

## Exercise Sub-Committee Meeting – Minutes

**Date:** May 5, 2022

**Time:** 11:15am – 12:15pm

**Location:** Barney's Cottage (#36)

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

**Focus:** "Keep People Moving"

### AGENDA ITEMS:

#	Item	Discussion and Action Items	Resp. Person	Target Date
1	NuStep Eqpt.	<p>Assess usage and overall program to determine if additional information is needed [Review sign-in sheets]</p> <ul style="list-style-type: none"> <li>• # of Residents using the equipment - Approximately 10 people have used the machine (as indicated on sign-in sheets)</li> <li>• Ave. use per day/week – 4-5 days per week</li> <li>• Comments/concerns by users – mainly discussion of cleaning supplies &amp; having it cleaned regularly; also remove spray bottle since wipes work much better</li> <li>• Thoughts on how to better utilize or promote               <ul style="list-style-type: none"> <li>- Mary Kate will be available to assist new users and/or demo (e.g., Mondays &amp; Fridays from 12:30-1:30)</li> <li>- Ask Mary/Steve to remind folks at various meetings to try the machine (e.g., Residents' Meeting, other committee meetings, etc.)</li> <li>- Other ideas (note in mailboxes, on bulletin board, etc.)</li> </ul> </li> </ul>	All	Ongoing
2	YMCA programs	<p>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. [Discuss an info sheet for residents – e.g., cost, how to sign-up, available programs, etc.]</p> <ul style="list-style-type: none"> <li>• Barney will test adding an app to the TV in Fitness Room</li> <li>• Negotiate Corporate membership rate (Barney to discuss with Mary)</li> <li>• Consider a one-page summary with cost, several senior-related activities, contact info, etc. (and link to more information on their website)</li> <li>• Brainstorm with Sue Lapham "AOA" (Active Older Adults)</li> </ul>	Barney	6/1
3	Community Walks	<p>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.]</p> <ul style="list-style-type: none"> <li>• Current plan is to continue Sat. walks</li> <li>• Consider a chart with various people that walk other times regularly and see if anyone wants to join them</li> </ul>	Connie	6/1

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 Steve suggested we wait until Fall to ensure COVID is no longer a concern. <b>[Table until Summer]</b>	All	Discuss again in Summer (7/15)
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. <b>[Status?]</b> <ul style="list-style-type: none"> <li>• OH - Length of the hallway is 300 ft. (300 ft. = ~120 steps or 2.5 steps per ft.). [So, 2 hallway lengths are approximately ¼ mile; 4 hallway lengths are approximately ½ mile – depending on your stride.]</li> <li>• Outside - find partners or “Exercise Buddies”; both loops (upper and lower) equal approx. ½ mile; sign-up at mailboxes</li> <li>• Discuss how to communicate the above to residents</li> </ul>	Connie & Barney	6/1
7	<i>New Item</i>	Bocci Ball and other outdoor events (coordinate with Activities Committee) <ul style="list-style-type: none"> <li>• Bocci Ball – Tuesdays at 3pm (verify with Tim when they will begin)</li> <li>• Remind interested residents that they can be a “cheerleader/observer” or player</li> <li>• Work with Activities Comm. to ensure everyone who wants to play can play (i.e., Teams of 4 – one set, then rotate, etc.)</li> </ul>	Connie & Tim	6/1
8	<i>New Item</i>	Speakers? <ul style="list-style-type: none"> <li>• Sue from the YMCA</li> <li>• Others? (discuss with Mary &amp; Tim)</li> </ul>	Barney & Connie	6/1
9	<i>New Item</i>	One-page Summary of Various Way to “ <i>Keep Moving</i> ” <ul style="list-style-type: none"> <li>• <b>ONSITE:</b> <ul style="list-style-type: none"> <li>- Reminder of Chair Yoga Classes (in person/Zoom)</li> <li>- Saturday Morning Walks</li> <li>- Bocci Ball / Croquet</li> <li>- “Walk the Halls” (see above)</li> <li>- “Walk the Loop” (sign up with Exercise Buddy)</li> <li>- NuStep (work up to 1,500-2,000 steps or more per workout*)</li> <li>- Overall - try to work up to 1,000 then 5,000 steps per day (based on the individual’s condition)</li> </ul> </li> <li>• <b>OFFSITE:</b> <ul style="list-style-type: none"> <li>- Pickleball (YMCA &amp; City Park)</li> <li>- YMCA – AOA (Active Older Adults) <ul style="list-style-type: none"> <li>▪ Yoga (Chair)</li> <li>▪ Swimming (lap pool)</li> <li>▪ Therapy Pool</li> <li>▪ Balance Exercises</li> <li>▪ Personal Trainers</li> </ul> </li> <li>- City Park activities (summary and/or info)</li> <li>- Other?</li> </ul> </li> <li>• Place summary in Residents’ mailboxes and possibly discuss during Resident Meeting</li> </ul> <p>* <i>There are approximately 2,000 steps per mile</i></p>	All	6/1

10	<i>New Item</i>	<b>Ellen's Recumbent Bicycle</b> <ul style="list-style-type: none"> <li>• Ask Mary if it is still being considered for use by the Residents</li> <li>• Location – possibly on the 1<sup>st</sup> floor on garden-box side?</li> </ul>	Joy	6/1
11	<i>New Item</i>	<b>Activities Available at the City Park, etc.</b> <ul style="list-style-type: none"> <li>• Barney to ask Steve about getting copies of Belfast Activities from Chamber of Commerce</li> </ul>	Barney	6/1

**Next Sub-Committee meeting:**

Date/Time: TBD (tentatively, the week of May 22<sup>nd</sup>)

Location: TBD

**COMPLETED ITEMS:**

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 eqipt. (e.g., Dominoes, etc.) <b>[COMPLETE]</b>	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. <b>[COMPLETE]</b>	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?) <b>[COMPLETE – demo conducted]</b>	Joy	3/3
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. <b>[COMPLETE]</b>	Connie and Barney	3/15