

**LEISURE WORLD COMMUNITY CORPORATION
HEALTH ADVISORY COMMITTEE
Tuesday, April 20, 2010**

MEMBERS PRESENT: Dr. James Kavanagh, Chair; Dr. James Curtin, Barbara Barnes, Jane Hause, Eleanor Friedenber, Muriel Brenner, Polly Wade, Peggy Life, Gail Greenberg, Morton Sclar, Francoise Lesage, Evelyn Perlmutter, Lillian Lynch, Shirley Garrison, Robert Spiegel, Marvin Freedenberg, Florence Foss, Carol Freibert,

MEMBERS ABSENT: Lawrence Jason, Dr. Henry Kissman, Roma Sohn

MANAGEMENT: Kevin Flannery, General Manager; Virginia Bronaugh, Administrator, Medical Center; Myrna Cooperstein, Director of Social Work; Gayle Shackleford, Secretary

VISITORS: George Lowy, Jackie Rabinow, Saul Hoch, Ruth Love, Harry Cohen, Renee Lease, Claire Bloom, Luda Murphy, David Frager, Edward Greenberg, Jay Harding, Robert Conn

1. **Call to Order** – Dr. Kavanagh called the meeting to order at 2:00 p.m.
2. **Review of Minutes** – The minutes of March 16, 2010 were approved as written.
3. **General Manager’s Report** – Kevin Flannery, General Manager, presented the March report.

Mr. Flannery answered questions regarding the Medical Center budget and physician contracts.

- a. Are the physicians getting extra payments when they treat medicare patients?
Answer: No. We are a participant under the Medicare assignment process. Medicare sets the rates for the services provided and then they reimburse based on their rate structure. There is no extra payment relative to a Medicare patient.
- b. Do the physicians pay rent for their offices? Are they paying for the administrative services provided? Answer: The physicians at Leisure World are outside contractors and are not employees of the Corporation. As an outside contractor we provide them with a proposed agreement each year. The driving force is volume which is associated with the number of hours they will provide services. We pay them a percentage of the volume they generate. The remaining percentage is used to offset the operating expenses. They don’t pay a direct rent payment nor do they directly pay for the overhead consumed by them, but indirectly by the split in the volume separation. We have tenants in the building. Atlantic Physical Therapy pays about \$90,000 a year in rent which also goes into offsetting operating expenses. The majority of the equipment in the Medical Center is either owned by the community or under lease by the corporation.

- c. **Additionally, do the doctors receive a lump sum from the \$750,000 subsidy?**
Answer: The subsidy of the entire medical center operations is budgeted to be in 2010 about \$720,000. This includes the clinical operation, social services, nursing and pharmacy. When you take all the revenue generated and you offset all the expenses, collectively \$725,000 is what the residents of Leisure World are subsidizing.

4. Subcommittee Reports

- a. **Health News** – Mrs. Hause reported on an article on safety in fiberglass showers and tubs. The article was researched and written by Ruth Love, a resident of Leisure World. The metal or plastic horizontal wash cloth bar in the showers and the vertical bar on the outside of the shower are not meant to be a grab bar. They are not designed to support the weight of someone falling. Check for cracks in the fiberglass on a regular basis. Extensive research tells us that it is not possible to install grab bars in our fiberglass Leisure World tubs and showers. Such bars would not comply with state or American Disabilities Act regulation. There are several other alternatives for a safe bath or shower. The second report is on the Swine flu vaccine. The Leisure World Medical Center still has the vaccine. The flu is expected to increase in the following months.
- b. **Health Education: Preventive Medicine** – The committee will meet after the meeting to review Ruth Love’s paper on the safety in fiberglass showers and tubs.
- c. **Health News Archive** – Mrs. Life reported she is up to date on the archives book except for one article.
- d. **File of Life** – Mrs. Life reported that she has a good supply of the File of Life.
- e. **Blood Pressure** – Mrs. Wade reported that 89 residents came for blood pressure the first Tuesday and there were 85 today. The first hour no one was coming. She realized that the big sign was no longer being used due to the remodeling of the lobby. Mr. Flannery will see that the sign will continue to be posted.
- f. **Health Legislation** – Mr. Freedenburg is glad to be back, but did not have a formal report.

5. Medical Center Reports

- a. **Administrator** – Mrs. Bronaugh reported on the following items regarding the Medical Center.

EDUCATION PROGRAMS

A lecture on Incontinence and Pelvic Floor Exercises will be presented by Atlantic Physical Therapy on Tuesday, April 27, 2010 at 10 a.m. in Clubhouse 2.

A lecture on sleep apnea will be presented by Dr. Mark Miller, Director of the Sleep Disorders Center at Montgomery General Hospital. This program will be presented on Tuesday, May 11, 2010 at 10 a.m. in Clubhouse 2. (The lecture has been postponed and will be rescheduled at a later date).

Health Fair will be Thursday, April 29, 2010 from 9 to 12:30 in the Ballroom of Clubhouse 1. Screenings will include blood pressure, balance, blood oxygen, glaucoma, and BMI. Information will be available from groups representing arthritis, COPD, hearing loss, tremors, stroke, county senior programs and others. A massage therapist will offer seated massage. Drawings for prizes will

take place throughout the morning including a microdermabrasion treatment at the Medical Center and the grand prize of a complete cardiac checkup valued at \$1500 which includes lunch with the cardiologist.

MEDICAL STAFF NEWS

Employees at the Medical Center recently completed their annual OSHA training. The training includes how to protect employees from blood-borne pathogens (Hepatitis, HIV), a review of Universal Precautions and protection from airborne pathogens (Flu, TB), the identification of hazardous materials used in the clinic (cleaning supplies, chemicals) and treatment of accidental exposure to them. General safety plans were reviewed for fire, for hazardous waste or chemical spills and for workplace violence. Evacuation procedures were reviewed and how to respond to an OSHA inspection, especially knowing where we keep our manuals and records. The training is required annually and documented so that we are in compliance with regulations.

At our monthly staff meeting we heard Peter Muller, Ambassador for Essential Tremor to MD, VA, and DC speak to us about this disease. We learned that it is similar to Parkinson's disease in that it involves a tremor but ET occurs 8 times more frequently than Parkinson's disease (and is often misdiagnosed as PD) and the treatments are very different. He estimated that 1 in 6 people in Leisure World have Essential Tremor. It is inherited about 70% of the time. It involves tremor in both hands, head tremor (much more pronounced in women than men) and voice tremor but can also affect other parts of the body (legs, inner shaking). This leads to problems with balance, hearing loss, depression and even the ability to obtain dental care. Medications prescribed are propranolol, seizure medication or anti-anxiety medication but in 50% of the cases these did not work and people give up hope for control. Anxiety seems to be a trigger. The tremor usually responds to alcohol, unlike a Parkinson tremor. Current treatments include Deep Brain Stimulation (DBS), alternative treatments such as meditation, Tai Chi, Yoga, and acupuncture. Research is being done using a derivative from orange peel called 1-Octanol. There is a support group in Leisure World for those who suffer from Essential Tremor.

SOCIAL SERVICES

Mrs. Cooperstein reported that the social workers are in the process of educating themselves on how to help the mentally challenged residents fill out Advance Directives. Mrs. Cooperstein shared information regarding a publication new to Montgomery County entitled Guide for Residents 60 and Older Living and Thriving in Montgomery County. To get copy of the publication, call 240-777-3000. The Ride On bus services that come to the Park and Ride on Norbeck Road is considering reinstating the \$.80 charge to seniors during off peak hours. There is a hearing Thursday evening.

6. **Unfinished Business** – None
7. **New Business** – Mrs. Foss asked about the structure of subcommittees. Dr. Kavanagh explained that the subcommittees are formed by the members of the committee. If a

committee member has an interest in a particular topic, they can form a subcommittee to report on that topic.

Mrs. Brenner volunteered at the new emergency room at Montgomery General Hospital. She was very impressed.

8. **Open Forum** – The committee heard comments and questions from the residents on the following topics:
- It was recommended the members of the Health Committee may want to visit the MGH Sleep Apnea Center. It is nationally recognized for its excellence. (Jay Harding)
 - The Maryland Secretary of Aging , Gloria Lawlah, will be speaking at Leisure World on May 8. The topic will be new federal and state programs effecting senior citizens. (Jay Harding)
 - Is the committee going to do anything to publicize the information on the grab bars? There is information in the current edition of the Leisure World News.
 - Can residents review the budget for the Medical Center? Mr. Flannery responded that there is a copy of all the operational budgets in the library in Clubhouse I.
 - What health insurances are accepted at the Medical Center? If we were to accept insurances other than Medicare, we could increase the number of people using the center. The lab could also increase the insurance they accept. (Luda Murphy) Mrs Bronaugh responded by saying most of our patients do have Medicare as their primary care insurer. We also participate with Blue Cross Blue Shield, GEHA, Tricare and Railroad Medicare. Our fees our 5% above what the Medicare fee schedule lists. For any person who comes in and sees a physician, we can provide them with a fee ticket and they can send it to their insurance company. This would be treated as an out-of-network charge. The lab takes both Quest and Lab Corp orders and this should cover just about anyone wanting services from the lab. The lab will also go on a home visit. The lab is a tenant of the Medical Center and pays rent.
 - Are pharmacy prices competitive with outside pharmacies? Is there anything we can do with the pharmacy prices to make them more competitive. Mrs. Bronaugh responded that prescription prices are determined by your insurance carrier. It will be the same whether it's billed at Leisure World or any other pharmacy. Our agreement with the Epic Pharmacies has enabled us to make our purchases for over-the-counter items at a very reasonable rate, but our volume is low and we cannot market items as low as you would find at Giant, Kmart or CVS.
 - Questions with respect to the budget: What is the hourly rate the physicians receive? How many hours do they work and what are their hourly rates? To what extent is our current physician staff underutilized? Mr. Flannery responded. The average reimbursement rate for our physicians in aggregate is between 62 to 64% of volume.
 - Has this committee or management ever considered having an open house where each physician will introduce themselves? What have we done to market/advertise? (Bob Conn) Mr. Flannery responded. The physicians market through the monthly presentations we have as part of the educational

seminars. The Leisure World newspaper has the half-page notice of the Medical Center in every issue which identifies the physicians. There is a health column in the newspaper. The health fair is another example of the marketing done by the Medical Center.

- Why is there a Medical Center subsidy? (Harry Cohen) Mr. Flannery responded. The patients seen at the Medical Center receive special care. Our patients require more time, and therefore, we see fewer patients than other doctor offices. We have made cutbacks. We have eliminated the 24 hour nurse to help save money. There are no more opportunities to cut. We need to build revenue to bring down the subsidy.

9. Next Meeting Date – May 18, 2010

10. Adjournment – The meeting adjourned at 3:10 p.m.

Dr. James Kavanagh
Chair, Health Advisory Committee