



RAC HEALTH CARE COMMITTEE MINUTES

September 12, 2024

CONFERENCE ROOM

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

Members Present: Ellie Anderson, Carl Bohnenkamp, CJ Corneliussen, Rosalyn Doty, Doris Ferron, Bill Ferron, Esther Hagen, Janice Kimbro, Joanna Krieger, Emily Lahti, and Janet Warren. Lisa Frank, Director of Resident Services attended.

Excused Absence: Marty Mallak

There were no additions to the agenda.

The roll call confirmed a quorum .

A majority responded by email they received and read the minutes. Ellie A. moved and Joanna K. seconded to approve the minutes. The motion passed.

Reports, New and Unfinished Business:

The Health Care Committee provided a Mobility Clinic for Plaza Residents July 19th in the Auditorium. There were 30 residents who came to have their walkers or scooters inspected, adjusted and cleaned. Each were given a handout and explanation of the benefits of maintaining upright posture while using the walker. Ellie Anderson, Carl Bohnenkamp, Janet Warren, Brian Seland, Plaza West Therapist, and personnel from Innovative Services along with Kim Haberkorn and Lisa Frank, assisted. Ellie and Carl did an excellent job in organizing this event. At Kim Haberkorn's request the same event was offered to Assisted Living residents September 13th. Tom Hart joined to help adjust walkers for 13 residents. A third Mobility Clinic is slated for residents of the Plaza West Inn on September 27. This assistance was so appreciated that the Committee will provide another clinic for Plaza residents next Winter and may make it a repeating event with six month intervals.

Articles for the tenth edition of the Did You Know newsletter are due the last week of September in time for publication in early October. Chair Warren will edit, format, and type the newsletter articles from Dennis Brady (Restless Legs Syndrome), Carl Bohnenkamp (Informed Consent), Ellie Anderson (Medicare Enrollment), and Janet Warren. (Protecting your body from technology devices that emit harmful Electromagnetic Frequencies (EMF's)). Lisa Frank will reconstruct the Health Care Support Group poster listing those now offered at Freedom Plaza including meeting

times, name of moderator, function and background information. This will be an addendum to the newsletter. Members were asked to think about topics for articles given a list of what has already been accomplished in three years.

Chair Warren asked for a volunteer to compile a list of devices that are housed at Freedom Plaza to assist the visually impaired and hearing impaired. This would be helpful information to include in the Did You Know Newsletter, if not in the October issue, but in a following issue. This will be particularly useful information for new residents. Doris Ferron has volunteered to chair the VIP group and hopes to enlist Ben Green, a new resident, as a consultant for the Committee, given his extensive experience working with the visually impaired in Sun City Center. She has several projects: To send out notices for meeting reminders in extra large font; to make sure all visually impaired have an orange dot on their name tag, and to continue a request to dining to provide several menus with extra large print that can be requested by diners. In discussion it was decided to include a mention in The Weekly that all those who are visually impaired should get an orange dot from Stephanie O'Fallon, noting that those who have moved in previously may have developed this challenge later in residence. The notice could be repeated with a flyer in large print. Due to the busy oncoming holiday season, a restart meeting for the Visually Impaired Support Group is planned for January.

Ellie A. proposed that a delegation visit the Wimauma Senior Center to see what activities they offer and if there are relevant findings, include an article about that facility and what it has to offer FP residents.. A visit is planned for Monday, September 23 at 10:00 a.m. with seven traveling to the center: Ellie A., Esther H., Janice K., Joanna K., CJ C., Janet W. and Lisa F. will meet at 9:30 to travel to the center.

Two large group Health Care Committee presentations are planned for Plaza residents: Tuesday, October 29th, 10:00 a.m. Medicare Enrollment and Programs by Ellie A. and Tuesday, January 28, 10:00 a.m. Living with Cancer by C.J. Corneliusen.

Chair Warren asked for volunteers who would partner with the moderator for each of the support groups. There needs to be two persons involved with the support group meetings. Esther Hagen volunteered to assist Ellie Anderson, moderator of the Parkinson's Support Group and Joanna Krieger volunteered to assist moderator C.J. Corneliusen with the Cancer Support Group. Doris F. will select a person to assist her with the Visually Impaired Support Group. There is a need to reestablish support groups for those who are hearing-impaired and those who have problems with neuropathy and tremors. Chair Warren will send out an appeal in the next Did You Know newsletter.

The Cancer Support Group met with C.J. August 15th and plans are to meet each month on the third Thursday of the month. There were 13 who attended and all contributed openly to discussion. C.J. is a long-time survivor of metastatic cancer and has worked on a national level to raise money for research related to the metastatic phase. She feels it is important for everyone to have the support they need and to be informed about facilities and new strategies for curing cancer.

Chair Warren asked if anyone was interested in being a SHINE volunteer (Serving Health Insurance Needs of Elders). No one was interested at this time, however the visiting team can ask the Wimauma Senior Center if they provide that service. The goal is to inform seniors of the best insurance plan for them and to encourage them to research thoroughly before dropping supplemental plans to Medicare. Ellie A. and Lisa Frank have been helpful informative resources for persons who are thinking about changing their insurance coverage involving Medicare and supplement plans. Lisa encourages persons to come talk to her; Ellie has given several presentations to help people avoid costly mistakes.

In Marty Mallak's absence, Chair Warren reviewed her two proposals: To establish a notification system whereby persons with an Alexa device could communicate by voice to reach a phone number that goes directly to the front desk. This has been established by several continuing care communities. Members of the Technology Committee were very enthusiastic about the project, however Director Roher made the decision to not develop this project at the present time. Meanwhile, a medical emergency button that connects with the front desk is available to all residents and drop cords are in each apartment room. It was noted that maintenance can install bars in the showers, a topic for the Did You Know newsletter. The second proposal involved soliciting volunteers for the PACT study which involves persons in various activities that stimulate the brain thus slowing the onset of dementia. C.J. indicated an interest in being a part of the study. Chair Warren will call Marty and give her C.J.s contact information. Doris Ferron offered that she had been in a PACT study for several years and found it very worthwhile.

Chair Warren asked permission to place a binder containing all past issues of Did You Know in the Freedom Plaza library and in the Wellness Center. Lisa F. volunteered to compile the reference for the Wellness Center. Chair Warren will ask the Library committee for permission to place the reference in the Library.

Respectfully submitted,
Janet Warren, Chair and Secretary