

**LEISURE WORLD COMMUNITY CORPORATION
HEALTH ADVISORY COMMITTEE
Tuesday, December 15, 2009**

MEMBERS PRESENT: Dr. James Kavanagh, Chair; Dr. James Curtin, Barbara Barnes, Marvin Freedenberg, Eleanor Friedenber, Muriel Brenner, Dr. Henry Kissman, Polly Wade, Roma Sohn, Robert Spiegel, Jane Hause, Francoise Lesage

MEMBERS ABSENT: Morton Sclar, , Lawrence Jason, Robert Bensel, Peggy Life

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

VISITORS: Shirley Garrison, Gail Greenberg, John Quill, Lillian Lynch, George Lowy

1. **Call to Order** – Dr. Kavanagh called the meeting to order at 2:00 p.m.
2. **Review of Minutes** – The minutes of November 17, 2009 were approved as written.
3. **General Manager’s Report** – Mr. Flannery, General Manager, presented the December report.
4. **Subcommittee Reports**
 - a. **H1N1 (Swine) Flu** –Dr. Kissman reported that the H1N1 flu cases seem to be decreasing. The flu indicators are still higher than is normal for this time of year. Mrs. Bronaugh reported that we have a small amount of H1N1 vaccines available at the Medical Center for the health care workers. We hope to have more by the middle of January. Mrs. Sohn reported that there will be a Swine Flu vaccination clinic December 20 at the Rockville Campus of Montgomery College from 7:00 am to 3:00 pm. The more times you have actually had the flu and the more times you have gotten vaccinated, the more immunity you will have.
 - b. **Health News** – Mrs. Hause reported on an article entitled Eyeing Exercise. It stated you can boost your eye health by regular vigorous exercise like jogging and jumping rope. It may help ward off cataracts and macular degeneration. Ms. Sohn reported that researchers are hoping to reverse balding with work they are doing on hair follicle stem cells. There is also research with the intake of soy products that may help to lower breast cancer recurrence and death. Some osteoporosis fighting drugs seem to give some protection from invasive breast cancer, but not from intraductal breast cancer. Long term use of statins may decrease gall stone disease because they decrease the cholesterol concentration in the bile. An association has been found between a combination of some infections

and the increase in stroke risk. The infections they have studied regarding this are Herpes Simplex (cold sores), Chlamydia Pneumonia, Cytomegalic Virus, Shingles, and H.pylori, which is connected with getting ulcers.

- c. Health Education: Preventive Medicine – No report
- d. Health News Archive – No Report
- e. File of Life – No report
- f. Blood Pressure – The blood pressure totals for today were 49. The first Tuesday the total was 54.
- g. Health Legislation – Mr. Freedenberg submitted the following report for inclusion in the minutes:

Reid to include public option in Senate health care bill

Proposed legislation aimed at overhauling the U.S. health care system will include a public option but will give states the choice of opting out, said Senate Majority Leader Harry Reid. “While the public option is not a silver bullet, I believe it’s an important way to ensure competition and to level the playing field for patients with the insurance industry,” Reid said. The Democratic leader said he will send his version of the bill to the Congressional Budget Office for an evaluation of its fiscal effects. A White House spokesman said President Obama is pleased that the public option will be included in the bill. *BusinessWeek, Reuters, Los Angeles Times, The New York Time*

On the topic of the public option, Mr. Freedenberg did say that in just the past couple of days it now looks like there may not be a public option. He suggested that people follow the newspapers everyday for the latest information.

House wants \$60B in Medicare rebates, 12-year shield for biotech drugs

The House’s health reform bill would require drug makers to pay an estimated \$60 billion in Medicare reimbursements throughout 10 years and allow the federal government to negotiate prices directly with companies. The bill would also grant manufacturers of brand-name biotech drugs 12 years’ exclusivity before generic rivals can be launched. Ken Johnson, senior vice president of the Pharmaceutical Research and Manufacturers of America, warned that the Medicare provisions “could lead to catastrophic job losses and cuts to (research and development).” *The Wall Street Journal, The Hill*

Trade group recommends FDA safety seal for online drug, device data

The FDA should create a universal safety symbol certifying agency-approved data about drugs and medical devices on the Internet, a pharmaceutical trade group recommended. The proposal was issued ahead of a public meeting on how the FDA should handle social and online media promotion of medical products. *Reuters*

Affordable Health Care for America Act

On November 7, the House approved the Affordable Health Care for America Act (H.R. 3962) by a vote of 220-215. The bill requires all Americans to secure qualified health insurance coverage unless exempted and would expand coverage to an additional 36 million Americans. Americans will be able to keep their existing insurance or purchase insurance through an insurance exchange that

offers private plans as well as a public insurance option. The bill provides subsidies for low-income individuals and families and some assistance to small businesses. Large employers must provide health insurance coverage or pay penalties. The bill also expands Medicaid and includes a number of health insurance market reforms including a ban on discrimination based upon pre-existing conditions.

Companies bolster lobbying against drug importation

The pharmaceutical industry launched a lobbying campaign against a health reform proposal that would allow drug imports from Canada, Europe, Australia, New Zealand and Japan. The measure has gained support from senators from both political parties, including Sens. Olympia Snowe, and John McCain. *The Washington Post*

5. Medical Center Reports

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

EDUCATION PROGRAM

Medicare Part D: December 31, 2009 is the deadline for changing Medicare Part D Drug plans.

Prescription drug plan premiums range from \$11.60 to \$120.20. The plans differ in their deductibles, co-payments, drug formulary restrictions, and whether there is coverage in the gap (generic coverage in the gap is sometimes offered).

It is important to note that there are programs that help older and disabled individuals (who are financially eligible) to pay the premiums, deductibles and co-insurance payments for Part B. These programs are run by the Dept. of Social Services. There is also a low income subsidy program that helps individuals that qualify with payment of the Part D premium. This program is administered by Social Security.

One of the Leisure World Social Workers, Wilma Braun, is available to help people select a Part D drug plan. This can be done by accessing the Medicare website and entering the drugs that a person takes. A list of the least expensive plans that cover those drugs is produced. A person can select from the list.

Starting in March there will be several lectures on hip and knee conditions. In January we will also begin the preparations for the Health Fair to be held on April 29, 2010.

NEW PHYSICIAN

A new ophthalmologist/retina specialist has moved to this area. Dr. Setarah Vistamehr has opened her office in Olney. She received her Medical Degree in Iran. Her internship, residency, and fellowships were at Yale University School of

Medicine and Yale New Haven Hospital. She is board certified and interested in joining the practice in Leisure World.

THANK YOU to members of this committee. Your support for the Medical Center and work that has been done on the health projects for the community is appreciated.

SOCIAL SERVICES

Mrs. Cooperstein reported that all health insurance supplemental plans are allowed to raise prices in 2010. Part B of Medicare, which is doctor visits and home health care, is now tied to income. Part D is also going up in price.

The social workers have been involved in problem solving when dealing with residents' problems that impinge on their neighbors. There are questions such as what we can ask of the mutuals and how to energize families to respond to us. Throughout the county there are similar problems concerning neighbors whose problems disrupt others.

6. **Unfinished Business**

7. **New Business**

8. **Open Forum** – Dr. Kavanagh asked Mr. Flannery to explain to the committee and guests the guidelines for Open Forum. Mr. Flannery stated that the Board of Directors and Associations follow Roberts Rule of Order. The open forum is an opportunity for the guests to share comments and concerns with the advisory committee. It is not a time to debate issues.

Mr. Quill shared with the committee that he had visited the walk-in clinic in Aspen Hill. He suggested that members of the committee visit it also.

9. **Next Meeting Date** – January 19, 2009. Dr. Kavanagh reported that the committee will have six new members for 2010. A form will be passed out during the January meeting for members to include information concerning their health background or health committee interests, as well as email address and phone numbers.

10. **Adjournment** – The meeting adjourned at 3:00 p.m.

James F. Kavanagh, Ph.D.
Chair, Health Advisory Committee