

**FIRST THURSDAY HEALTH LECTURE COMMITTEE ANNUAL REPORT
2015**

2015 Chair: Bud Spierling Chair since 2015

2016 Chair. Same

Mission Statement: To offer regularly scheduled educational programs on health, wellness, and medical topics by qualified health professionals.

Changes: None

3) Summary of activities and accomplishments

- Jan. Staying Well At Kendal, Brandy Palmer & Jill
 Connors, K@O's Depts. Of Physical Therapy & Fitness

- Feb: Pain Management, Dr. Georgia Newman MD., Medical
 Director K@O

- March: Lorain County Free Clinic, Paul Baumgartner Jr.,
 Executive Director

- April: Driver Safety, Lori L. Cook, Safety Advisor, AAA East
 Central Ohio

- May: Medication Benefits & Risks, Dr. John Voytos MD., Asst.
 Medical Director, K@O

- June: Partnering with Dementia, Jennifer Brush MDiv., Author of
 "I Care".

- Oct: Parkinson's and Essential Tremor, Dr. Benjamin Walter,,
 Medical Director Deep Brain Stimulation Program,
 University Hospital Case Medical Center

- Nov: Cleveland Memorial Society, Bill McCullam, President of
 the Board of Directors.

In addition to these programs we started two new activities. At the Beginning of the year, the committee sent a directed questionnaire to Kendal residents requesting they express their interests for future Programming. Their response was most gratifying. As a direct result we scheduled the first on-site driver safety education courses taught by our April speaker, AAA safety instructor, Lori L. cook. Three sessions were scheduled, May, June and Sept. All sessions were over-subscribed and the response from participants was overwhelmingly positive. Due to illness, the June session had to be rescheduled, which caused some difficulty. We have received requests to repeat this program next year.

Problems; Needs; While medical expertise and fascinating topics abound in this area, we can only recompense our speakers with hospitality and a meal with the committee. We therefore must depend on our speakers generosity and community service. This does present difficulties as some of the major clinics in our area require us to work through their speakers bureaus and obviously require a stipend. So far we have managed to circumvent this as attested to by the quality of our past and current programming. We strive diligently to avoid speakers whose only purpose is to overly promote their own agenda.

This brings me to one of our needs ie. A budget. One of our members pointed out that we submit a statement for services to Dining Services with no authorization from our sponsoring committee. I plan to remedy this by submitting a request to our supervising committee, F. & H.

Plans for 2016 and Future. We plan to continue to provide high quality programs for Kendal residents which speak to their interests and to our mission. We at present are filling the schedule for 2016.

Committee Members: Nancy Beauchamp, Jerry Berner, Virginia Erdy, Ruth Miller, Don Parker, Bud Spirling, May Zitani, Ron Price, P. Lal Arora and Bill Ho;ie.

I cannot end this report without expressing my gratitude to Ruth Miller for her invaluable help to me in this transition year. Also Kudos to the entire committee membership for their contributions to keep the agenda rolling..