

Health Committee Minutes

November 3, 2023

Approved 12/1/2023 rjk

Chair Ron Karpick called the meeting to order at 10 a.m. in Top of the West. A total of 15 residents were present; also present were Associate Executive Director Karen Doyle and an intern working with her, and Director of Social Work Michele Zimmer-Forster. The minutes of the October 6, 2023, meeting were approved as presented.

Associate Executive Director's Report

1. In October, GHBC experienced 25 cases of covid-19 in Independent Living, 18 cases in Assisted Living (one of which required hospitalization, but the resident is home and recovering), no cases in the Health Care Center or Terrace, and eight staff cases. The current covid case count is two in IL, four in AL and four staff cases.
2. A make-up vaccination clinic for the monovalent covid booster is scheduled for November 8.
3. An RSV vaccination clinic is planned for November 16. Residents had to sign up in October for the RSV shots, and need to be aware that not all insurance plans will cover RSV vaccinations.
4. Regarding assuring that clinic blood draws take residents in the order of their arrival, Doyle said any resident interested in developing a system is welcome to step up.
5. GHBC will wait to decide whether it will administer the newly approved Alzheimer medication Leqembri.
6. Doyle has discussed with David Savoy and Justin Carwile the concerns about unanswered night calls to the Front Desk, and they are addressing the issue.
7. Doyle clarified that Dr. Nelson is a primary care physician employed by VHC and Dr. Gloria is medical director for Goodwin Hospice.
8. Spa Creek Health Dental practice, which offers monthly hours at the Clinic, does not have emergency hours at GHBC. Other dentists can use the dental equipment at GHBC, but the dentist needs to be credentialed by GHBC through Health Information Services.
9. The permanent departure of one Clinic nurse at year end and the temporary absence of another Clinic nurse mean that Clinic hours will be shortened for the foreseeable future. The Clinic may be closed on Saturdays and may close earlier in the evenings, until the positions are filled.
10. The GHBC medical staff is reviewing PalCare, GHBC's emergency response system (pendants, pull cords and call lights) to address some concerns and hopes to improve the system.

Social Work Director's Report-Michele Zimmer-Forester, Director of Social Work

The Social Work Dept. plans a miniseries on November 8, 13 and 15 titled "Get Acquainted with Dementia" consisting of an introductory presentation followed by discussion.

The question of providing a cancer support group again has come up, and Zimmer-Forster said such a group would need to be resident-run, as her department cannot take on another task. She noted that

she and Greta Christ continue to provide emotional support to residents. She agreed to put a note in West Winds to see if there is significant interest in a cancer support group.

Gun Violence Proposal

Karpick introduced a resolution from Jeff Robbins addressing gun violence as a major health concern. Following extensive discussion, Barbara Kell moved adopting the resolution without its last sentence, which asks Goodwin Living management to recognize gun violence as a national health crisis. The motion was seconded and, following further discussion, approved.

The Committee discussed the matter further, and Mar_T Ahrens moved that the resolution as originally proposed be adopted in place of the version just approved, with one change: that the original final sentence be amended to read [addition highlighted in yellow], “We therefore respectfully ask that: Goodwin Living continue to publicly recognize gun violence as a national health crisis and that gun violence impacts its residents and team members.” Ahrens’ motion was seconded and passed unanimously.

See Attachment A for the full text approved by the Health Committee.

Other Business

Karpick noted that free covid tests are available (four per household) from the CDC at www.covid.gov/tests. Tests may show expired dates on the box, but recipients can go to www.fda.gov/covidtestdates to see the list of FDA-authorized extended dates. In addition, open season for Medicare runs from October 15 through December 7. Free advice is available in Virginia from the Virginia Insurance Counseling and Assistance Program (VICAP) at 800-552-3402.

Karpick said he is willing to continue as chair of the Committee, but in the event there are other candidates for the position, he will gladly hold an election at the next meeting.

Karpick advised that the blood drive has been scheduled for Monday, November 6, in the Auditorium. Forty-nine potential donors are lined up.

Karpick shared a resource from Rita Siebenaler, “When Caregiving Calls: Building a Framework for Resilience” from the Northern Virginia Dementia Care Consortium, occurring on Nov. 10, 2023 at the Korean Central Presbyterian Church, 15451 Lee Highway, Centerville, VA. Register for \$35 at <https://nvdcc.com>

Nancy Randolph is still looking for volunteers to sit at the reception desk in the Health Care Center; contact her at drnancyr@aol.com or ext. 7565.

Two talks will be shared this fall, one by Dr. Nelson about vaccines on December 13, and another on acupuncture on November 14.

The next Health Committee meeting will be Friday, December 1, at 10 a.m. in Top of the West.

There was no further business, and Karpick adjourned the meeting at 11:02 a.m.

Attachment A: Health Committee Resolution on Gun Violence, 11-3-2023

Submitted by Nancy DeMarco, Accepted by the Health Committee on 12/1/2023 rjk

Attachment A:

Resolution on Gun Violence

Approved by GHBC Health Committee 11-3-23

The Health Committee's function is to relay the health-related concerns of residents to management. Many Goodwin House Bailey's Crossroads residents have made clear that they view gun violence in the United States as a major health concern. The statistics support their feeling that gun violence is a public health emergency in this country and a health concern for GHBC residents.

Since January 1, 2023, there have been 562 mass shootings in the United States and 35,043 gun-related deaths. These figures include 1,400 children. The United States is on track for 2023 to be the deadliest year on record. Firearms are now the leading cause of death in children and youth 0 to 24 years of age in the U.S. The American Academy of Pediatrics also recognizes firearms as an important cause of injury with long-term physical and mental health consequences.

Of all firearm deaths in nearly two dozen populous, high-income countries which include Australia, France, Italy, Spain and the United Kingdom, 82% occur in the U.S. In this same group, 91% of children ages 0-14 killed by firearms were from the United States.

Gun violence affects people of all ages and races in the U.S. but has a disproportionate impact on young adults, males, and racial/ethnic minorities.

Mass shootings in which family members or intimate partners are targeted are [twice as common](#) as fatal public mass shootings in which strangers are killed.

It is estimated that gun violence costs the U.S. \$280 billion annually.

Of the almost 43,000-gun related deaths each year in the U.S, 58% are due to suicide. In Virginia 65% of gun deaths are due to suicide. These include mothers, fathers, sons, daughters, ever-increasing numbers of veterans, and, tragically, more and more children.

Therefore, the Health Committee formally recognizes that gun violence is a national public health crisis of concern to residents and team members of Goodwin House Bailey's Crossroads.

We therefore respectfully ask that:

Goodwin Living continue to publicly recognize gun violence as a national health crisis and that gun violence impacts its residents and team members.