



## **RAC HEALTH CARE COMMITTEE MINUTES**

**August 17, 2023**

**CLUB ROOM**

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

Members Present: Rebecca Batson, Carl Bohnenkamp, Joan Macholl, Emily Lahti, Ron Sweet, and Janet Warren. Lisa Frank, Director of Resident Services attended.

Excused Absences: Maureen Kershaw, Susan Baker, Chuck Roth, Liaison

Absent: Tom Altshuler, Ann Harm, Evelyn Snoeren,

Ron Sweet moved and Carl Bohnenkamp seconded to approve the agenda. The motion carried.

The roll call confirmed a quorum with six members and Director Lisa Frank present. The July 2023 RAC Health Care Committee minutes were previously approved via email distribution and response by a majority of members.

### **Reports Projects/Lecture Series**

“Did You Know” Newsletter Seventh Edition articles will be due September 18 with distribution set for September 29. Articles are expected from Carl B., Maureen K., and Janet W. Lisa Frank will ask the new physician for neuropathy to submit an article and will submit any announcements from the Wellness Center.

The committee decided to issue a calendar of Health Care Committee and Wellness Center activities each month which will be distributed to all residents. For clarity, monthly visitations from physicians will be separated from Health Care Committee events. The top half of the calendar will be reserved for promoting a special event during the month; otherwise dates of support group meetings will be listed, not featured on the calendar. Becky B. and Lisa F. are working on the September calendar and Ron S. will complete the format in time for distribution August 30th. Future monthly calendars will be distributed the last Wednesday of each month. Ron S. needs the calendar information at least five days before distribution. The next “Did You Know” newsletter will include a quarterly calendar of Health Care Committee events, but not physician visitations or health care or exercise activities sponsored by Freedom Plaza management.

### **Support Groups and Speaker Series:**

Becky B. reported very good attendance and appreciative comments for the last Vision-Impaired Support Group (VIP) meeting that involved members of the RAC Technology Committee helping attendees utilize their cell phones for various purposes.

Chair Warren attended the August 2nd zoom Neuropathy Support Group meeting. The group made plans for a Saturday, September 9<sup>th</sup> picnic at Simmons Park. On October 17<sup>th</sup>, the Neuropathy Support Group will meet with moderator, Bruce Clatterbuck. Future meetings will be held on a quarterly basis.

Tom Altshuler presided at the Hearing-Impaired Support Group meeting August 4, but was not present to report.

The Cancer Support Group, moderated by Becky B., will be meeting September 15<sup>th</sup> and every other month thereafter.

There have been several requests from residents to offer a Parkinson's Support Group and include those who have tremors. Director Lisa was in favor of pursuing this project, but preferred to table it until next year, giving time to gather background information and locating a moderator.

Chair Warren reported an attendance of 70 plus at the July 25<sup>th</sup> "Healthy Living For Your Brain and Body" presentation by Bob Busch of the Florida Gulf Coast Chapter of the Alzheimers Association. Those attending expressed appreciation for the information and delivery by the speaker and a desire for him to return. Chair Warren will get more information about two other presentations that are available early in 2024 and schedule additional events with the Committee's approval.

She suggested that the Committee engage professional speakers at least every other month, which would be six per year. There are standing dates available on the fourth Tuesday of the month. To avoid over-booking and ensure problem free coordination, the employment of speakers and scheduling should be with the approval of the Chair, Director Lisa and the Health Care Committee.

Becky B. reported that the VIP Support Group is working on some special presentations for October 10<sup>th</sup>. Carl B. will be making a presentation on eyelid surgery and information will be presented on dry eyes and eye health.

Lisa F. will ask Dr. Israt Jahan, the new visiting physician to present a seminar on neuropathy and possibly Parkinsons Disease sometime this Fall.

Carl B. reported his findings about Gannon University and the possibility of engaging guest speakers. The University is based in Pennsylvania and the Ruskin branch only does graduate level work. We may be able to tap guest speakers from the various departments there. At a preliminary visit, he provided materials about the Health Care Committee and

he is working with a representative, Lynzie Sauls, Administrative Assistant, to determine possible speakers for Freedom Plaza residents.

Carl shared a brochure that he was given at a United Health Care Home Visit that describes a service, Dispatch Health, that will provide a physician's assistant or nurse practitioner along with a medical technician at a request for a home visit. They are in network with United Health Care and offer in-home service seven days a week from 8:00 a.m. until 10:00 p.m. He contacted the group to ask them if they would be available for a presentation to inform residents about their services. Lisa F. will investigate Dispatch Health further to determine the feasibility of informing the residents about this service that could serve many needs.

Ron S. suggested that we pursue a speaker from Gannon who could explain the different symbols that appear after the names of persons in the medical profession. He has heard a presentation on this topic before and it was very helpful and well-received.

Chair Warren is still working to engage Heather Haverfield, Chiropractor as a speaker. Also, she has the name of a person who would be willing to talk about medical marijuana. She suggested that this is a good time for a survey of residents to determine health care interests and this would be a topic to pursue at the next meeting. She will work on a preliminary survey form. Committee members can contribute to establish relevant categories of interest to which residents would respond.

Chair Warren reported that she updated the Health Care Committee's description for the document used by the RAC Election for committee volunteers that lists the names and details of each of the twelve RAC Committees.

*At the next meeting, the Committee will be asked to respond to the change and offer additions or corrections or approve the description.*

**Former:** *The Health Care Committee works with Freedom Plaza Resident Services Department to educate residents on health-related matters, to support management programs and to ensure management policies in this area support the best interests of our residents. VIP members and people who can provide additional services to residents are included in this committee.*

**Updated:** *The Health Care Committee works with the Resident Services Director to ensure health care information and access to services are available to residents, plans activities and programs for residents including presentations from physicians and experts in various fields, provides support groups in areas of needs, and publishes a quarterly Health Care Newsletter, "Did You Know."*

The next committee meetings will be Thursday, September 14th at 10:00 a.m. in the Club Room and Monday, October 16<sup>th</sup> at 10:00 a.m. (meeting location will be announced).

Respectfully submitted,

Janet Warren, Chair