

## **ASK & SHARE**

for September/October *Life Line*

The “ASK” of the July/August issue of *Life Line* pertained to Residents’ Health and Wellness Committees – does your community have one, and if so ... what is its purpose? What does it do? Responses are provided in this column.

But first -- the “**ASK**” for the next issue’s “**SHARE**”: Since fall is approaching, the annual fund drives for year-end Employee Appreciation gifting will be occurring in most communities. There were several “this is how we do it at our CCRC” responses on this topic of Employee Appreciation Fund drives published in the past 2014 *Life Line* issues of March/April and May/June. A few more communities’ responses will be added next issue. This new “**ASK**” is a twist on this same subject: Let’s have a “pro and con” discussion about whether a fund drive could or should permit a resident to optionally carve out a certain permitted maximum percentage of the contribution made .... say 20%... and then permit specific, directed giving to individual employees allocating that segregated amount. This would mean stipulating the use of the 20% in dollars, designated to each individual on the resident’s list of selected employees. The recipient would never know from whom the additional dollars have come, thereby preventing any pandering to deep pockets. Excellent employees would most likely receive multiple anonymous allocations. Objective: rewarding the true standout employees who go the extra mile. They would receive more of a gift than the standard amount the formula gives everyone. Let’s have a discussion about this!

Just in case this pro/con of individual designations for year-end gifting doesn’t generate discussion, a NaCCRA member has expressed interest in knowing about the **LIBRARY PRACTICES** of your communities – how do you get rid of unwanted material – duplicates, those in poor condition, VHS or cassette tapes, or material that hasn’t circulated? Do you catalog your inventory? How? What software? Do you have a relationship with the local public library? Does the local library provide you material or offer special services? Do you provide technical assistance to your residents – computers, tablets, e-readers, smart phones? Any interactive technologies – Facebook? Skype? What does your library do for residents with vision or hearing challenges?

And now, responses about Resident Health and Wellness Committees from last issue’s “**ASK**”:

**Mirabella (Seattle, WA):** We have an 8-member residents' Health and Wellness Committee; one member is a liaison with Council. This H&W Committee informs residents about senior health matters and provides educational programs on a variety of health/wellness topics and end of life issues. The staff directors from the health center, the fitness center and also the wellness nurse attend meetings to provide updates. The Executive Director is invited. The committee supports staff efforts by encouraging residents to sign up for the wellness check program. The Committee doesn't make management decisions. The committee developed and implemented an optional Emergency Medical Data form to provide additional information to responders. We have participated in and assisted with two Health Fairs for residents. Information provided by Ellie Fife.

**Pennswood Village (Newtown, PA):** We have a resident Health Care Advisory Committee, one of eight advisory committees of the Residents Association that advises management in particular areas. It meets monthly with the Health Care Director and management, reviewing the satisfaction slips residents are asked to fill out each time they visit the Health Center. Resident members of this committee are nominated by the Resident Association President. It usually includes retired health care professionals, but not exclusively, since we need the perspective of non-health care professionals as well. Information provided by Dan Seeger.

**Westminster at Lake Ridge (Lake Ridge, VA):** We have a Health Care Committee that fosters collaboration between residents, their relatives, and staff to promote health, well-being, and safety in independent living and all the community's health care levels. The Director of Health Services attends the meetings, and other staff is invited as appropriate. The Committee makes recommendations for the monthly Health Roundtable topics. It sponsors/encourages support groups for Caregivers, Alzheimer's, Prostate cancer, diabetes, Parkinson's, and grief, as needed. Safety, particularly falling hazards, are a concern. The committee itself recommends new members, and members are appointed by the Residents Council. Meetings are open to all interested residents. Information provided by Beth High.

**Seabury (Bloomfield, CT):** We have a Residents Health Services Committee that meets monthly. It hears reports from the COO and SVP of Health Services, including reports of staff changes, openings, and schedules. Members provide updates on legislative matters, Health Care Reform, and what is happening in the provider industry. Various issues are discussed, such as

after-hours transport to the hospital, vision support – for example, the purchase of a reading machine for the library or discussions of eye treatments and costs; hearing support to assist with hearing aids and battery insertion; the purchase of books for the library on various diseases, or the desire to have a noted speaker on a topic of general interest. Information provided by Joe Walton.

**StoneRidge (Mystic, CT):** We have a StoneRidge Health Committee of 10-12 residents. Its mission is to educate, be a resident advocate, and work with management on health care concerns. At its monthly and additional as-needed meetings, reports from staff are given. This committee arranges for workshops on health care issues, such as fall prevention and flu prevention. It assists with the yearly flu shot clinic and the annual Health Fair. Informational material is also provided by the committee to residents; for example, where pull cords are located in the buildings and what will happen when the cord is pulled, etc. StoneRidge has just hired a part-time health and fitness consultant to assist residents in healthful living techniques. Information provided by Kitsy (Katharine) Garfield and Ruth Walsh.

**Deerfield (Asheville, NC):** The Residents Council has a standing Health and Wellness Committee. Members are asked to acquaint themselves thoroughly with all the health care matters of the community so they can share this information as needed with other residents. The committee assists management and staff by bringing to their attention any concerns expressed by residents and connecting the resident with the appropriate staff for problem solving. Through presentations and publications arranged by the committee, the general wellness of the community is enhanced, hopefully leading to a healthier lifestyle. Separate from the committee, we have a fulltime staff Life Activities Coordinator, with instructors and trainers, to address wellness via our aquatic and fitness areas. Information provided by Mary W. Sorum.

My thanks to all who provided information. Do you have answer to an “ASK” that you’d like to “SHARE”? Remember ... topics don’t “expire.” Do you have an opinion for the above-mentioned “Pro & Con” discussion? Submit to Jennifer Young, [jenniferyoung@jenniferyoungmail.com](mailto:jenniferyoung@jenniferyoungmail.com); or 15811 Rolling Green Cove, Tyler, TX 75703; or call (903) 525-9541. In your mail please don’t forget to provide the name of your community and its location. In the subject line of e-mail, it is helpful if you put “Ask and Share.” Thanks, and until next time .....