



RAC HEALTH CARE COMMITTEE MINUTES

JUNE 13, 2024

CONFERENCE ROOM

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

Members Present: Ellie Anderson, Tom Altshuler, Susan Baker, Carl Bohnenkamp, CJ Corneliussen, Joan Macholl, and Janet Warren. .

Absent: Emily Lahti, Director Lisa Frank

There were no additions to the agenda.

The roll call confirmed a quorum. Director Lisa Frank has been on medical leave.

The May 2024 RAC Health Care Committee minutes were previously approved via email distribution and response by a majority of members. Chair Warren reviewed major decisions and individual responsibilities for action within the minutes.

New Business:

Chair Warren reported that twelve persons have signed up for the RAC Health Care Committee. Attending members were given the list and encouraged to comment. Moved by Ellie A. and seconded by Tom A., the list of volunteers was unanimously approved for membership by votes and all will be invited to the next meeting Thursday, July 18th. Chair Warren will personally deliver to each potential member an information package of reading material including a letter of invitation giving the background of the Committee, the Mission Statement and Responsibilities, and an annotated list all the activities that have taken place during the past three years. She has talked personally with most and all appear well-qualified to join. Some of the prospective members have already expressed interest in the health fields of cancer, visually impaired and neuropathy. Chair Warren has encouraged all to develop projects to pursue that would be beneficial to the residents. At the next meeting the election of a Chair and Secretary will take place. Chair Warren expressed a need for a secretary in that she has been both Chair and Secretary for three years. She and Carl B. will be serving for another year, with a total of four by May 2025.

Joan Macholl is planning to reestablish the VIP Round Table every second Tuesday. Potential members Doris and Bill Ferron have attended and indicated they would assist Joan in future meetings. Joan expressed concern that the visually impaired have difficulty reading the dining services menus and the menu lists posted in the grill. Janet W. offered to contact Director Theresa Lehman about this issue. Also, she observed that visually impaired persons may have problems with navigating areas of Freedom Plaza and

wondered if markers could be installed for the blind. Lisa will be involved in any decisions to alter the environment. Joan will follow through with getting an eye doctor as a speaker for early fall.. Chair Warren asked Joan to submit an article for the next issue of Did You know that expressed some of the concerns and suggestions she has for the visually impaired.

Chair Warren observed the need for persons to know more about Hospice and will work to get a speaker. Members shared their experiences with Hospice that were good and not as good as they should have been.

CJ Corneliussen will be working on a presentation on cancer and reestablishing a support group. Tom Altshuler and Susan Baker are leaving the Health Care Committee as of July, but Tom is willing to give another presentation, basically the same as the previous well-attended seminar After the first meeting of the hearing impaired support group, subsequent meetings were not well attended so he suggested discontinuing it. Ellie Anderson has developed a well-executed Parkinson's Support Group as well as a governing Board. All is well-organized with a potential of providing dynamic assistance for the group who has wanted a support group at Freedom Plaza.

Earlier Chair Warren expressed a concern that many residents still have very poor posture while using walkers and twice others have run into her leaving her with injuries. She addressed this through the article "Walkin' The Talk" in the July September 2023 issue of Did You Know, but the topic still needs on-gong attention. After discussion, Carl B. and Ellie A. volunteered with Janet assisting, to work on providing a mobility clinic in early fall, 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. Carl B. offered to help with adjustments to walkers. Ellie has already contacted a company who sells walkers and they would be willing to assist. Janet will contact Bryan in physical therapy, Devin with the HIFS program and Mike Anderson from SCC Emergency Squad to see if they would be interested in participating and 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 There may be a need to have persons who participate sign a waiver of liability as they sign in for service.

Carl and Janet represented the Committee in the Atrium on May 22 from 9:00 until 12:00 noon and additionally at the RAC Committee Fair after the RAC General Meeting where residents visited recruiting tables coordinated by all RAC Committees. Representation

at both venues was very good in the Atrium and at the RAC meeting resulting in the highest number of sign-ups. Janet furnished a display board of the Health Care Committee activities, handouts, sign-up sheet, and a short survey form and Carl set up a full display of medical equipment to demonstrate as well as other items that caught people's interest.

Due to a loss of members moving to higher levels of care and passing and a lack of a quorum for few meetings, the Jan./Feb/Mar and Apr./May/June editions of "Did You Know" were not published. Chair Warren called for articles to be submitted the last week in June for a July publication. Another edition is slated for publication in October 2024. Ron Sweet suggested earlier that Lisa and Sherry submit a biography. Carl B. will write an article about several conditions/situations he has observed at Freedom Plaza. Devin will submit an article about his work with residents in the NIFS Exercise program, and Janet W. will submit an article on sleep and work to type the text within a template format that was established by Ron Sweet as graphic arts editor *His creative ideas and assistance with all projects will be missed.* More articles and information will be included as needed and to fill small left over spaces.

At the May, 2024 meeting, Carl B. stated that he would be attending a Dining Services Committee meeting and would offer CPR training to any of the staff. Associate Dining Director Pam Evans and Manager Millie Aguilera both expressed interest in being trained. So he will follow through with their training. which will also include the use of the Heimlich Maneuver. Carl will talk with Director Lehman about offering training to those of the wait staff over 18 years of age and publishing the list of who are qualified to give this service when called.

Although he has addressed this topic before, Carl feels the need to continue to educate residents in regard to the legal aspects of DNR's. and help them understand what legal papers persons should take with them when they go to the hospital and what the legal papers actually mean. For instance, a DNR is not honored in the case of surgery. Also, he wants to inform residents of their patient's Bill of Rights when they have a hospital stay. Sherry, Freedom Plaza's EMT, is assisting him with this project. Information will be posted in the Wellness Center, on www.RACREP.org and on a bulletin board offered by Tomi Reneau. .

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