



RAC HEALTH CARE COMMITTEE MINUTES

November 9, 2023

CONFERENCE ROOM

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

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

Excused Absence: Maureen Kershaw, Rebecca Batson

Guest: Marty Aragon

Barbara Clark

There were no additions to the agenda.

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

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

Reports:

Marty Aragon attended our Committee to present his research on “Blue Zones” and shared with the Committee aspects that could possibly be developed at Freedom Plaza and presented to the residents and directors as a future project. He has met with Director of Marketing, Iris Martin to explore possibilities and there is interest there. There are eight communities in Florida that have been classified as Blue Zones; areas where residents are living longer and healthier than average, and 16.9 million dollars of grant money is available to those communities who apply for them in order to develop programs that encourage a healthy lifestyle, so that more and more people live to the age of 100 and beyond. Funding comes from various sources including Federal, local, health care agencies and partnerships. A Netflix series, Live to 100-Secrets of the Blue Zones, describes the criteria used in determining Blue Zones. In the past 31 years, it appears that Freedom Plaza has had at least 12 persons who lived beyond 100. The goal would be to continue to develop programs that would provide a healthy lifestyle that encourages long life at Freedom Plaza and for Freedom Plaza to be the first continuing care community to be classified as a Blue Zone and eligible to apply for grants. There is a need for a walking path and a bike path, but this could be a matter of repainting lines on streets of existing thoroughfares.

Carl B. pointed out there are many variables involved with collecting data on Freedom Plaza residents—some have been able to afford better health care than others before coming to Freedom Plaza, so what factors would be involved with their above average health?

Janet W. pointed out that there are many supportive activities that the Freedom Plaza and RAC Health Care Committee already provide. Janet W. offered to assist with the grant writing but cautioned that there would be much work involved and a need for persons to follow through with a commitment. In order to apply for grants, there is a need to establish a baseline measurement of the participation of residents in the various activities at Freedom Plaza that promote longevity, report what has been done to promote longevity, and outline in detail how grant money would be used to make further improvements. It appears at the present time that the number of assumed healthy 100 year olds living in an area determines whether that area is designated as a blue zone. Freedom Plaza needs a broader scope than that.

Tom A. pointed out there is a need for Dining Services to provide food that is healthy for residents to eat. At present, there are many artery clogging sauces, overcooked vegetables, and greasy meats that are served the Barbara attended the Committee meeting to report her concern about the lack of healthy food options.

Chair Warren feels there is a growing number of residents that feel that healthy food options should be available to residents who want them. When talking with Chef Jaime to request healthier food options, he told her that it was difficult to please everyone and the residents appear to like what is prepared for them. The Did You Know newsletter has had many articles that stress the importance of good nutrition, but nutritious food needs to be available as choices for the residents.

Ron Sweet proposed a motion to explore the possibilities of pursuing the Blue Zone project and determine what committees, Freedom Plaza departments, and persons would be interested and involved. In discussion, Janet W. informed the committee that Director Angie Roher was in the process of procuring a nutrition and exercise program managed by the National Institute for Fitness and Sport. The data they keep is very comprehensive and the detailed data they keep could be used as a springboard for moving into the Blue Zone Longevity Project. There would be some programs/activities that would be dropped but others would be added. She asked how many on the committee were interested in exploring the feasibility of the Blue Zone project for Freedom Plaza to determine whether this is something with which RAC Health Care Committee would want to be involved and what other committees and directors would want to be a part of

this project. All members approved with one opposition. Carl B. felt that the project doesn't take in account the lifestyles residents had before moving to Freedom Plaza.

Lisa F. felt the program was worth exploring. Emily L., Tom A., Susan B. Ron S., and Janet W. volunteered to work with a Blue Zone Committee to explore possibilities. Marty Aragon volunteered to be a liaison to the Health Care Community and to discuss the Blue Zones project with Director Angie Roher. A meeting will be scheduled in the future.

There will be two Health Care presentations to FP residents in November. Lisa Frank has scheduled a zoom meeting with SHINE for Monday, November 20th at 10:00 in the auditorium. The focus will be to present information about various medicare plans available. Ellie Anderson, a Freedom Plaza resident met recently with Lisa F. and Janet W. to propose that she present information about medicare programs and how to reduce costs for drugs. Chair Warren suggested contacting Payant Financial who employs a medicare specialist who could make a presentation to residents and be in person to answer questions. Lisa will consider the options available.

Tuesday, November 28, Bob Busch, community speaker for the Gulf Coast Alzheimer's Association, will be talking about the risk factors, current research, and treatments available for Alzheimer's disease. Kim Haberkorn, Sara Robles, Shaun Pedrick, Connie Nixon and Lisa Frank will be attending to answer any questions about Freedom Plaza memory care services.

Lisa F. is creating a flyer that will announce the meeting times and places for all the four support groups throughout the year. A follow-up announcement about support group meetings should be in the Weekly one week before the meeting. All moderators are responsible for submitting announcements on a timely basis. The VIP and Hearing support groups will alternate meetings on the second Tuesday of each month, with VIP meeting in January. The November cancer support group has been cancelled, but will be resumed in 2024. Bruce Clabberbuck is still hosting the once-a-month zoom meeting and a quarterly meeting for those concerned about neuropathy.

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.

In order to engage the services of Dr. Rozas, pulmonologist, Susan Baker asked Chair Warren to write a letter of invitation. She will report his response at the next meeting.

Carl. B. gave Dispatch Chair Warren's contact information, but no one has called. Chair Warren will reach out to them to schedule a time to present to Freedom Plaza.

Amy Gunter, Director of Physical Therapy is planning to present in January 23. Lisa will contact Home Health to take part.

At the December 1 RAC General Meeting, Chair Warren will be reporting on the activities of the RAC Health Care Committee during the past year. All committee members are asked to attend and be introduced to the audience.

January's Committee meeting will be a session of goal setting and the selection of possible topics for a survey of residents to be distributed in January or February.

Respectfully submitted,

Janet Warren, Chair and Secretary