



LWSC Council of Excellence
Committee Report – DATE: October 9, 2019

Submit report to: lwscouncilofexcellence@gmail.com

Committee: Health and Wellness

Officer/Chairperson: Sonja Elliott

Committee Members: Brenda Goodman, Emma Knight

- This committee continues to seek, then recruit, members of the Lou Walker Senior Center with health care experience and are interested in joining it.

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, which is overseen by Mr. Tyrone Bailey. This health station will be located within the fitness office, which is adjacent to room 106.

2. ACTIVITIES PLANNED FOR FUTURE:

- We are awaiting a return phone call and/or E-mail from “Brigitte” regarding the approval of our list of equipment, and purchase of supplies needed to operate the health and wellness station.
- Continuing to encourage Health and Wellness Committee members to attend monthly meetings focused on promoting a more cohesive and effective Health and Wellness Team that is generating comradery, and promoting health and wellness within the Lou Walker community
 - Discussing, planning, implementing, and evaluating the opening of Lou Walker’s Health and Wellness Station

3. ACTION REQUIRED FOR EXECUTIVE COMMITTEE:

- Secure fees needed to operate the Health and Wellness Station continually
- Continue to provide input into and support to this committee as needed

4. ACTION REQUIRED FOR LWSC:

- Secure fees needed to operate the Health and Wellness Station continually
- 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:
 - Purchase each and every listed equipment and supplies needed to operate our Health and Wellness station
 - 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 minor assessments, basic first aid, and basic life support 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: