

Exercise Sub-Committee Meeting

Date: February 28, 2022

Time: 11:15am – 12:30pm

Attendees: Joy Bowles, Mary Kate Cole, Barney Lutsk and Connie Weitowitz

Focus: “Keep People Moving”

Agenda Discussions and Results:

#	Item	Discussion and Action Items	Resp. Person	Target Date
1	NuStep Eqpt.	Mary Kate has drafted a Sign-up sheet: will add a column for participates to confirm they have viewed the Safety info and another to indicate they have signed a release; Also, consider shading the times that others may have activities in the room with the eqpt. (e.g., Dominoes, etc.) [COMPLETE]	Mary Kate	3/5
		Review Owner’s Manual and develop a one-page summary of safety reminders (to be posted near the equipment); will also discuss with person giving the demonstration to verify they agree with the summary. [Will discuss and changes to the info in the manual with Mary]	Joy	3/15
		Work with Mary to communicate the demo and discussion by the person from Waldo Co. Health PT program (3/5 @ 11:15?) [COMPLETE – demo conducted]	Joy	3/3
		Assess usage and overall program to determine if additional information is needed [Will review sign-in sheet in April]	All	3-4 wks
2	YMCA programs	Discuss with Mary the possibility of PS joining the local YMCA for all residents to have access to videos in “YMCA 360” (mainly for residents that may have challenges exercising outside their homes). [Barney and Mary will take the lead]	Barney	3/15
3	Community Walks	Survey or otherwise determine if a number of residents would like to increase the walks from once a week to more often (e.g., M-W-F or T-R-Sat). [Discuss the need for a survey or other communication at the next meeting]	Connie	3/15
4	Pedometers	Connie presented info on the free pedometers previously offered by Waldo Co. Health. Connie will see about pricing and Barney will discuss purchasing with Steve. [Steve is ordering two pedometers for us to try]	Connie and Barney	3/15
5	Wellness Fair	Work with Activities and entire Wellness Committee for “Spring Wellness Fair” (possibly called “ <i>Spring into Action</i> ”); discuss various vendors, health checks and other sharing of information. [COMPLETE - Steve suggested we wait until Fall to ensure COVID is no longer a concern]	All	Discuss again in Summer
6	Walking Distance Marking	Mark the halls and stairways of the Ocean House for those who would like to walk within the building. [Barney is planning to measure the distances in the OH soon]	Connie & Barney	4/1
		Discuss marking the loop when the weather improves.	Joy	5/1

Next Sub-Committee meeting:

Date/Time: Mon., March 21st @ 11:15am

Location: Joy’s Cottage (#1)