

**COUNCIL OF EXCELLENCE
HEALTH AND WELLNESS COMMITTEE
POLICY AND VISION**

At Lou Walker Senior Center, wellness is a dynamic process of mental, physical, and social change. It involves awareness of, and making choices toward, a more fulfilling and healthy life.

PURPOSES:

1. The Council of Excellence Health and Wellness Committee work with its members' and DeKalb county's resources to promote member awareness of preventative healthcare and implement national health initiatives.
2. This committee thinks holistically to consider general aspects of participating members' life and how that impacts his or her health.
3. We introduce theoretical frameworks to help implement preventative measures for health and well-being.
4. We encourage, inform, guide and motivate our members to consider health screenings, annual check-ups, and immunizations.
5. We offer health education and support that includes environmental health concerns.
6. Work with the DeKalb County community resources to promote real opportunities for each member to connect within the Lou Walker community and improve their physical, psychological, and social well-being

GOALS:

1. Assess particular health and healthcare needs of participating members in order to: identify healthcare gaps, individuals who are at risk of illness, and members who could benefit from health promotion.
2. Spend face to face time with members to gain insight into the Lou Walker community and societal factors that impact their lives and health.
3. Enhance emotional and mental health, and minimize possible social isolation.

PROCEDURES:

1. Providing screenings of blood pressures, and blood sugars.
2. Providing influenza immunizations.
3. Providing meaningful health education, seeds of knowledge that bring health awareness through motivational messages that includes arthritis, decreased mobility, fall risks, heart attacks, and strokes.

4. Providing discussions concerning insect bites, poison control, and the prevention of motor vehicle accidents. Providing support involving healthcare and chronic disease management

**COUNCIL OF EXCELLENCE
HEALTH AND WELLNESS COMMITTEE
MONTHLY REPORT**

September 1, 2018

1. Please welcome the newest members of the Health and Wellness Committee: Sherrie Cooper and Brenda Goodman.
2. I am attending a program offered by the United Way's Community Building Institute and applying for a grant it's offering that could finance our healthcare assessment equipment.
3. This Committee would like to confer with the Safety Committee Chair, regarding the availability and location of any and every Automated Cardiac Defibrillators within this center for use in the event of any unforeseen cardiac arrest.
4. **We would like to work with the center's activities and program directors** to promote and support the utilization of speakers & classes from DeKalb County's Health and Human Services dealing with cardiac arrest, the use of the automated cardiac defibrillator, CPR, stroke, etc.
5. We respectfully request to join in on & continue efforts to provide booklets, flyers, and pamphlets that give information on various health issues such as: Cardiac arrest, Stroke, fall risk, etc. in the designated areas in and outside the gift shop.

Respectfully Submitted,

Sonja Elliott,
Chairperson