

## HOW CAN I MAKE A SUGGESTION?

- Go to the relevant Resident Committee
- Speak to a Resident Council member
- Use the Suggestion Boxes:
  - mailroom,
  - entrance of the Art Center,
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- For Dining: Write comments in the books in the dining venues or Use the resident website: Dining Services-Comments.
- Take the Resident Council Survey in February.



**This is the  
Resident Council Community Meeting  
Your Council  
Your Meeting**

**Normally, the Second Monday of the Month at 10:00 a.m.**

# **AGENDA**

## **January 22, 2024**

- In Memoriam
- New Residents
- Your Council & Your Committees - Introductions
- What's with all these masks now? – Health Committee
- What's New when I order meals? – Justin Carwile
- Future Happenings!
- What do YOU want addressed? – Q & A

# **In Memoriam**

**Mrs. Marjorie Lawrence**

**Mrs. Lind Wright**

**Ms. Deloris Anderson**

**Mr. Paul Guite**



# **WELCOME!**

## **New Residents**

- **Peter Kostik & Bruce Rieder (Jan 18) Apt. 610**
- **Gretchen & Michael Snyder (Jan 8) Apt. 818**
- **Donna & Bill Cartright (Dec 20) Apt. 804**

# All 2023 New Residents

Jan Pomerantz and Everett Wilcox

Ann Kirzius

Dorothy and Mark Friedlander

Dick Cline

Karen Pyeatt

Sharon Simkin

Elaine Lomax

Mary Culnan

Joan Finkleston

Michael Milano and Wayne Sartis

Ed and Marie Reilly

Ann Stevens

Donna and Bill Cartwright

Louise Ingram

Mary Lou Vroman

Marcia Ogilvie

Joyce Dohrmann

Mary Gore

Sue Whittier

Lou Crescioli

Barbara Hodges

Janice and Daryl Settle

Denis Heick

Rose Barrett

# **2024 GHBC Resident Council**

## 2024 GHBC Resident Council



Mar\_T Ahrens



Connie Allard



Jamie Gallagher



Jane Gore



Don Gurney



Bob Harris



Wren Gurney



Walt Knight



Sue LaRue



Debbie Massey



Sally Michel



Rob Warne

Vice Chair  
Martha Trunk



Chair  
Mike Molino





# **2024 Resident Council Committee Chairs & Cochairs**

# 2024 GHBC Committee Chairs & Cochairs



**Jan Pomerantz**  
**Art**



**Florence Crisp**  
**BOMCOM**



**Jamie Gallagher**  
**Community Svc**



**Mar\_T Ahrens**  
**Dining Svcs**



**Norm Hicks**  
**Finance**



**Susan Daniels & Nancy DeMarco**  
**Fitness**



**Sally Recinos**  
**Green Team**



**Nan Allen & Mädi Green**  
**Grounds**



**Ron Karpick**  
**Health**



**Anne Stewart & Susan Kilpatrick**  
**Marketing**



**Tony Tambasco**  
**Spiritual Life**



**Alyce Bassoff**  
**Movies**



**Wren Gurney & Carol Biondolillo**  
**Technology**



**Chris White**  
**Trips & Outings**



**Jean Reed**  
**Veterans**

**Thanks to All  
Volunteer Leaders!**

# **Resident Council GOAL**

**Increase trust and understanding between residents and the Resident Council and its committees so that residents rely on committees and the council to be their primary resource for making resident life better at GHBC.**

# **Resident Council Objectives**

- **Raise the frequency and substance of R.C. communications and interaction with committee chairs and committees.**
- **Improve the healthy dialogue the R.C. and Committees enjoy with Justin and GHBC staff.**
- **Expand individual R.C. member interactions with GL CEO and his Strategy Team.**
- **Establish informational exchanges with the Board of Trustees to develop mutual understanding.**

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# **First Presentation of 2024 – GHBC Health Committee**



# What's with all these masks, now?



**Ron Karpick, MD**  
**Chair, GHBC Health**  
**Committee**  
**Crossroads Resident**



**Karen Doyle, RN**  
**Associate Executive Director**  
**Administrator of**  
**Health Services**



# **COVID Protocol Update**

## **January 22, 2024**

# Test Your COVID-19 Knowledge



If you have a runny nose and sore throat, what should you do?

- A. Tell your neighbor
- B. Don't worry about it
- C. Contact the Clinic
- D. Wait to see if the symptoms go away

# Test Your COVID-19 Knowledge



How can I reduce my risk of getting COVID-19?

- A. Socially distance
- B. Practice hand hygiene
- C. Wear a well-fitted mask
- D. All of the above

# Test Your COVID-19 Knowledge

How many COVID-19 vaccines, including boosters, have we offered at GHBC?

- A. 5
- B. 7
- C. 10
- D. 22



# Symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache




# Symptoms of COVID-19

- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



# Mask Guidance for All Levels of Living



- Residents are not required to wear masks but can wear masks based on their level of comfort.
- If you choose to wear a mask, it should fit closely to your face without gaps along the edges.
- Change your mask daily.
- In the event of an outbreak, guidance will be provided.



# Mask Guidance for All Levels of Living



# International Travel & Cruises

- Residents are encouraged to wear a mask for five days.
- Monitor for symptoms of COVID.
- Perform a rapid test if you have symptoms.
- Contact the Clinic if you test positive.

# What Qualifies as a COVID-19 Exposure



From the CDC:

- Close contact within six feet of someone with COVID for at least fifteen cumulative minutes or more within a 24-hour period

# Exposure Guidelines (Non-Household Contact)

- No quarantine is required.
- You must wear a mask for ten days.
- You may not dine with others during this time.
- Day 0 is the day of exposure. Test on Day 1, 3, and 5 and report results to the Clinic.
- If you become symptomatic, contact the Clinic.

# Exposure Guidelines (Household Contact)

- Quarantine period is five days.
- Day 0 is the day of exposure. Test on Day 5 and report results to the Clinic. End quarantine with a negative test on Day 6.
- You must wear a mask for ten days.
- You may not dine with others during this time.
- If you become symptomatic, contact the Clinic.

# If You Test Positive for COVID-19

- You must isolate for ten days. Day 0 is the day you test positive.
- If you are asymptomatic, you can end your isolation on Day 11.
- If you are symptomatic at Day 10, follow up with your doctor and alert the Clinic.

# Contact Tracing for Positive Residents



- The Clinic or Infection Preventionist will contact the resident who has tested positive.
- They will ask about your resident and team member interactions for the previous 48 hours.
- They will reach out to those who were exposed, but you will remain anonymous.

# Visitation Guidelines

- Guests are no longer required to wear masks. In the event of an outbreak, guidance will be provided.
- All visitors, including children, may dine with residents in any dining spaces.
- Guests should not visit for 10 days after a positive COVID test or exposure.



# Questions



# **February 2 Wear Red Day**

**Friday, Feb. 2 is the  
American Heart Association's Wear Red Day  
Blood pressure screening  
will be available at GHBC  
See this coming Friday's WestWinds for details.**

**Your Resident Health Committee**

**Thank you  
Karen and Ron**

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**Justin Carwile,  
Executive Director**

**Thank you  
Justin**

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# **Resident Council Coming Events**

- **Health Committee – Wear Red Day – Feb 2**
- **Resident Council Business Meeting – Mon, Feb 5, 10:00**
  - Every First Monday - Boardroom
- **Fireside Chat with CEO Rob Liebreich - Tues, Feb 6, 1:30**
  - Every First Tuesday - Fireside
- **Resident Council Community Meeting – Mon, Feb 12, 10:00**
  - Every Second Monday - Auditorium
  - The February Meeting is Very Important -
    - Heart Health Information from Fitness and Dining Committees.
- **Resident Council Survey Kick Off – Feb 12**



# **RESIDENT COUNCIL SURVEY**

**BEGINS FEBRUARY 12 - RESPONSES DUE FEBRUARY 15**

- AVAILABLE ONLINE OR ON PAPER AS RESIDENT PREFERS
- TAKES ONLY 15-20 MINUTES TO COMPLETE

## **SURVEY ASKS:**

- WHAT DO YOU LIKE ABOUT LIFE AT GHBC?
- HOW WOULD YOU IMPROVE LIFE HERE?

**ANALYZED RESULTS AVAILABLE EARLY APRIL**

**RESIDENT COUNCIL WILL PRESENT RESULTS TO ALL RESIDENTS & GHBC MANAGEMENT.**

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# **Your Turn**

What questions do you have?

What would you like to see addressed  
at future Community Meetings?

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What would you like to see addressed  
at future Community Meetings?

# **Thank you!**

See you next month at the Feb 12 , 10:00 a.m.

Resident Council Community Meeting

Here in the Auditorium

Resident Council Survey Kicks Off

Don't Forget Justin's Town Hall

Here on Thursday, Jan 25 at 2:00

