

Introduction

The Senior Wellness Learning Community team consists of eight participants, which included 4 MPH students, 2 MPH/PA students, 1 MSN Family Nurse Practitioner student, and 1 medical student. With our various backgrounds and study focuses, we were able to bring different skills and knowledge to our team goals and semester project. This semester we worked closely with Sibley Plaza, located at North Capitol Street in Washington, DC. The majority of the residents living at Sibley Plaza have lived in this area for most of their life. Other residents come from different parts of the country and ended up in DC later in life. The center provides public housing apartments for the city. Eligibility is determined by income and there is an age requirement of over 62 years old for residents, however, those with disabilities do not have an age requirement. In addition to Sibley Plaza the team also worked with St. Mary's Court on 24th Street in NW Washington, DC. Eligibility requirements for this center similar and residents must be over 62 years old and are of low or middle income brackets.

Project

Increasing Physical Activity & Improving Nutrition

Project Implementations:

1. Laughter Yoga
2. Chair Aerobics
3. Mini Nutritional Courses:
 - Sugar-free sweets
 - Soups
 - Salads

Why???:

With the economical hardships facing most Americans today it has become even harder to eat healthy on a low budget. After meeting, working with, and getting to know the residents and their needs our team decided to focus on economical ways to increase physical activity and, more importantly, eat healthy on a budget.

Results:

Laughter yoga got residents moving, while chair aerobics offered a more direct work out for residents. Residents were able to sit or stand to their comfort level and participate in stretching and movement exercises paired with light weights. The mini nutritional courses educated residents on ways to improve nutrition through various foods while exploring a variety of ingredients.



Spring is in the Air: Seed Planting Time!!!



Providing Frequent BP Checks!



Off to the show we go...

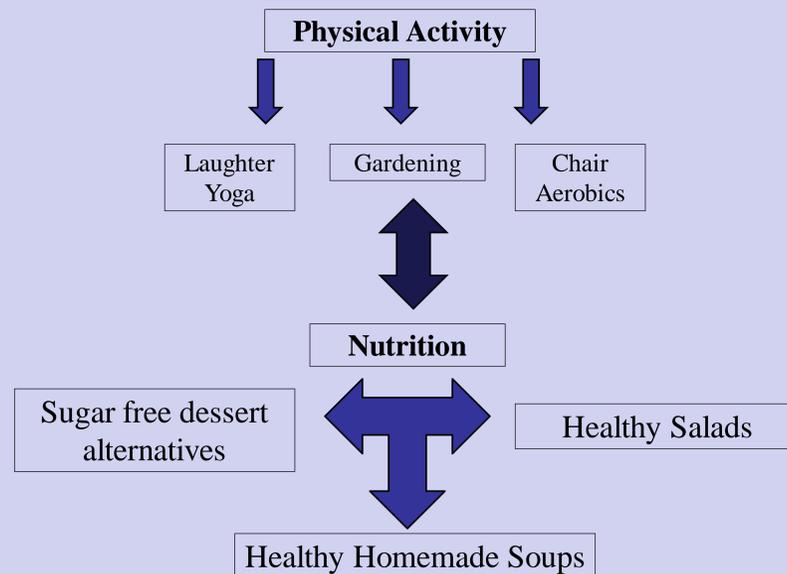
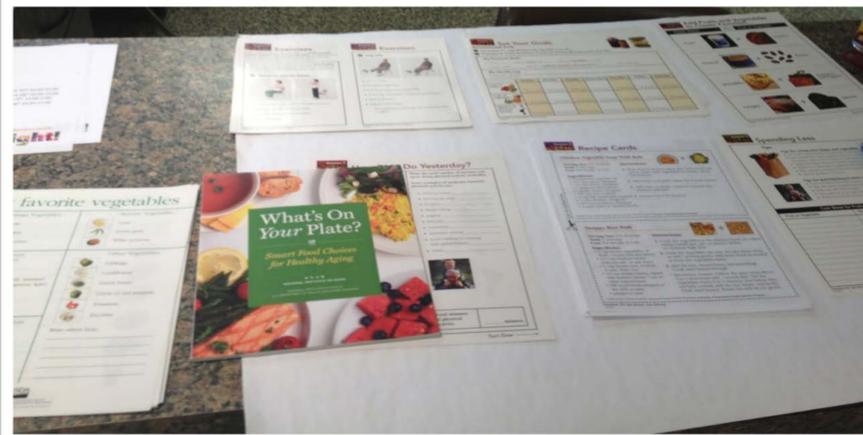


Discussion time



Game time, Hang time

Starter Project: What We Did and How We Did It



Project Outcomes

- ◆ Residents learned different ways to improve mental health and increase physical activity (e.g. through games, laughter yoga, chair aerobics)
- ◆ Residents learned the importance of exercise and eating healthy nutritional meals through discussion and educational materials
- ◆ Residents tried new foods (e.g. Greek yogurt, couscous, capers)
- ◆ Residents blood pressure readings improved

Special Thanks To:

- ◆ Beverly Lunsford, Associate Research Professor at The GW School of Nursing.
- ◆ Liz Anne Ganiban, Education Coordinator at A Wider Circle.
- ◆ Angie Hinzey and Donna Javellana, ISCOPE S Leadership Team
- ◆ Krista Mizenko, Fall 2012 Team Advocate

Thanks for your support and helping us succeed!



Healthy Chili Bar Toppings Yummy!



Making Christmas Stockings!



Chair Aerobics...Stretch Those Arms



Pat and Kat Talking Salads



Smoothie Demonstration

Recommendations

1. Get to know your team members and what ideas they can bring to the group. Understand each individuals' strengths and weaknesses as you work with each other and develop as a team.
2. Communicate: Develop a communication method from the beginning that everyone agrees on.
3. Schedule regular meeting times. Scheduling weekly or biweekly meetings helps plan and keep the team on track.
4. Get to know each resident and the needs of the population you are working with. The more you understand about the population you are serving, the more successful your implementations and overall goals will be.
5. Delegate tasks: Delegate tasks and responsibilities among team members. This will help each team member know their individual role as well as each team members.

What We Learned

- ◆ "This is going to be an amazing experience that can really have an impact on our community. I believe this to be true because of the excitement, innovation, and dedication already exhibited by the members of our learning community." -Caitlin Bove, Senior Wellness Team Member
- ◆ "The rewarding feeling of taking the time with each resident and really understanding their needs and helping them do the simplest task is something that we will never forget as individuals or as a team." -Brook Simopoulos and Meghana Vijaysimha, Senior Wellness Team Members
- ◆ "One of the most rewarding experiences is seeing the residents blood pressure improve over the time we have been with them. One of the many accomplishments of our work!" -Julia Zamarchi, Senior Wellness Team Member
- ◆ "Behaviors are the hardest to change, but the seeds being planted along the way to cultivate that change is valuable. It is important to nurture these new ideas and experiences. It is important not to rush, but rather enjoy these opportunities we have and the moments where we see someone's eyes open to a new world of vegetables, fruits, or even a bunch of graduate students who simply enjoy spending time with them." -Kathleen Pormento, Senior Wellness Team Member