

HEALTH ADVISORY COMMITTEE MEETING

MINUTES

Wednesday December 6, 2017

Blue Room

The meeting was called to order at 10:00 a.m.

PRESENT: Committee members Ron Gaasch, Libby Langstroth, Barbara Viljoen, Isabel Gray, Esther Anderson, Tony San Filippo. Also attending were: Mary Dorscheimer, Norma Brambilla, Beth Robinson, and Mary Lou Kelpé.

The minutes of the November 1, 2017, Health Advisory Committee meeting were approved with one correction: Barbara Viljoen was present.

NEW BUSINESS:

- Norma spoke about Advance Directives and the need for them to be reviewed and updated, if needed, periodically. She is going to have someone from Hospice make a presentation to residents with information on updating Advance Directives, POLSTs (Physician's Orders for Life Sustaining Treatment), and DPOAs (Durable Power of Attorney.).
- Mary Lou briefed the committee on several activities and projects that are underway:
 - Weight Watchers: A new Weight Watchers program has begun, a 17-week program. Over 420 lbs. have already been lost.
 - Chair Volleyball: Popular and growing.
 - Planning for a new support group in 2018 is underway. Cindy Klanieski, LCSW (Licensed Clinical Social Worker), will be here twice a month, for 90-minute sessions. Group counseling with her will be covered by Medicare.
 - Walk and Roll: The program is for people with walkers and balance and strength issues. Includes: education, warm ups, and walking. The contents will vary. An attendee at the committee meeting commented that it is "Very Good." This program is going to be advertised more visibly here in Canterbury Woods.

- Square Dancing: Square Dancing has been suspended for December, and will be reviewed for possible future continuation. It was a test program and began well, but attendance has been falling. Square Dancing also received a positive compliment from a committee attendee.

ONGOING BUSINESS:

- Research into the possible creation of a companionship program here in Canterbury Woods continues. There is significant interest and support for this program.

OPEN DISCUSSION

Barbara spoke positively about the rearranged Jade Court, saying that the new table arrangement for mealtimes it is “much more inviting”. A birthday table is also going to be set up.

Mary Lou is preparing a “Holiday Tea Event” whose purpose will be to help people get to know each other better.

She added that several new ideas are being explored.

Barbara said that she “loves the great lawn” and “Hopes that it never is changed.” Others said that they felt the same way about the great lawn.

Norma said that the lawn reindeer had been retired because of failing health and old age. A search for a replacement is underway.

The meeting adjourned at 10:5am.

The next regular meeting of the Health Advisory Committee meeting will be on Wednesday, January 10, 2018 (This is a onetime change, i.e., to the second week January.)

Ron Gaasch, Chair.