

Carroll Lutheran Village Receives Promising Practices Award for Wellness Programming

Evanston, IL – Carroll Lutheran Village (CLV), a continuing care community in Westminster, Maryland, and COLLAGE member has received the [Promising Practices Award](#) from Mather LifeWays Institute on Aging for its *Healthy Aging Open House Series*. In the words of the Institute, “[we] are committed to recognizing organizations that strive to serve older adults in original and exciting ways” and especially communities “... which are moving away from conventional practices by developing and implementing new and innovative approaches in working with older adults.”

CLV developed the *Healthy Aging Open House Series* to educate its residents and the greater community on topics of wellness. The series, offered four times per year, focuses on a single wellness topic. Key note speakers, vendors, and fun exercises or fitness demonstrations are part of the day-long event. Participants have the opportunity to enroll in a series of follow-up exercise classes related to the wellness topic. Last year's wellness topics included Falls Prevention, Diabetes, Arthritis, and Stressors of Aging: Finances. The series continued in January with “Stressors of Aging: Caregiving.”

Healthy Aging topics are developed after reviewing assessment data; knowledgeable speakers are chosen and community groups related to the topic are asked to participate. Fitness demonstrations are presented and new classes are offered related to the topic. Pre and post assessments and evaluations of class effectiveness are part of the process. *These programs have increased the number of residents participating in wellness programming by 23%.*

CLV is an active participant in COLLAGE, The Art & Science of Healthy Aging[®], a membership consortium of aging services organizations, including continuing care communities, moderate-income and federally subsidized housing, home care and community-based agencies using an evidence-based assessment system to advance healthy aging and improve outcomes of older adults living independently. Initiated in 2003, COLLAGE is a joint venture between Kendal Outreach, LLC, (www.kendaloutreach.org), a subsidiary of Kendal, and the Institute for Aging Research at Hebrew SeniorLife (www.hebrewseniorlife.org), a Massachusetts not-for-profit corporation affiliated with Harvard Medical School.

Melissa Batten, Wellness Coach commented about CLV’s participation in COLLAGE, “For the resident, the biggest benefit is getting themselves involved in exercise and moving. We have created exercise programs for residents who stated they were interested but never exercised in their life, like the balance class. We started a Life Long Learning Series and partnered with local colleges initiated from residents who wanted more education. Many ideas for programs are sprouted from the COLLAGE healthy aging conversations. When we plan programs like fall prevention, we access the data and invite residents who flag with unsteady gait, balance issues and falls. It gives them a positive “well” vision of their life today and looking forward. For CLV, 76% of our IL residents participate in our Wellness Center Programs, on land or in the water. For the organization we have data to share and show the healthy status of our residents and keeping them independent.”

More information is available from:

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