



**LWSC Council of Excellence**  
**Committee Report – DATE: February 11, 2020**

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

**Committee:** Health and Wellness

**Officer/Chairperson:** Sonja Elliott

**Committee Member(s):** Mrs. Emma Knight

- Shirley Chisholm, America’s first African American U.S. Congresswoman, and the first woman to run for the office of the presidency, said: “Service is the rent that you pay for room on this earth.” This committee continues to seek and recruit members of this senior center who believe that their lives are productive, and who are seeking additional purpose for being, to serve as a volunteer by joining this Health and Wellness committee.

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

- Participated in Executive Board Meeting.

**2. ACTIVITIES PLANNED FOR FUTURE:**

- The opening of this health station is delayed due to ongoing construction within this senior center. The station’s area of operation is under new discussion.
- This team will provide basic blood pressure checks and educational materials to members of this senior center.
- Our services will be available on Tuesdays and Thursdays from 10 a.m. until 12 p.m.
- We request that this information be promoted on Lou Walker’s web page.
- Continuing to build, encourage, and focus on promoting a cohesive and effective volunteer 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:**

- This committee sincerely thanks members of this senior center who serves as a volunteer member of this Health and Wellness committee.