

**General Health and Wellness Subcommittee Meeting**  
**April 15, 2022**

In Attendance: Mary Sargent, Stacey Hall, Erin Payson, Diane Plourde, Mary Kate Cole and Brenda Smith

1. We reviewed progress on projects in process.
  - a. Stroke awareness program with Eileen Hawkin & Chandler Barbour on May 4<sup>th</sup> is scheduled and we are promoting it
  - b. Mary is soliciting bids for converting a 2<sup>nd</sup> floor common area bathroom to be handicapped accessible
  - c. One radon test on the ground floor has been completed. Mary is trying to access results. She will follow up with the testing company.
  - d. ID wallet card and life info red pouches are being obtained by Sue Dupler and will be given to each resident with a note explaining their use.
  - e. Four short postings to Wellness Resources still need to be written:
    - Voluntary Resident check-ins by PS staff can be requested if needed from the office
    - Help with completing Advanced Directives can be requested from the Population Health office
    - Link to eye care websites
    - A link to the Good RX website
2. Other initiatives yet to be planned:
  - a. Stacy has contacted Abby Harriman about doing a workshop on Sleep issues as people age. She will follow up to determine a date and time for this program in the fall.
  - b. Stacey will work to schedule a workshop on “Living with Chronic Pain” for early fall.
  - c. Stacey will reach out to Amanda Curtis about arranging for a “Matter of Balance” class to be presented in the fall.
  - d. Stacey will pull together either a workshop or Coffee Talk on Advanced Directives. Date TBD.

- e. There was discussion about ways to inform residents about the benefits and how to use Good RX cards to lower prescription costs. We might hold a workshop or Coffee Talk on this topic in the future.
3. Other Topic for the future
    - a. Presentation on latest developments in assistive devices (Kenebec Pharmacy)
    - b. Maine CDC epidemiologist speaker
    - c. Health Fair
  4. Our next meeting of the General Health Subcommittee will be on June 3rd at 10 am.

Many thanks to all committee members for a spectacular start on so many projects and research on information to help make our residents healthier.