



RAC HEALTH CARE COMMITTEE MINUTES

September 14, 2023

CLUB ROOM

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

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

Absent: Tom Altshuler, Susan Baker, Ann Harm, Evelyn Snoeren,

Guests: Dave and Owl Durie

Carl Bohnenkamp moved and Becky Batson seconded to approve the agenda. The motion carried.

The roll call confirmed a quorum with eight members and Director Lisa Frank present. The August 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 or as soon as possible with distribution set for September 28. Articles are expected from Carl B., Maureen K. Lisa F. and Janet W. The upcoming events calendar will promote the October 24 presentation by speaker Dr. Carlos Rozas as well as a list of events for October, November and December that Becky B. and Lisa F. will prepare. Carl will be writing about Freedom Plaza safety and health issues and the uptick of COVID; Janet will write on the well-researched MIND diet which has been effective for delaying dementia and Alzheimer’s patients and include a hand-out from the Alzheimer’s Gulf Coast Chapter in response to requests from residents for more information. Maureen K. has written about breathing effectively for better health. Lisa will submit an article about current wellness concerns. Ron Sweet will create the format, as he has for all newsletters.

Carl B. read the article he was preparing and that led to committee discussion about the wearing of masks during what appears to be an uptick in COVID again. The group agreed that the wearing of masks is a personal choice given conflicting research but is warranted in dense crowds at events and cruises. Masks should be sanitized before wearing again or discarded. Lisa F. offered to make Kn-95 masks available to those who request one for cruises or other events.

Chair Warren read the Health Care Committee's previous description used to inform potential volunteers during the RAC Committee Volunteer Elections and read the revision she wrote. Members voted unanimously to use the revised form. She informed the group of several new residents who are moving in who could be potential members. Dian Corneliusson is interested in working with the Cancer Support Group as she has in the past. Several others have a medical background.

Support Groups and Speaker Series:

Becky B. reported a small attendance for the VIP round table support group session which offered information about eyelid surgery (Carl) and information about dry eyes. However, the residents who did attend participated well and appreciated the discussion, so the moderators were amenable to offering the same format for a future session and adding information about experiences with a detached retina. Additionally, there are new residents who could benefit from being involved with the VIP support group and they will be contacted.

Chair Warren, Becky Batson and Ron Sweet attended the Neuropathy Support Group picnic held at a park in Apollo Beach hosted by Bruce Clatterbuck. Persons who generally participate in the monthly zoom meetings were able to meet others face to face and discuss various aspects of neuropathy that was helpful information for all. The next quarterly meeting for Freedom Plaza residents will be October 17.

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 15th 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. She has engaged a neurologist, Dr. Israt Jahan M.D. , MSMS who will regularly visit with Freedom Plaza residents in the Wellness Center. Lisa will explore her receptivity to make a presentation on neuropathy and possibly Parkinson's Disease, write an article for the newsletter, and/or moderate a support group when she can. Connie Nixon was suggested as a moderator. Lisa will ask her if she is interested. Carl B. will ask several people he knows who might be interested in being a moderator.

Chair Warren reviewed the process of publicity for support groups. There is a need to adjust a few dates. Lisa will make contacts and submit information to be included in the September newsletter. Ron will create a flyer.

Carl B. is doing a follow-up with regard to engaging speakers from Gannon University after his initial meeting with Lynzie Sauls, Administrative Assistant, to determine possible speakers for Freedom Plaza residents. Carl will approach Dispatch to see if they can make a presentation to residents on November 28. Ron S. again mentioned that a presentation that explained the various abbreviations that describe the work that persons do in the medical field would probably be well-attended.

Guest Owl Durie inquired about initiating a support group that incorporated chanting and meditation as an activity, something she has done before at Kings Point. Lisa and other committee members agreed that these activities are a part of wellness and could be of interest to residents, however Owl declined to be involved as a moderator because of family health issues. Chair Warren volunteered to contact the Metaphysical Society to engage a person to present a seminar on meditation. She invited the Durie's to become members when their schedule allows.

Carl C. and Emily L. volunteered to assist Lisa with the Flu Clinic scheduled for October 3rd.

Chair Warren informed members about a presentation on caretaking at the United Methodist Church "Creating Moments That Matter", and asked if this could be a subject of interest to residents. She will attend and see if the speaker would be willing to present at Freedom Plaza.

Joan Macholl asked if another session on physical therapy could be presented. There isn't one planned for the future, however the presentation on Assisted Living and Plaza West will mention physical therapy opportunities at both facilities.

Carl suggested that a session on kidney health and dialysis could be of interest.

The next meeting will be on Monday, October 16 at 10:00 a.m. in the third floor conference room. The committee will meet again on Thursday, November 9th but will not meet in December unless there is a need to confer about the publication of the January 2024 newsletter.

As there was no further business, the meeting was adjourned.

Respectfully submitted,

Janet Warren