



RAC HEALTH CARE COMMITTEE MINUTES

October 16, 2023

CONFERENCE ROOM

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

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

Excused Absence: Evelyn Snoeren,

There were no additions to the agenda.

The roll call confirmed a quorum with nine members and Director Lisa Frank present.

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

Reports Projects/Lecture Series

The “Did You Know” newsletter was distributed during the last week of September and members reported favorable comments. Articles for the eighth edition for January are requested no later than December 15th. Carl, Janet and Lisa will submit articles. There is a need for more contributors for this edition.

Flyers and notices in The Freedom Plaza Weekly have been issued to residents to promote participation for support groups and health care events. Becky Batson and Lisa Frank will be working on a 2024 projected schedule for support groups incorporating some identified adjustments.

Tom Altshuler reported that persons attended the first hearing support group meeting in August, however there were no persons attending the September meeting even with reminder phone calls and notices. The hearing support group is planning to meet every other month and will alternate with VIP on the second Tuesday of the month. VIP will meet in November and January. The hearing support group plans to meet on December 12 and in February.

Becky reported that the cancer support group has had good attendance, generally 12, and participate well as a group. They will meet Friday November 17 at 10:00 a.m.

The neuropathy support group met October 17 and will be meeting quarterly as a group and meeting via zoom on the first Wednesday of the month. Becky B. reported sparse attendance for the last meeting, however the Saturday picnic was well-attended by out-of-area persons, Becky B. Janet W. and Bruce C, moderator.

Chair Warren asked support group moderators to keep a record of attendance, so there is data available with regard to participation. Susan Baker suggested that moderators call participants before a meeting. Ron Sweet stressed the importance of notifying all residents via flyers two weeks before the meeting in an effort to get higher attendance. Lisa F. volunteered to create flyers for each support group that can be sent out in a timely manner. Joan Macholl said it would be helpful to include the day of the week as well as the date.

There was excellent full auditorium attendance for the Wellness Center presentation, "Let's Talk about Plaza West and Assisted Living by Chris Grella, Kim Haberkorn and Lisa Frank. Health Care Committee members assisted Lisa Frank with the flu clinic.

Chair Warren gave members an overview of a program under consideration for Freedom Plaza Residents. The National Institute for Fitness and Sport is housed in Indianapolis, but works in 13 states and 35 client fitness centers for the purpose of improving health throughout the life span for seniors. They assist to provide fitness assessments and coaching with personal and group training for residents, balance classes, walking programs, recreational activities, nutrition seminars, and meditation. Some programs like a Parkinson's Support Group are specialized and are developed according to need. They provide digital programs (videos, etc.) and educational handouts. They manage alternative therapies such as massage, collaborate with rehab and physical therapy programs and collaboratively support events with other disciplines already in the community. The program is data driven and provides information to marketing regarding the extent of participation and programs in progress.

There are questions regarding fees for services, what programs at Freedom Plaza would be displaced or kept, extent of collaboration involved, etc. Lisa Frank is working with Director Angie Rohr to explore the possibility of using parts of the NIFS for FP residents. Members expressed concerns that the NIFS may eliminate some favorite programs already in place, such as the Be Fit program, that appears to be very popular and helpful for residents. There are many aspects to consider. Lisa F. suggested that she and Director Rohr meet with Chair Warren, RAC president to discuss the NIFS program.

Carl B. will follow up to engage the Dispatch group for a presentation. The auditorium is available on November 28.

There is a need to construct a survey to determine needs of residents. Janet Warren, Lisa Frank, Ron Sweet and Carl Bohenkamp will work on this and present findings to the Health Care Committee for comment.

The next Health Care Committee meeting will be on November 9, 10:00 a.m. in the fourth floor conference room. There will be no meeting in December, however articles are due mid December for the January edition of "Did You Know".

There being no further business, the meeting was adjourned at 10:31 a.m.

Respectfully submitted,

Janet Warren, Chair and Secretary