

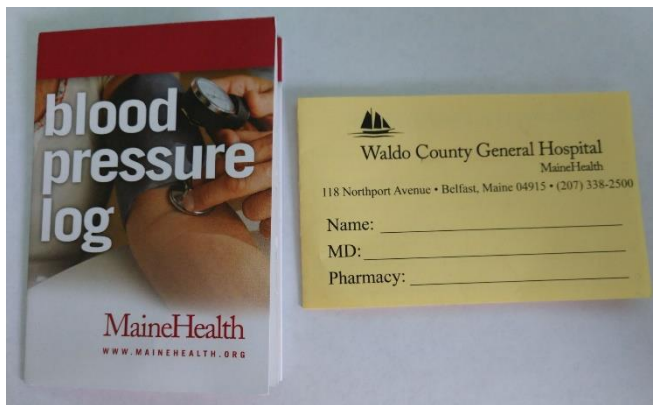
General Health and Wellness Subcommittee

Next Meeting

March 8, 2022 at 2 pm in Ocean House Dining Room – All are welcome to attend

Drop in Clinics

Once a month, Susan Dupler, RN will be at Penobscot shores in the 3rd floor Health Office. The first clinic was held on February 16th. Susan welcomes all residents to stop by for a check of their blood pressure, pulse and oxygen levels. She will provide each person she sees with a written record of their stats they can take with them. No one's medical records will be kept by her. She has available two useful logs residents may want to pick up from her.



One is a blood pressure log to track readings as well as prescribed medications and an explanation of what your blood pressure numbers mean. The other is a wallet sized log (meant to be carried in a wallet or purse) that lists your primary doctor, pharmacy, medications, drug allergies, emergency contacts, past medical history and vaccinations. This small log could be invaluable to medical providers

should you ever have a medical emergency.

Preventing Diabetes – a FREE program from Maine Health

This is a year-long support group style program facilitated by Maine Health online via Zoom for Maine residents who want to learn more about the steps they can take to lower the risk of becoming diabetic. This includes healthy eating, getting exercise, reducing stress and setting reasonable goals for healthy living. This is accomplished through small group discussion and sharing of obstacles and successes. This program is 100% non-judgmental. A few of us at PS have taken this program and benefitted from the experience.

The contact information to learn more about this free resource is <https://www.mainehealth.org> Diabetes Prevention Program, or by e-mail to prevention@mainehealth.org or you can call 207-661-7294. The next class starts on March 21, 2022 at 6pm.

Items Referred to the Buildings and Grounds Committee Meeting on February 15th (See B&G minutes for discussion and actions taken)

Air Quality Checks

The committee approved a schedule of preventative air vent cleaning every five years. Mary will add this cost to the Capital Expenditure schedule.

Radon Testing

No radon tests have ever been performed on the property as far as anyone could recall. It was decided to do a random test of 6 locations, 1 on the first floor of each wing of the Ocean House and one in 3 cottages in different locations of the campus. This cost is expected to be minimal pending no findings of radon present.

Brown Tail Moth Eradication

The committee is committed to continue eradication efforts at PS as long as the caterpillars present a threat to residents. Costs for the upcoming year will be included in the operating budget.

Dryer Vent Cleaning

Whenever a unit is vacated the maintenance staff do a complete cleaning of the dryer vents. Otherwise it is the responsibility of the maintenance staff to keep the vents clean and open per the checklist of regular maintenance procedures. This should occur every two years.