Welcome to the Senior Wellness Learning Community

St. Mary’s Court
❖ A private housing community in resource-rich Foggy Bottom, catering to older adults with low to low-middle income. Residents tend to be self-sufficient and socially active within the building and surrounding community.

Sibley Plaza
❖ A public housing community adjacent to the upcoming NoMa neighborhood, with families and singles of all ages. Residents tend to be self-sufficient and busy outside the residential building.

The Senior Wellness Learning Community promoted holistic health through nutritional education, lifestyle modification awareness, and social connectedness, by implementing themed activities and snacks, while encouraging large and small group discussions.

St. Mary’s Court residents prepare for Eye and Vision Health Bingo with ISCOPES team members and nursing students.

Sibley Plaza residents work with ISCOPES team members on coloring pages focused in my future careers, which is invaluable with and support one another. “From visiting both of our communities I learned that the best way to be involved in a community is to listen to the people that are part of it. We can only work with a group if we try to understand them, their desires, and their needs. This knowledge will help me to be person-focused rather than objective-focused in my future careers, which is invaluable in an increasingly impersonal and digital world.” - Angela Bourassa

Recommendations
❖ DO actively listen. Encourage participants to share what they know and be an advocate for their own health while still respecting individuals’ boundaries.
❖ DO communicate with sites and community partners: Identify key people to enhance and support the team’s processes and goals. DON’T rate your success on the number of people who show up, but rather focus on the quality of the time spent with these residents.
❖ DO be flexible: Allow room to snap or switch around plans but be sure to keep the larger goals in mind. DON’T try to cram too much into one implementation and don’t get upset if you don’t get to all of the planned activities.
❖ DO make the time to know your team: Communication, particularly in person, will be key to building positive team relationships and lead to more effective and meaningful interactions. DON’T only focus on implementations, but focus on your growth as a team and within yourself personally and professionally.
❖ DO step out of your comfort zone: Talk to new people, try new things. DON’T be afraid to take on leadership roles.

What We Learned
“Interprofessional team-based service for me related heavily on being empathetic and understanding of my fellow teammates – by understanding that everyone has limitations and strengths and how to communicate with these one another so that we may best serve the communities we are working with and support one another.”
- Kevin Trac

“Collaborating allows us to learn, to consider a challenge from multiple disciplinary perspectives, and be more innovative in creating solutions, an asset as population health becomes increasingly interdisciplinary.”
- Angela Bourassa

We want to extend our thanks to
❖ Susan Walker, St. Mary’s Court Community Partner
❖ Liz Anne Ganiban, Sibley Plaza Community Partner
❖ Minh-Tam Le, Team Advocate
❖ Angie Hiney, Semira Kassahun, Donna Javellana, ISCOPES Leadership Team
❖ Kiel Bush, Erin Morgan, Stephanie Owusu, Betsy Richards, and Romaine Scott, GW School of Nursing Key Stakeholders
❖ The Residents of Sibley Plaza and St. Mary’s Court

Kudos
❖ Susan Walker, St. Mary’s Court Community Partner
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