

Resident Health Committee

February 2, 2024

accepted 4/5/2024 RJK

The meeting was called to order by the Chair, Ron Karpick. 24 residents and 3 Team members present. The January 5 minutes were accepted. Rose Piasecki and BJ Harrick were thanked for the informative Heart Month display.

Karen Doyle, Associate Executive Director

1. Covid-Update of cases: As of February 2 – IL/ 2, HCC/0, AL/0, TM/ 1. Free Covid tests (4/household) may be ordered from CDC. The site also has information about how to determine the expiration date of the test.
2. RSV: 8 cases to date. There will be Covid, Influenza, and RSV clinics in February. Ms. Doyle is working with Shelby Garlick about scheduling and space.
3. VHC Portal: For residents who are patients in the Virginia Hospital Center, Dr. Chris Walsh, former GH medical director who now oversees all VHC Primary Care, will be in the Auditorium on February 14 together with Dr. Nelson to help individuals learn to use the Patient Portal. These residents have received a letter with this information.
4. Help with Residents Moving between Levels of Care: New administrative groups have been formed to develop a variety of resources. These include needed medical and emotional support for individuals. Informational packages are being developed.
5. Renovation on AL: After every vacancy, renovation is underway to create a more contemporary environment. Phone service in some units have had glitches.
6. Budget: Capital updates will be shared Quarterly. A committee of the Community Council has requested submissions for items that will enhance the life of residents on AL and in The Terrace. Must be over \$1,000 with 3-year duration and be able to be depreciated.
7. CARF, Commission on the Accreditation of Rehabilitation Facilities. Administration decided that CARF was expensive, work intensive and not of benefit to us. CARF reports are rarely inquired about and costly. There was agreement from the Health Committee to continue to follow the excellent Standards. GH complies with VA Dept of Health and CMS regulations. (Nursing staff are no longer required to have TB tests.) The web site “Nursing Home Compare” has a great deal of information for residents and all interested individuals.
8. Missing Person Policies Update: This has been rewritten and education is underway. On HCC and AL residents who wander can be a problem but alarms are on the Clinic and Front Desk as well as those doors. This will be part of the up- coming annual skills training planned to be offered in February. 115 CNAs attended a recent one and others are planned for RNs and others.
9. Falls and Fall Prevention: Each fall on every level of living is tracked whether

at GH or with off campus. Home Health is closely involved with evaluations.

Michele Zimmer-Forester, Director of Social Work

1. Safe Driving presentation: AARP will conduct a course in March or April. Completion of this course may impact a driver's insurance cost. One may also complete the course on line.
2. Getting to Know Dementia Series: Six sessions beginning 3/14 with Ginny Knight and Michele Zimmer-Forester. First two, basic information; Second section focuses on brain; and, last two are for caregivers.

Jenny Elrod, MSN, RN, Executive Director of Home Care and Goodwin Living at Home

Ms. Elrod explained the rate changes from \$38 to \$44/hour/hour. The pay for staff has gone up to \$35/hr. at baseline.

Residents already receiving care remained at lower rate through 12/23. For those seeking comfort care the minimum is 2 hours with \$34/hour fee. There were multiple letters and emails to residents and if the resident was receiving care to their contacts/POAs distributed from 7/31/23 to 10/1/23 regarding the rate change. Residents receiving care signed a contract which included the new home care rates. Badges designate CNA or Companions.

Jeff Robbins

Gun violence report: Thanks to Jeff Robbins, Randy Butler and Carol Lewis for distributing monthly flyers. Statistics: Mass shootings: US 646 in 2023, 335 in 2018. Children killed by guns: US 1,682 in 2023, 934 in 2018. Mass shooting in VA: 7 in 2023, 4 in 20218. Since 2007 there has been over 1,000% increase in ghost guns used in criminal incidents. Ms. Doyle and Jeff are working to procure a speaker on Suicide Awareness and Prevention.

From the Committee Chair

1. Review of the Health Committee Charter- No significant changes needed this year, will review in 2025.
2. Goals for the year: Continuing committee's awareness of safety and health issues at GHBC. Welcoming suggestions and concerns from this community.
3. Dining on the AL floor: dishes removed quickly, potentially decreasing the interaction of the residents at meal time. Alison Neov says that removing the used dishes is necessary in order to get the dishes cleaned in a timely manner allowing the staff members to leave their shift on time. Residents can sit at the table as long as they want. The AL Dining Committee will discuss.
4. Health Month, wear Red and visit the Heart Health table on Friday February 2.
5. Resident Council decided not to use our questions for the 2024 survey, more to come.
6. Should we have two or more blood drives each year? Who will take the lead? No volunteers responded.

7. Safe driving evaluation-Bob Harris. There are no Rehab OTs certified to evaluate driving ability, but a list may be obtained from Peach Querubin.
- 8 Falls and fall prevention: Peach Querubin will write occasional WW articles to promote awareness. Individuals who fall are all evaluated by nursing staff.
9. Nancy Randolph raised a concern about Team members carrying their lunch trays without covering the food being a health hazard. Ms. Doyle agreed to remind staff.

Old Business:

1) Frequency of filter changes in the HEPA units in the Resident Library-Jose Jordan & Chris Floyd- The HEPA filters are good for approximately 5 years and do not require periodic maintenance. The filters were purchased in 2020 or later. They will make sure to have replacements on hand before they reach 5 years

Next meeting: Friday, April 5, 2024 at 10 AM TOW

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