



# RAC HEALTH CARE COMMITTEE MINUTES

MAY 9, 2024

## CONFERENCE ROOM

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

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

Excused Absence: Tom Altshuler, Susan Baker, CJ Corneliussen

Guest: Ellie Anderson

There were no additions to the agenda.

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

The March 2024 RAC Health Care Committee minutes were previously approved via email distribution and response by a majority of members. There was not a quorum for January and February meetings, so no minutes were submitted. There was no meeting in April 2024, because a Parkinson's Disease Support Group event was scheduled at the same time as the Health Care Meeting. All minutes are submitted each month to the [www.racrep.org](http://www.racrep.org) website, so residents can read about the work of the Committee.

### **Reports:**

Chair Warren reported the loss of members Rebecca Batson, Maureen Kershaw and Sandy Papa and Bruce Clatterbuck due to moves to receive a higher level of care and Ron Sweet died March 7. Chuck Roth resigned from RAC, so at the present time there is not a RAC liaison to attend meetings.

The committee now has six active members. Ellie Anderson was offered membership. Joanna Krieger has expressed an interest in joining. The addition of two more members would fill nine positions generally allotted to each RAC Committee. However, Chair Warren previously applied for and received permission from the RAC Council to designate the Health Care Committee as a "Working Committee" which allows as many members as needed. So there is a position open for a RAC Liaison and a few other members who would agree to take an active role in developing and servicing projects.

### **Unfinished Business:**

At the present time, four support groups need moderators and attendees in order to resume meetings. **CJ C.** has expressed interest in meeting with a Cancer Support Group and making a presentation on metastatic cancer to Freedom Plaza residents..

**Joan Macholl** would like to reestablish the former Round Table discussions for the Visually Impaired Support Group, but she would like assistance for other projects. The Round Table would be offered the second Tuesday of each month. **Lisa** offered to help Joan with the notice that would go out to residents via the Weekly.

**Tom Altshuler** has reported that no persons attended the last Hearing Support Group Meeting, so he has not planned for another at the present time. **Janet W. and Lisa** will contact Bruce Clatterbuck to see if he would be able to continue the Neuropathy Support Group and/or invite residents to attend the monthly zoom meeting with a USF professor since he is not living in the Plaza Building. **Lisa** said she will check with a person she knows who might be interested in working with the neuropathy support group. A prospective member, Joanna Krieger has worked as a nurse specializing in neurology and could be interested in working in this area. **Janet W.** will follow up with her to attend the June meeting. **Ellie A.** has been active in establishing a Parkinsons' Support Group that appears to have attracted a significant interest among residents and is moving forward. .

### **New Business:**

On May 24<sup>th</sup>, at the Residents' Association Council General Meeting, RAC Committee Chairs will be presenting a brief report of the activities of their committee in an effort to recruit new members. **Chair Warren** is preparing for this. Further, each resident will receive a form with a description of each committee and an opportunity to request approval for membership. After receiving a list of potential members from the RAC Election Committee and adding names collected at the recruitment table. **Chair Warren** will review all the biographies of new residents for the past year to see if there are any who have an interest in the health care field and call likely candidates for membership, if there is still a need for more members.

It was discussed and decided to establish another means of recruiting by setting up a recruiting table in the Atrium on May 22<sup>nd</sup> from 9:00 to 12:00 noon. Chair Warren will contact Houskeeping to arrange a setup with two tables and chairs and submit a notification to Stephanie to be published a week before the event. She will furnish a display board of the Health Care Committee activities, handouts, sign-up sheet, and a short survey form and Carl will bring medical equipment to demonstrate. There will be a sign-up sheet for interested prospective members.

Due to a loss of members and few meetings, the ninth Jan./Feb/Mar and tenth Apr./May/June editions of "Did You Know" were not published. Chair Warren called for articles to be submitted no later than the last week in June for a July publication with a goal of printing the tenth edition in October. So in the year 2024 there will be two editions instead of four. Ron Sweet suggested earlier that Lisa and Sherry submit a biography. **Lisa F.** agreed to do this. **Carl B.** will write an article about several conditions/situations he has observed at Freedom Plaza. **Lisa F.** will ask Devin to submit an article about his work with residents in the NIFS Exercise program, and **Janet W.** will submit an article on sleep and work with Lisa to type the text within a template format that was established by Ron Sweet as graphic arts editor. His creative ideas and assistance will be missed. More articles and information will be included as needed and to fill small left over spaces.

**Janet W.** expressed a concern that many residents still have very poor posture while using walkers. She addressed this through the article "Walkin' The Talk" in the July-September 2023 issue of Did You Know, but the topic needs ongoing attention. More and more persons are using walkers and with less than desirable form. **Lisa F.** suggested that Bryan in Physical Therapy might be willing to write something about walker posture and she will contact him about it. This will fill the need for an article written by a person in the medical field.

**Carl B. and Ellie A.** suggested a **Walker Clinic** where residents could come to get their walkers adjusted for height and learn the best ways of using a walker to walk, sit and stand as well as hear maintenance suggestions. This is definitely an event the Committee wants to provide. **Janet W.** will follow-up to contact Bryan with the physical therapy staff, Devin from NIFS, and Mike Anderson of the SCC Emergency Squad to determine interest in participating and informing them of what has been done so far. **Lisa F.** will also contact Devin and Bryan and others to determine interest in participating. **Carl B.** offered to help with adjustments to walkers and to see if businesses who sell walkers might be interested in presenting information. There is a need to ensure that there is no liability involved with helping residents achieve better posture by learning how to use a walker correctly through demonstration and practice and to get help with adjustments to their walker that will help them achieve better health-promoting posture. Contact information will be shared at the June Committee meeting and **Janet W.** will follow up with organizing a committee and appointing a Chair

Since January there have five speakers (TGH Medical Services, Physical Therapy and Incontinence, and Ellie Anderson for Prescription Drugs, and two Parkinson's events. On May 7<sup>th</sup>, Freedom Plaza Directors and staff presented "Transitions in Care" at a Town Hall Meeting and part two is scheduled for August 6<sup>th</sup>. May 28, Phyllis Black will

present "Hospital Bag: What to Bring to the Hospital". Lisa reported that the Physical Therapy Department will present in June, August and October. That leaves July and September on the fourth Tuesday of the month to be filled with other speakers.

**Chair Warren** will contact Bob Busch to schedule the third presentation in a series of talks about Alzheimer's issues and concerns either in July or September. **Ellie A.** suggested that a presentation on Medicare choices would be a timely topic for later fall and she would be willing to present it.

**Carl B.** attended a Dining Services Committee meeting recently and told them that residents can be trained in CPR by the Wellness Center. He urged them to apply for training. He reported that a group in Hillsborough County who promote and sell Anamatronic pets might be willing set up a display in the Atrium. Research has shown the benefits of these toy/companions for seniors. Additionally, he described an incident where one resident was demonstrating signs of a stroke and was not aware of her condition. He immediately got EMT assistance and arranged for her to go to the hospital. She had a brain bleed, so the quick intervention helped to prevent a more serious outcome. He plans to write a second reminder article about recognizing symptoms of stroke, so people can be more aware and able to help others when they observe the signs.

After a very productive meeting with much discussion and many decisions, the meeting was adjourned at 11:00 a.m.

Respectfully submitted,

Janet Warren, Chair and Secretary