of scheduled seminars so they can choose to invite the public (4) scheduling speakers for the remaining four Tuesdays left open on the 2023 schedule.

Carl B. reported that he was in touch with some residents who were amenable to providing a Parkinson's Support Group, but determining the amount of interest is not feasible via interview. Employing a physician as a moderator, possibly Dr. Riazudeen who visits Freedom Plaza monthly, could be a viable option. Lisa Frank, Advisor and Resident Services Director will be consulted when she returns in August.

The purchase of a camera for the auditorium is still pending with regard to funds available, to be determined by Lisa Frank. Chair Warren will inform FP Marketing of Health Care Seminars which might be of interest to the public and furnish an incentive for becoming a new resident.

There is a need to follow-up on procuring speakers from the Gannon University Training Programs and establishing the availability of Dr. Sasha Noe, nationally known specialist on Medical Marijuana and Dr. Alex Engleman, oncologist/radiologist. Ron Sweet and Chair Warren will make these inquiries and report at the next meeting.

Carl B. reported a new drug, Leqembi, was available that promised improvement slowing down the advance of Alzheimer's Disease. Chair Warren will research the trial data and consult with Bob Busch, a July 25th presenter from the Alzheimer's Association with regard to the efficacy of the drug.

Chair Warren reviewed the various Freedom Plaza Handouts given to new residents that are related to health care concerns (Wellness Center, Safety and Emergency Handbook, Committee members asked for updated copies. Although these are available on www.racrep.org, she will bring hard copies of the handbooks to the next meeting for reference. Copies of other handbooks can be requested at the Assistant Director's Office through Stephanie O'Fallon. The point was made that approximately 75% of the residents use a computer for communication, however updates and changes in procedures that affect all residents are generally announced in Director Angie Roher's weekly letter. The Health Care Committee's flyers and announcements and newsletter editions are delivered to each Plaza and GVT apartments.

Support Group Reports:

Neuropathy: Becky B. reported there were 20 residents at the support group meeting and four at the zoom meeting. Bruce Clatterbuck gave residents a wealth of helpful information. There was very good sharing of information among 15 persons who attended the Cancer Support Group. Tom A. reported an August 4 meeting of the Hearing Loss Support Group has been scheduled and he would be promoting attendance via a flyer and announcement in the FP Weekly. There were over fifty who attended his Hearing Loss presentation.

Discussion included a need to coordinate the many announcements and flyers coming from the Health Care Committee in order to prevent an overlap of events. An initial plan includes compilation of dates on a three-month calendar that is published in "Did You Know" and given to committee members. Flyers for support groups should have the same recognizable format, but will incorporate changes in dates, times, etc. Ron S. will help with the construction as well as facilitate timely approval from the RAC Executive Committee. There should be flyer announcements at least for the first two meetings of a support group, accompanied by a paragraph in "The Weekly" and issued during the two-week period before a meeting. Chair Warren has plotted out all dates and will discuss with Stephanie O'Fallon what services she can provide with regard to printing and distribution. The Visually Impaired Support Group meets monthly and generally promotes via The Weekly but issues flyers for special presentations. The other support groups meet alternate months or quarterly and have been announcing events via a flyer and through "The Weekly".

The meeting concluded with the election of the Chair. Chair Warren called for nominations from the floor. Emily Lahti nominated Janet Warren. There were no further nominations. The committee voted unanimously to elect Janet Warren as Chair for the next two-year term. She asked members to see her if interested in filling the vacant position of secretary. Until a secretary is elected, she will fill both positions as she did during her first year as chair.

There being no further business the meeting was adjourned at 11:15 a.m.

The next meeting will be August 10, 2023 at 10:00 a.m. in the Club Room. Members are asked to keep all handouts in a folder and bring this with them to the next meeting.

Respectfully submitted,
Janet Warren, Chair