



## *Pennsylvania Alliance of Retirement Community Residents*

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**MINUTES - PARCR Quarterly Meeting  
Bethany Village – Rife Center  
325 Wesley Drive; Mechanicsburg, PA  
Wednesday, January 8, 2020**

**MISSION STATEMENT:** *“To educate and inform residents of not-for-profit retirement communities in Pennsylvania by promoting the exchange of ideas, education and civic responsibilities of residents, and to encourage members to seek to be a part of informed decision-making in their communities.”*

**OPENING:** **President** Ida Jeanne Smith called the meeting to order at 10 AM, lead the mission statement and the Pledge of Allegiance. She thanked Green Ridge Village for hosting this meeting. They in turn thanked us for making space available since the group has grown so much in the last year.

**ROLL CALL:** 18 of 27 facilities present. Some unable due to the snowstorm on the previous day.

**LEADING AGE PA:** Legislative update - Anne Henry - The Governor's budget address will announce Medicaid changes which will cause decreasing reimbursements for some skilled nursing units in Continuing Care Retirement Communities (CCRC). Some communities will have to close skilled nursing areas due to the decreased funding. Leading Age (LA) will immediately begin advocating for increased Medicaid reimbursement but, more importantly, will be insisting that the Medicaid increases be tied to demonstrable quality initiatives at the facilities. With the new session, there will be 10 new faces in the House due to resignation or retirement as well as a new President pro tem. Taxing on retirement income is a dead issue for now but there will be discussions about property taxes. A question from the audience indicated that the discussions, up to now, have been mainly with Democrats but will expand to Republicans after the budget address.

**NaCCRA:** Dan Seeger – NaCCRA “National Continuing Care Residents’ Association” is a nationwide organization of CCRC’s for mutual sharing of information. Entering a CCRC is a major commitment and has financial risks. There have been examples of such communities declaring bankruptcy and leaving residents empty-handed. This organization's website (<https://www.naccra.com>), based on information from various state chapters, has a model Bill of Rights for a CCRC as well as information for those considering life in a CCRC. NaCCRA, a national organization with a \$50,000 budget and an all-volunteer staff, has useful information including a handbook for those living in or looking for a CCRC on its website.

**PROGRAM:** Kathy Morrison, MSN, RN, CNRN, FAHA has been Manager of the stroke program at Penn State University for the last 12 years. Her presentation about the recognition and treatment of stroke emphasized that the overwhelming majority of strokes are caused by blocked blood vessel but 15% can be due to hemorrhage, that strokes are occurring in increasingly younger age groups and that rapid recognition and treatment is essential for a good outcome. Interesting statistics and treatment options were presented in a PowerPoint which can be found on the PARCR website. She uses the acronym "BEFAST". B is Balance-has the person become unsteady on their feet? E is for Eyes-has the person lost vision in one eye or have the pupils become unequal? F is for Face-is one side of the person's face drooping? A is for Arms (or legs) has the person suddenly lost the use of an arm or leg? S is for Speech-has a person suddenly had garbled speech or trouble making words? T is for Time-ascertain as quickly as possible when the symptoms first started because if the patient worsens, they may not be able to give that information later. The best severe

stroke outcomes occur in those who qualify to receive Tissue Plasminogen Activator (TPA). In order to qualify, the patient must have a CT scan showing that there is no hemorrhage and have continued symptoms for less than 4.5 hours (three hours in some institutions). This drug dissolves blood clots but can also cause hemorrhage if given too late. It is essential that when one recognizes that a person is having a stroke, 911 be called for transport. Patients should not be transported by friends or family members to the hospital. If 911 is called, treatment begins as soon as the EMTs arrive. They will contact the hospital which, in turn, will activate a stroke alert and be prepared for the arrival of the patient who will be taken directly from the ambulance to the emergency treatment area. Aspirin, although useful for people having a possible heart attack, is contraindicated in patients who may be having a stroke for two reasons - first, the stroke could be due to hemorrhage and aspirin would make it worse, secondly, the stroke victim could have difficulty swallowing with the aspirin and water going into the lungs rather than stomach. The presentation was followed by a good question and answer session.

### **Great Buffet Luncheon enjoyed by all**

#### **“SHARING AN IDEA”:**

#### **Alicia Fenstermacher, Corp. Director of Community Life, Presbyterian Senior Living.**

One of the reasons that people move to CCRC is for wellness and health. Physical exercise is known to promote mental health. Functional disabilities increase with aging, occurring in only 4% of those 50 to 64 years old but in 20% of those 80 years of age. Regular exercise is known to delay the onset of functional disabilities, to increase energy levels, and increase socialization with others. Exercise takes many forms. Aerobic exercises improve the condition of the heart and lungs whereas mobility and flexibility are promoted by other types of exercises. CCRCs need to have programs such as yoga, weightlifting, meditation, personal training, low-level aerobic exercise, and 24 hour access to exercise facilities like the gym. Outdoor exercises are also important and attractive to many residents. These would include golf, bocci, tennis, biking, skiing, and other similar things. The speaker invited communities to be creative in this regard. The underlying thought is that a commitment to exercise programs is also a commitment to mental and physical wellness.

### **PARCR BUSINESS MEETING:**

#### **Chair Reports:**

**President Ida Jeanne Smith** Minutes of the October 9, 2019 meeting at Sprenkle Village were approved.

**Treasurer:** Henry Mathers reported this fiscal year's actual income and expense to date compared to the total amount budgeted for this fiscal year. In addition, the report reflected income and expense to date by category. A handout was provided for attendees. Bank balance is \$6102. Report accepted as presented.

**Membership:** Susan Martin – Reviewed the categories of membership and reiterated the need for her to be kept informed as to the names, email addresses, and telephone numbers of each community's contact people (Community Chair and official representatives). In times of transition due to elections, resignations, or similar, the PARCR Membership Chair must be informed so that urgent communications (such as cancellation due to inclement weather) can be sent. Emails will be sent in a timely fashion to the contact people who must then relay it to others as needed.

**Legislation:** Gail Stelger There are now several bills that are related to Medicaid funding for nursing care at CCRC. Anne Henry from Leading Edge is actively engaged with legislators on these issues. Fortunately, the legislators, themselves, seem to be increasingly looking to Anne for information about the problems with this funding. Many of the specific issues can be found in the minutes of the last quarterly meeting. Our members have been in contact with legislators in the past and, hopefully, will continue to do so. Gail will be sending information on new legislation when it becomes available and will specify which legislators should be contacted.

#### **Programs:** Bill Stelger – Upcoming Programs

April 8, 2020-Masonic Village, Elizabethtown-Larry Zook, Pres. and CEO of Landis homes, advisor to PARCR, “Current and Future Developments in CCRCs - new styles, new approaches.

July 8, 2020-Landis Homes, Lititz -Corey Miller, Dir. of information services, Cross Keys Village, "Recent Technology Advancements What May Be Coming Your Way".

October 14, 2020-Cornwall Manor-Dr. Drew, J. Stoken, Stoken Wagner ophthalmic Associates, Carlisle, "Aging Eye Health, Good Practices, Potential Problems, Treatments, Resources"

**At the July meeting, we will need suggestions for program topics in the coming year.**

**"PARCR POST":** Linda Heck – The April issue will be distributed on March 25 and, thus, any articles should be sent prior to February 28. Once she has received these articles, Linda will format them for proper placement in the newsletter. They will be returned to the authors for approval if changes are made. The newsletter is limited to 10 pages and thus some articles may be shortened but cannot be extended -include everything in your first draft. Someone from the community administration will also be asked to approve this article. The focus of these articles is on resident life and not meant to be a marketing tool.

**Meeting adjourned at 2:30 PM**

*Next Quarterly Meeting will be held at 10 AM on April 8, 2020 at Masonic Village, Elizabethtown, PA*

*The Executive Committee will meet at Masonic Village at 10AM on March 9, 2020*

Respectfully submitted,

A handwritten signature in black ink, appearing to read "John Judson". The signature is written in a cursive style with a large initial "J".

John Judson, Secretary