

## Health Committee Minutes

December 1, 2023 Approved 1/5/24 RJK

The meeting was called to order by the Chair, Ron Karpick. 25 residents were present as well as Team Members Michele Zimmer-Forster and Jose Jordan. The minutes of the November 3, 2023 meeting were approved with appreciation to Nancy DeMarco.

1. **Election** of 2024 Health Committee Chair. Ron Karpick was reelected by unanimous acclaim and this action will be sent to the Community Council.
2. **Health Services Report**. The following was presented by the Chair in the absence of Associate Executive Karen Doyle.
  - a. **Covid Update**: After 18 resident and 8 team member cases in November we are relieved that there are no resident cases as of today. Testing on the HCC for Covid occurred Nov. 28. If there are no further cases testing will be complete for the time being. Residents are encouraged to continue precautions.
  - b. **RSV Clinic**: About 160 IL received the Arexvy, GSK with adjuvant vaccine. A second clinic for the HCC given the later due to the Covid outbreak. The CDC reports that 7-10 thousand senior die due to RSV and new strains may develop.
3. **Clinic staffing update**: Currently hours for the Clinic are M-F 8:30-5:30 with no evening or weekend hours. There is no date for change until more staff are on board. Note: The Nurse Supervisor must prioritize calls.
4. **PalCare Emergency System Update**: In response to survey information, delays in response to call lights on the HCC show the wait for attentions is now about 3 minutes.
5. **Renovations of the kitchens**, the first since 2010, will soon be completed on the HCC.
6. **Medical Space**: Soon after the new year the room between Home Care and Ms. Doyle's office will open as an exam room for podiatry and other external M.D.s. The Medication room by the nurses' station on AL will remain on the 3<sup>rd</sup> floor. The entire Clinic will be renovated within the next 3-4 months.

### Social Work Report – Michele Zimmer-Forster, Director.

1. **“Getting Acquainted with Dementia”**: 3 sessions (2 parts each) of introductory information and discussions, were held Nov. 8, 12, and 15. This was a class open to all residents and consists of 6 parts designed to identify changes in normal aging and the progressive condition of Dementia. Ms. Zimmer-Forster welcomed committee members' questions and suggestion about this complicated topic and is open to conducting future sessions.
2. Ms. Zimmer-Forster also announced reported on Dec. 13 at 2PM the **Vision Support group** with Janet Horowitz will have volunteers from the resident IT

Bistro Bunch help with their tech devices. Victor Otusanya may also attend. There are many aids available for low vision and hearing, including using Alexa to remind one of appointments, medications and alerts scheduled by the user.

Jose Jordan, Maintenance Manager.

Ventilation and Airborne Illnesses in GHBC: Despite short notice, Mr. Jordan described the measures taken during Covid to provide 100% fresh air in both buildings. All filters were updated to MERV13. This still cannot prevent all exposure. The maintenance schedule for Common areas air-conditioning units was adjusted from 4 to 6 times a year. Apartment filters are still upgraded twice per year with upgraded filters. Consultations are underway to improve ventilation in apartments and common spaces. Question: Are HEPA Filters in Library changed. Mr. Jordan will follow up with Housekeeping and respond for January meeting.

### Announcements

1. Free Covid tests (4/household) from CDC) are available.  
[Self-Testing At Home or Anywhere | CDC](#)
2. Medicare Open Enrollment/CMS season is October 15-December 7, 2023. Information is on CMS website. VACCRA has this on their agenda.
3. The Blood Drive, Monday, November 6 was a great success! 37 pints of blood from 60 potential donors: 43 residents and 17 Team members. 30 residents and 7 Team members aided in the process of making the blood drive come to being. A shoutout for the Chair's initiative and work was offered.
4. On November 30<sup>th</sup> a program on advanced care planning led by Aaron Zajdel, manager of Goodwin Living Care Connection Program, with speaker Jenn Crane, Esq. of Odin, Feldman, Pittleman. Residents were encouraged to keep wishes for care updated and to talk to those named as health proxies about the care one wishes. Aaron Zajdel is available for help in this area (X7108)
3. Dr. Nelson will speak on vaccines on 12/13/23 from 2-3 PM in the Auditorium.
4. FILE OF LIFE emergency information packet and Maps of the Virginia Hospital Center were available at the meeting today. Check with Ron Karpick.

Old Business: 1. Unanswered Emergency Calls: After Clinic hours the front desk responds to calls and forwards information to the Nurse Supervisor on duty. David Savoy has instructed the desk personnel to place a current call on hold and respond to incoming calls to ensure prompt response.

2. HCC Visitors: Nancy Randolph informed the committee volunteers are now able to return to HCC as desk hosts and visitors now the Covid outbreak is past.

**Next Meeting: Friday, January 5, 2024 at 10 AM. Top of the West.**