



**CADBURY AT LEWES
AFTERNOON EXCHANGE
June 14, 2017**

Carol Holzman, Executive Director, opened the meeting by welcoming everyone and thanking them for coming. She said that she had arranged for a special guest speaker, Liz Carpenter, our Dietician, but that Chuck Rendulic, Director of Support Services, would provide an update on his areas first.

Chuck said that 187 work orders were received during the month of May. All have been taken care of and 88% were completed within 24 hours.

He said that many residents took advantage of the electronics recycling opportunity. It was a nice service for the residents and he may arrange for another one in 6 months or so.

Power washing in both the cottages and main building is taking place. They are only addressing specific areas that need it. Maintenance will start power washing open porches on June 20th and will start on the cottages first. They will put notices in resident mailboxes. Chuck said patio furniture can be power washed for a small fee.

Window cleaning will start on July 5th. Again, they will start with the cottages and then move to the apartments. A notice was already distributed to residents.

Chuck said that Maintenance receives a lot of calls about garbage disposals and reminded residents that they are only meant to handle scraps, not whole pieces of chicken or bones.

Chuck announced that the Division of Motor Vehicles (DMV) bus is coming to Cadbury on June 29th, from 10 am to 2 pm. The only service NOT available is vehicle inspection, but you can run your vehicle through the inspection lane and then have the paperwork finished. They will be able to process license renewals and give residents an opportunity to purchase a Federal ID to use for travel. A flyer is being put together and will be distributed to resident mailboxes. The bus will probably be parked outside the Health Care Center entrance.

A resident asked if enclosed porches will be power washed. Chuck advised that only screened-in porches will be cleaned; enclosed porches are done as part of the Spring cleanings. Rebecca Rogers asked how much notice residents will be given. Chuck said that residents will receive plenty of notice. Maintenance will move large items and rugs will be rolled up but residents should move small knick-knacks.

Dick Cleaveland said the weeding has been slow this year. Chuck said that everyone has been very busy and the department is short staffed, but they will take care of it. No more pruning will be done until the fall.

Nancy Krail asked about replacing some shrubbery around the West Wing Pond. Chuck said they started replacing some with knock-out roses and they hope to get the whole area finished this year.

Pat Cummings asked if residents can get a handicapped sticker from the DMV mobile bus. Chuck replied that that service will be available.

At that time, Carol introduced Liz Carpenter, Registered Dietician and Nutritionist. Liz provided some information on her background and said that she has been a Registered Dietician for almost 20 years. She said there is a lot of information on the market which can be confusing and overwhelming. She said that she was going to talk a little bit about the role of inflammation and diet in chronic disease and provided a handout for everyone. She explained that inflammation is the body's response to an injury and it has a negative effect on your health. She stressed the importance of moderation and balance and encouraged residents to eat foods that are as natural as possible such as chicken, beef, pork, potatoes, and vegetables. Liz said that she sits down with Jeff Smith, Director of Dining, and reviews menus. She urged residents to buy food without a label when going to the grocery store.

Bunny Guerrin said that with respect to lower fat options, the menu choices are either fried foods or foods covered with cheese. Liz said that those types of items should be addressed with the Dining Committee, but a low fat diet is still important. Residents should try and eat foods that have nothing artificial, no preservatives or additives. Liz said that she can attend the next Dining Committee meeting.

Dick Kauffman said that she reviews the menus for the health care side, but one main kitchen prepares the same food. He asked if a star could be added on the menu for diabetics to look at a choice. She said that we will explore that option.

Liz said to let her know if there are other topics that may be of interest. Corinne Lehman in Apt. #116 is the Chair for the Dining Committee and said that questions can be directed to her.

Rebecca Rogers asked how residents know if something is low salt. Liz advised that we don't add any salt when we prepare foods and we use low sodium broth for soups.

Liz added that the handout is double-sided. She got the information from www.eatright.org and residents can visit the website which has a whole host of information. She returned the microphone back to Carol.

Carol said that the census has gone down in Skilled and Assisted Living. There were 7 deaths over the last 10 days, 1 in IL, 2 in AL and 4 in Skilled. It has been a tremendous blow to the staff as they take care of many people for so many years. We are working hard to seek new long term care residents as well as boost the Medicare A census from referrals at the hospital. In AL, we are seeking residents from the outside. We are working with several prospects in Florida by using technology to assess.

New move-ins include Bob & Peg Partlow in May, George & Thelma Maxey in June and 3 other move-ins are scheduled in July.

The Lost and Found has been moved from the Creative Arts Room to the bottom of the corner cabinet by the Front Desk.

Carol reminded residents that if they fall, only medical staff is authorized to help them up off the floor. They take precautions to make sure the resident stays safe and moving them may be detrimental to the resident's health. Also, if Wellness is not open and you need a nurse, please go to Safe Harbor for assistance.

Several weeks ago, we raised the bar on security for entry in the East and West Wing side doors. The receptionist can't always see your face and said it would be helpful if residents stated their name and apartment number to identify themselves. Jim McMullen said that the intercom doesn't always come through clear. Carol said that we will ask the reception staff to speak clearly and slowly. We will also check the quality of the boxes. Another resident commented that the AC unit is sometimes running, making it difficult to hear. Carol added that we are looking at options for better security at the Health Care entrance, especially from 4-8 pm. With Springpoint coming in, our budget will be re-done for January 1st.

Carol explained the divisions of Health Care. Assisted Living is known as The Tides and consists of 30 apartments. Safe Harbor is the secure wing of Assisted Living and has 15 apartments. The second floor is known as The Cove and consists of 40 private rooms for rehabilitation and long term care.

This Friday, there is an Ice Cream Social. Next Friday, June 23rd, is the Miniature Golf Event.

At the last meeting, Carol said that she made the statement that she was not sure when Vic was leaving and he was gone the next day! We are still planning an event to give him a send-off and allow everyone an opportunity to say goodbye.

With respect to the affiliation, there is no new information and that is why David Woodward did not attend today's meeting. We are still moving forward and waiting for regulatory approvals. The next Afternoon Exchange will be on July 11th and we anticipate David will be in attendance.

Carol reviewed PMI's she had received:

- Could denser (light darkening) shades be placed on the 3 East facing windows in the Chart Room. At dinner/sunset the glare is blinding for those East facing diners. Carol said that we will take a look at it.
- We would like a small (bar size) pool table. The Quiet Room is the right size and no one wants to chase ping pong balls. Carol said that she would like to suggest formalizing the process of residents proposing or wanting a change. She suggested that an issue be addressed to the CALRA Board and then she and Gil Kaufman will work through the issue.
- A fenced outside garden for 2nd Floor and Safe Harbor residents would be great for their health. There is a fenced in area outside garden for Safe Harbor that anyone may use. It may be accessed by going through the Safe Harbor Dining Room.

- Could we ask the Lions Club to leave a drop box for our unused eye glasses? Carol will reach out to Deb Hamilton to follow up.
- The bottom of the door of the Guest Room needs cleaning. It has a lot of black marks and does not present a very good appearance to a visitor. We will take care of it.
- Requests for the Dietician: 1) can we have one green vegetable at dinner; 2) sugar free for one dessert listed every day; and 3) often there are 2 types of coleslaw, one with apples. Sometimes 2 potatoes or rice, is that really necessary? These items need to be addressed by the Dining Committee. Carol will pass them on to Corinne.

At that time, Carol opened the floor for questions and comments.

Bill Dunn said that on Saturday there was a funeral service for a resident and that a lot of other residents didn't attend because there was no bus service. Carol explained that if we provide transportation for IL resident funerals, then we have to do it for every funeral, which is a request we are not in a position to fill. She suggested that residents look to each other for help getting there. Dick Cleaveland said that the CALRA website has been opened up to allow residents to send messages to the rest of the group. There is information on companion help, transportation, questions regarding dogs, etc., and a mailing list.

Kathleen Dynan asked what percentage of residents are not on line? Dick replied that about 45% of residents are not. For those residents that are not on line, residents should reach out by phone or by putting a note in the mailbox.

Rebecca Rogers said that we were investigating a switch from Comcast to Dish. With the Springpoint affiliation, will that be reflected in our monthly bill? Carol said she is not sure yet.

Dick Kauffman said that an updated directory will be compiled mid-year and asked that we include Assistant Living residents by name and room number. Carol said that the picture directory is put together by the Resident Association and that we don't publish email addresses in the Cadbury Resident Directory. Calls to Assisted Living residents are transferred from the Front Desk. Dick will try and collect cell phone numbers in Assisted Living to be published.

Carol thanked everyone for coming and the meeting was ended.