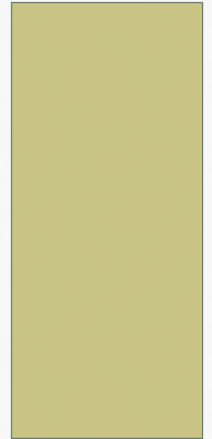


PRESBYTERIAN HOMES
CENTRAL TOWERS
HEALTH & WELLNESS
CHALLENGE

FEEL LIKE A KID AGAIN!

REBECCA WILSON, RECREATION/VOLUNTEER DIRECTOR
& OUTREACH, CENTRAL TOWERS
YINKA AJOSE, RN, BSN, PHN, MBA, CENTRAL TOWERS



PHS-CENTRAL TOWERS

HEALTH & WELLNESS CHALLENGE

FEEL LIKE A KID AGAIN

Introduction & Context of PHS-Central Towers

Challenges Addressed

- Our plan of Action
- What we incorporated into our residents lives
- Strategies & Measures
- Processes/Activities that are now best practice

Review Our Outcomes

- Story of how it impacted our residents
- Challenges & how challenges were mitigated

Next Steps

- How have we moved forward?
- Staff decreased, what's next?
- What we have learned & would do differently

INTRODUCTION & CONTEXT OF PHS-CENTRAL TOWERS

History of Central Towers

- Built in 1966 by Central Presbyterian Church to serve low income adults
- 274 Studio Apartments
- Mixed population of younger & older adults



JUNE 21, 1965

INTRODUCTION & CONTEXT OF PHS- CENTRAL TOWERS

50th Anniversary of Central Towers

- Mission site for PHS
- Serving low income seniors
- Independent & Assisted Living
- Studio, 1 bedroom & 2 bedroom



WHAT WE 'VE INCORPORATED INTO OUR RESIDENTS LIVES

Building our Teams

Utilizing a “Biggest Loser” type program (minus stepping on the scale)

- Encouragement
- Socialization
- Fitness
- Health
- Emotional well being
- Spiritual



WHAT WE 'VE INCORPORATED INTO OUR RESIDENTS LIVES

CT Wellness Challenge Symbol

Our team players recognized the symbol on everything that pertained to the CT Wellness Challenge

- Flyers
- Invitations
- Certificates
- Newsletter articles
- Message board slides



WHAT WE'VE INCORPORATED INTO OUR RESIDENTS LIVES

Activity Log

- An example of a player on the Green Team
- An initial for each activity attended for a minimum of 20 minutes

Activity Log- CT Wellness Challenge Contest
 Dates: April 6th-May 31st, 2015
 Resident Initials OR Team Color Green

Activity	Date Initial	Date Initial	Date Initial	Date Initial	Date Initial	Date Initial	Date Initial
Calendar Activities w/ Pastor Wes	4/16	4/18	4/20	4/23	4/27		
Air Hockey/Foosball Assessment /Tug Test w/ Coach 1x per month	4/8	4/15	4/18	4/20	4/23	4/26	4/29
Bingo	4/9	4/12	4/15	4/19	4/23	4/26	4/29
Blackjack	4/6	4/12	4/13	4/20	4/23	4/27	5/4
Blood Pressure	4/8	4/15	4/22	4/29			
Board Games							
Crafts	4/13	5/2					
CT Outings	4/6	4/13	4/19	4/20	4/21	4/24	5/4
Exercise	4/10	4/13	4/19	4/20	4/21	4/24	5/4
Group Walk	4/10	4/13	4/19	4/20	4/21	4/24	
Ice Cream Social	4/10	4/13	4/19	4/20	4/21	4/24	
Monthly Breakfasts	4/8						
Sing Alongs							
Special Events	5/9						
Survey (Turn in by due date)	5/7						
Tai Ji Quan	4/6	4/8	4/10	4/13	4/15	4/20	4/21
Trivia	4/6	4/8	4/10	4/13	4/15	4/20	4/21
Wheel of Fortune	4/6	4/8	4/10	4/13	4/15	4/20	4/21
Wear Team Shirt on Wellness Wednesdays	4/8	4/15	4/22	4/29			
Wii U Gaming	4/8	4/15					

WHAT WE'VE INCORPORATED INTO OUR RESIDENTS LIVES

Activities, Tournaments, Wii Gaming, Carnivals, Air Hockey, Team Puzzle Building, Foosball, Musical Offerings & Many Fun Choices.



WHAT WE'VE INCORPORATED INTO OUR RESIDENTS LIVES

Walking Groups, Blood Pressure Clinics, Staff Lead Senior Aerobics, 5K Walk, & Loads of Wellness Opportunities!



PLAN OF ACTION

Improve the health of seniors in the area of

- Blood pressure monitoring
- Socialization/Self perceived mood
- Medication management
- Mobility

STRATEGIES/KEY DRIVERS

- Wellness Programs
 - Daily & weekly exercise programs
 - Weekly Blood Pressure Clinics
 - Tournaments, contests and recognition programs
- Surveys and Activity Tracking Tools
 - Weekly blood pressure logs/daily activity logs
 - Monthly health surveys

STRATEGIES

- Communication/Community Engagement
 - PHS newsletter, fliers and media
 - Weekly team meetings, gatherings and mini huddles
 - Peer mentoring/ One on one resident coaching
 - Weekly staff meeting
 - Daily resident engagement and planning
- Incentives for Participants/Peer pressure
 - Provide opportunities for residents to engage with each others with new games
 - Create opportunities for resident groups to compete with one another and win awards and prizes

MEASURES & OUTCOMES

MEASURES & OUTCOMES

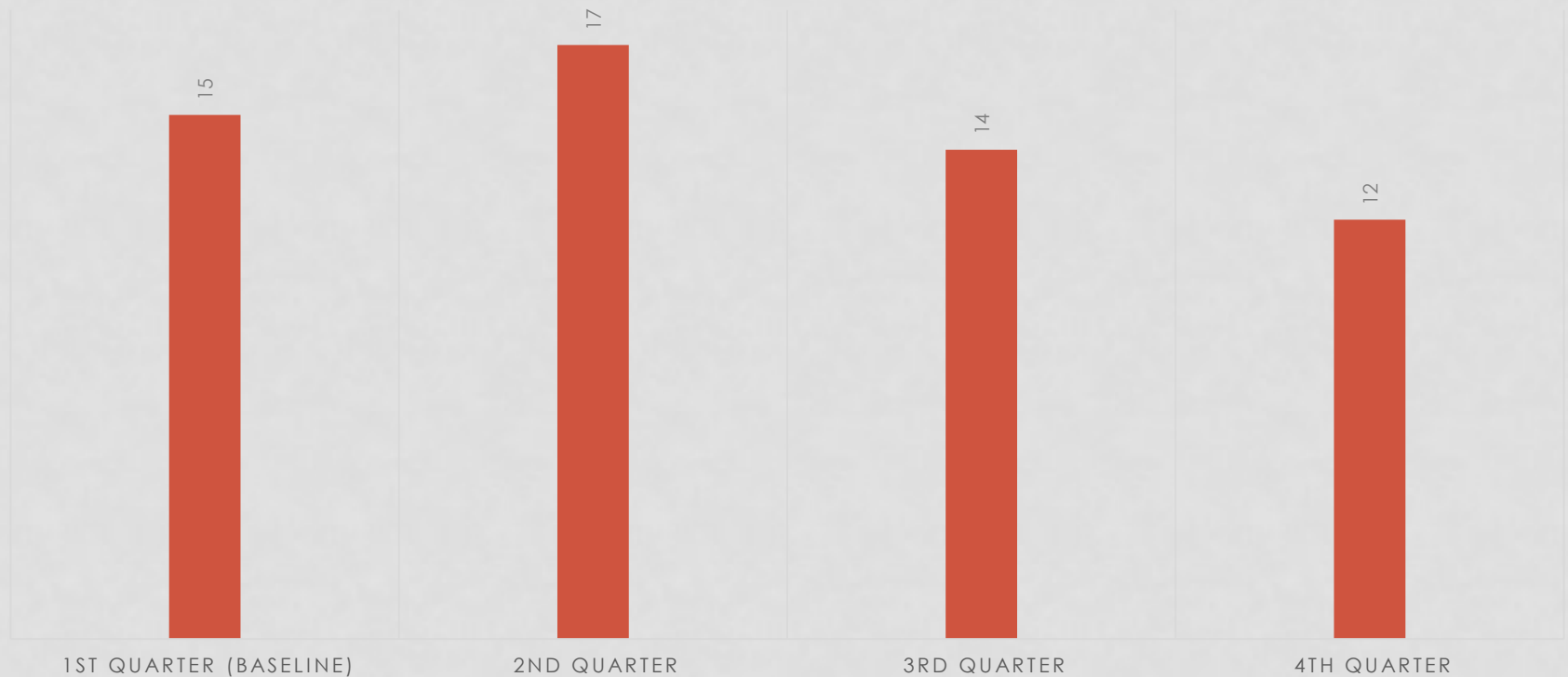
■ Blood Pressure (number of residents with high blood pressure)



MEASURES & OUTCOMES

MEASURES & OUTCOMES

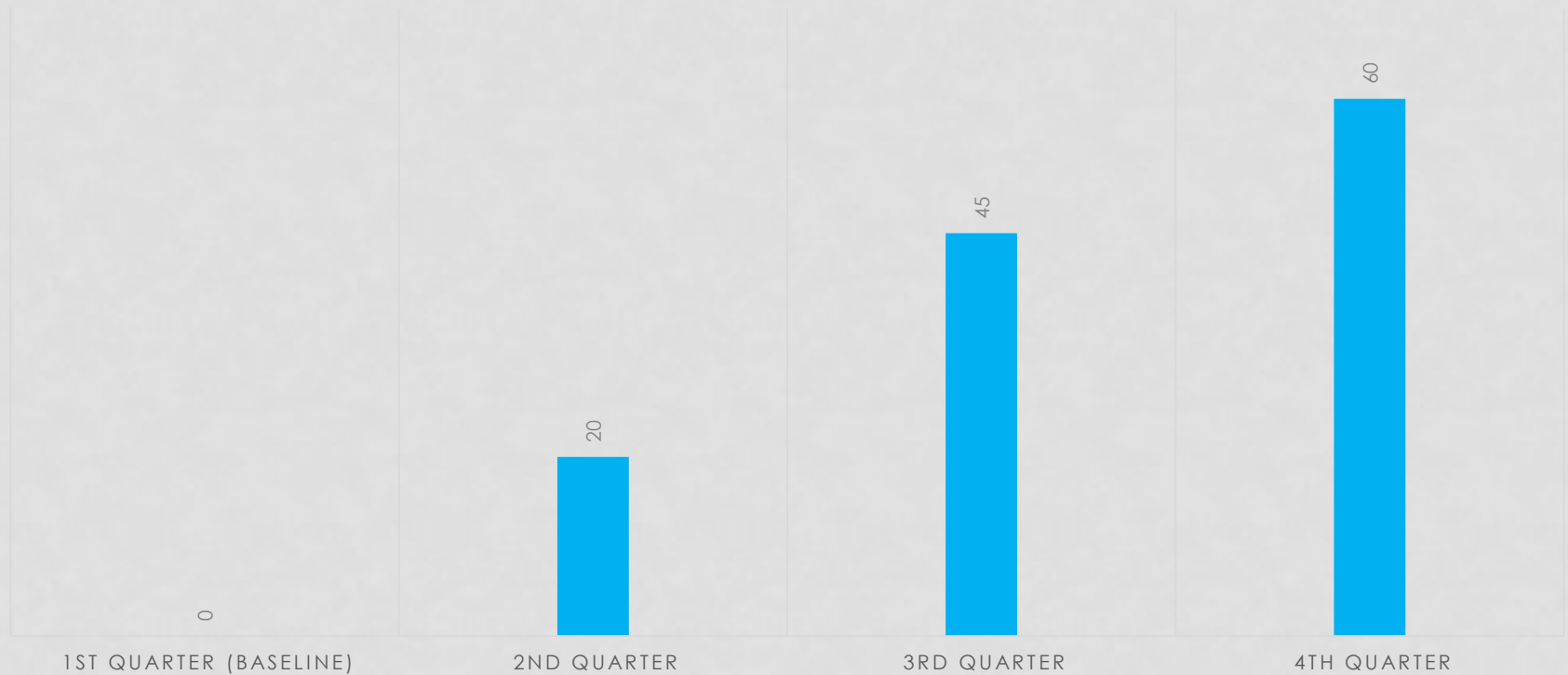
■ Medication Management (Avg. # of medications taken daily by residents)



MEASURES & OUTCOMES

MEASURES & OUTCOMES

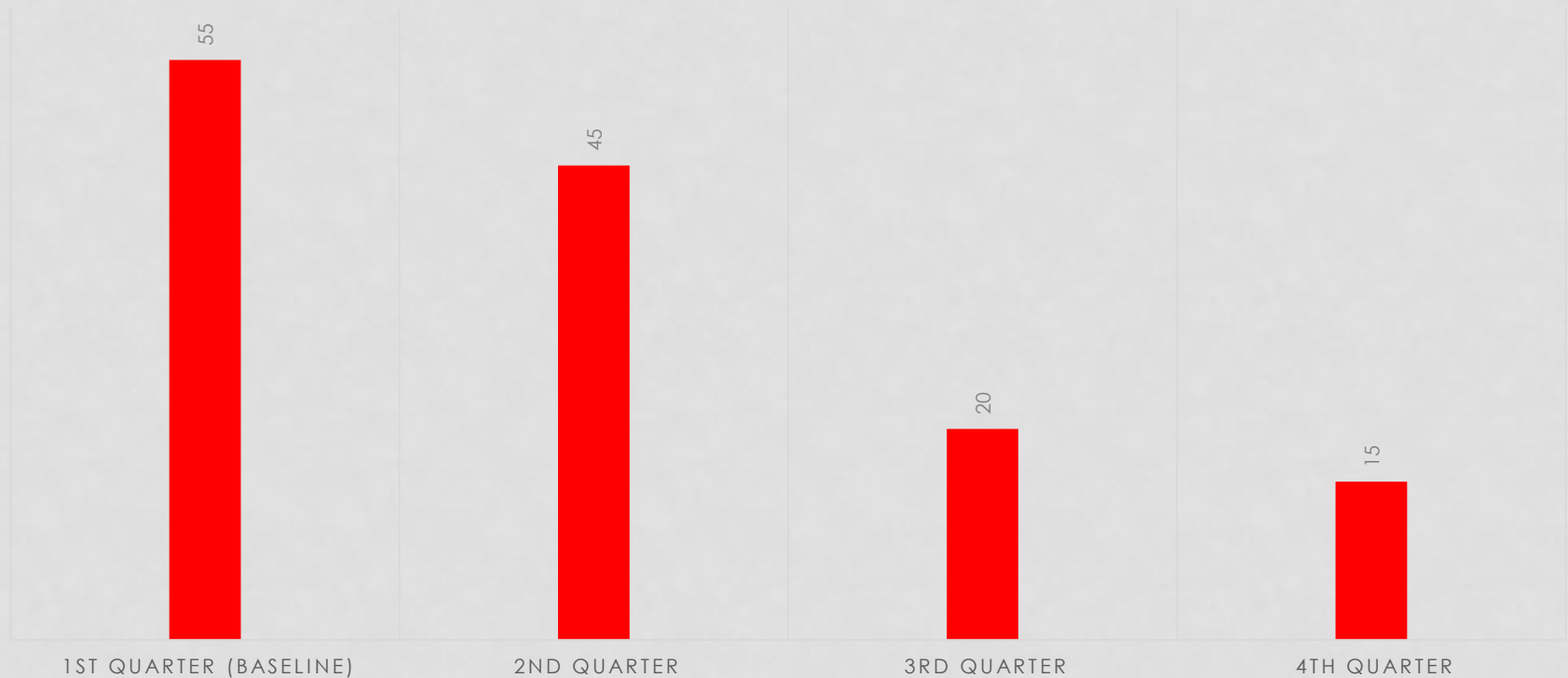
■ Increased Mobility (% of residents that improved in mobility)



MEASURES & OUTCOMES

MEASURES & OUTCOMES

■ Self Percieved Mood (% of residents that were at risk for depression)



CHALLENGES

- Staff burn out: 1.2 FTE for the program
- The stigma of mental health
- No resources for staff to deal with mental health issues
- Limited space at Central Towers
- Limited capacity to add on new residents
- Documentation & Tracking of results

OUTCOMES

Resident/Team Player Survey Questions & Results

- Do you feel you have benefited from the program?
23 turned in, all said yes.
- Statements made by residents/team players:

“My arm feels better after doing Tai Chi Quan”

Betty- Green Team

“I am getting out of my apartment and made a new friend”

Junis- Blue Team

“I have lost weight and love the competition”

Henry- Green Team

“I have more energy & excited about the tournaments” Victorine- Red Team

HOW HAVE WE MOVED FORWARD

The Next Steps

- Review, check & adjust every 3 months
- Ask Residents their wants/needs
- Increase Staff/Resident social engagement as time allows
- Utilize volunteer program in a more efficient manner
- Activity log



WHAT WE HOPE YOU TAKE AWAY

- Before and during grant, ask questions!
- Activity Log
- Thinking outside of the typical senior activities
(they do love feeling like they are kids again!)
- Strategies & Measures- find what works best for you
- Increase, promote staff/resident engagement
- Utilize your volunteer program



PHS-CENTRAL TOWERS
HEALTH & WELLNESS CHALLENGE
FEEL LIKE A KID AGAIN

**Thank you for joining
us today!**

Questions?

