



**LWSC Council of Excellence**  
**Committee Report – DATE: January 14, 2020**

Submit report to: [lwscouncilofexcellence@gmail.com](mailto:lwscouncilofexcellence@gmail.com)

**Committee:** Health and Wellness

**Officer/Chairperson:** Sonja Elliott

**Committee Members:** Brenda Goodman, Emma Knight

- This committee continues to seek and recruit members of the Lou Walker Senior Center who are interested in joining it. No health care experience is required.

**1. ACTIVITIES COMPLETED FOR THIS MONTH:**

- Participated in Executive Board Meeting.
- The health and wellness committee will work within the Lou Walker Health and Wellness Station.

**2. ACTIVITIES PLANNED FOR FUTURE:**

- The opening of this health station is tentatively scheduled for a Tuesday in January 2020. Our services will be available on Tuesdays and Thursdays from 10 a.m. until 12 p.m. The station will operate in the area outside the victory room and across from the hair salon.
- We request that this information be promoted on Lou Walker's web page after open enrollment for this winter and spring session is completed.
- Continuing to encourage and focus on promoting a more cohesive and effective Health and Wellness Team.

**3. ACTION REQUIRED FOR EXECUTIVE COMMITTEE:**

- Continue to provide input and support to this health and wellness committee as needed

**4. ACTION REQUIRED FOR LWSC:**

- We request that the above information regarding the opening and operation of the health station be promoted on Lou Walker's web page.
- Work with staff members to provide Basic educational material as available.
  - Providing information about influenza, pneumonia, and shingles immunizations. Provide meaningful (small group) health and wellness education sessions
  - Coordinate and provide training opportunities on basic CPR training, which includes use of the Automated Cardiac Defibrillator.
  - Continue to provide input into and support to this committee as needed

**5. MOTION STATED FOR EXECUTIVE COMMITTEE  
CONSIDERATION/RESOLUTION/RECOMMENDATIONS:**

- The Health and Wellness Committee again motion that the Lou Walker Senior Center:
  - Promote an annual operating budget and fees needed to support and operate the Health and Wellness Station

**6. CONCERNS, OPPORTUNITIES FOR CELEBRATION:**

- The Health and Wellness Committee is getting closer to its opportunity to provide basic blood pressure checks and basic educational material to every member of the Lou Walker Senior Center
- We will also assist with the promotion of health care initiatives such as: cardiovascular health, diabetes, heart disease, hypertension, stroke, obesity, breast and prostate health 🙌

**7. OTHER:**

I, Sonja Elliott, sincerely thank each and every member of the council of excellence team, the beginning dance class, Dr. Merrill White, Ms. Emma Knight, et.al, for your congratulatory and get well wishes. I really appreciate you.