HOW CAN I MAKE A SUGGESTION?

- Go to the relevant Resident Committee
- Speak to a Resident Council member
- Use the Suggestion Boxes:
 - mailroom,
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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







Chair Mike Molino

2024 Resident Council Committee Chairs & Cochairs

2024 GHBC Committee Chairs & Cochairs



Art



BOMCOM



Jan Pomerantz Florence Crisp 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

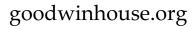
How can I reduce my risk of getting COVID-19?

- 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



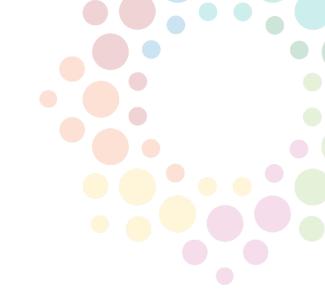
Symptoms of COVID-19

- 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

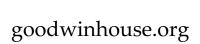
- The Clinic or Infection Preventionist will contact the resident who has tested positive.
- They will ask about your resident and team member interactions for the previous 48 hours.
- They will reach out to those who were exposed, but you will remain anonymous.

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