

AGENDA

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING

WEDNESDAY, MARCH 11, 2020 AT 9:30 A.M.

FAIRWAY ROOM AT CREEKSIDE COMPLEX

1. MEETING CALLED TO ORDER: Catherine Herdering, Chair
2. ROLL CALL: Herdering, Grizzell, Corda, Kaufman, King, Rapp, Remington, and Birdsall, ex-officio member
3. APPROVAL OF REPORT OF JANUARY 8, 2020 (Attachment)
4. CHAIRMAN'S REPORT
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
 - a. Report by Mark Metcalf, Fitness Center Manager
7. SUB-COMMITTEE REPORTS
 - a. Publicity
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
 - a. Update on agreement with UC Davis Alzheimer's Disease Center regarding research project. (Attachment)
10. NEW BUSINESS
 - a. Report from the joint subcommittee regarding guest use policy. (Attachment)
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, May 13, 2020, at 9:30 a.m. in the Fairway Room at Creekside Complex.

CH/II

cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, JANUARY 8, 2020, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chair, Catherine S. Herdering, at 9:30 a.m. on Wednesday, January 8, 2020, in the Fairway Room at Creekside Complex.

Present, in addition to the Chair, were James V. Grizzell, Vice Chairman, Janet Corda, Secretary; Alice King, Virginia Lee Rapp, Robert Remington, and Leslie Birdsall, ex-officio member and GRF representative. Larry Kaufman was excused. Also in attendance were Robert D. Kelso, President, GRF; Jeffrey P. Matheson, Director of Resident Services; Mark Metcalf, Regional Operations Manager of Active Wellness; Noah Yuzna, Fitness Lead; Cathy Tallyn, Staff Writer, and Dan Rosenstrauch, Photographer, Rossmoor News; and four residents. Attendance

The report of the Committee's regular meeting, November 13, 2019, was approved as written. Report Approved

The Chair reported that there were 255,146 visits to the Tice Creek Fitness Center and pools in 2019. Residents used 2,143 guest passes last year. The total revenue from personal training was \$230,086 for 2019 and total revenue was \$245,525. Chair's Report

There were no announcements or correspondence.

Mr. Metcalf reported that a new treadmill safety campaign is beginning, after a medical incident in December, with new signs and an article in the Rossmoor News. The Active Education program is starting up again, with free programs on the Pilates equipment by Jo Nash and the IBalance machine by Katleen Lamport. Staff Reports

Mr. Yuzna reported that a Fall Prevention seminar will start in late February with several trainers. A free Step and Sculpt class with Becky Beckelman and a fee based Ayurvedic workshop based on Indian health philosophy by Dennis Shimoko will also be offered. These will be announced in the Rossmoor News.

Mr. Matheson commended staff for their quick and effective response to a medical emergency in December. He reported that the contract with UC Davis for a five-year study of exercise and nutrition at Rossmoor will be signed this month. Publicity should begin in February with a community presentation and an invitation for residents to sign up. This program includes a full-time trainer and a half-time health coach, both funded by a UC grant. GRF will do the hiring and the University will pay their wages.

Alice King reported for the Publicity subcommittee that Marvin Schulman has been added to the Wall of Fame. Two more residents will soon be added; one featuring Pilates equipment, and the other, aquatics classes. Publicity

There were two speakers at the Residents' Forum, both opposed to music in the gym due to medical issues. It was pointed out that some with hearing problems cannot tolerate piped music and would avoid the gym if it were playing. For them, noise canceling devices do not block it out adequately. Residents' Forum

Under Unfinished Business, the Committee considered the results of the music survey. There were a total of 1,150 responses. Half voted for, and half against, ambient music being played in the gym. It was pointed out that people who prefer music have the option of bringing their own headsets. Music Survey Results

A motion was made by Ms. Rapp, seconded by Ms. Corda, and CARRIED UNANIMOUSLY to continue with no music in the gym.

Continue with No Music

Regarding New Business, the Committee discussed items for the Fitness/Aquatics Subcommittee to consider in February, and decided to raise the topic of the Guest Use Policy for guests of residents who are unable to attend with them due to illness or disability. The date and time for the Subcommittee is still to be arranged. Topics for Subcommittee

There being no further business to come before the Committee, the meeting was adjourned at 10:15 a.m. Adjournment

The next regular FCAC meeting will be held Wednesday, March 11, 2020, at 9:30 a.m. in the Fairway Room at the Creekside Complex. Next Mtg. 3/11/20

Catherine Herdering, Chair
Fitness Center Advisory Committee

CH/II

Agenda Item: 9a
Subject: UC Davis Study
Meeting Date: March 11, 2020

***SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE***

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Update regarding the UC Davis Health, Lifestyles Intervention Study, regarding the impact of diet and exercise on dementia and diabetes.

BACKGROUND:

In January of 2019, the GRF Board authorized an agreement with UCD Health for the completion of a study regarding the impact of diet and exercise on diabetes and dementia. UCD Health was applying for funding from the Department of Health to complete the study over a five-year period. UCD Health has been awarded the grant and the agreement between UCD and GRF has finally been executed.

The partnership to complete the study will involve GRF hiring a part time Health Coach and a full-time Fitness Trainer to work with study participants in administering dietary recommendations and aerobic exercise programs. The staffing expenses as well as other program expenses will be paid through the grant funding.

GRF has begun to advertise for the two positions and hopes to have hiring complete by the end of March. Training of the new staff will take place over the next several months. A presentation to the GRF Board by Dr. Johnson from UCD is scheduled for the March 26th meeting. Recruitment of resident participants has yet to be scheduled; however, a trial group will likely be selected for training and testing purposes over the next few months.

ALTERNATIVES AND OPTIONS:

Update only

ATTACHMENTS:

None

Agenda Item: 10a
Subject: Guest Use Policy
Meeting Date: March 11, 2020

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Report out from the joint subcommittee of the FCAC and AAC regarding Guest Use Policy.

BACKGROUND:

The joint subcommittee met in February to discuss the current Guest Use Policy. The main issue was the use of facilities by guests who may be visiting a resident who is not able to accompany the guest to a facility. The joint subcommittee was provided a copy of the current policy for consideration. After discussion, the joint subcommittee is recommending that no changes be made. The joint subcommittee felt that guests should be accompanied by a resident and if the sponsoring resident cannot attend, then a neighbor or friend should be the alternative. In the event a neighbor or friend could not take the guest, other opportunities should be pursued outside the gate, such as Heather Farms or a private gym.

OPTIONS:

The full FCAC or AAC can decide to accept the recommendation from the joint subcommittee or request the joint subcommittee further evaluate the issue to develop additional options for consideration.

ATTACHMENTS:

None