



An innovative program by
Lutheran Homes of South Carolina



South Carolina Care Continuum



- § Active Lifestyle
Assisted Living
- § Skilled Nursing &
Rehabilitation
- § Memory Support Care
 - assisted & skilled
- § End of Life Care -
Hospice
- § Home Services
 - Non-medical



Conceptual Framework

Prevent

Avoid disease & disability

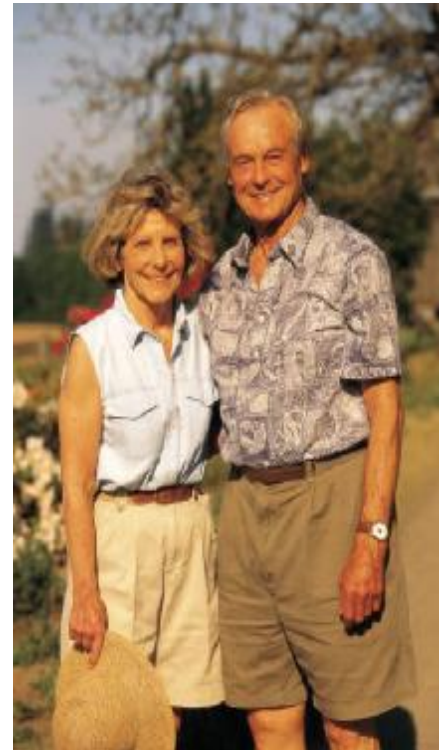
Maintain

*High physical & mental
functioning*

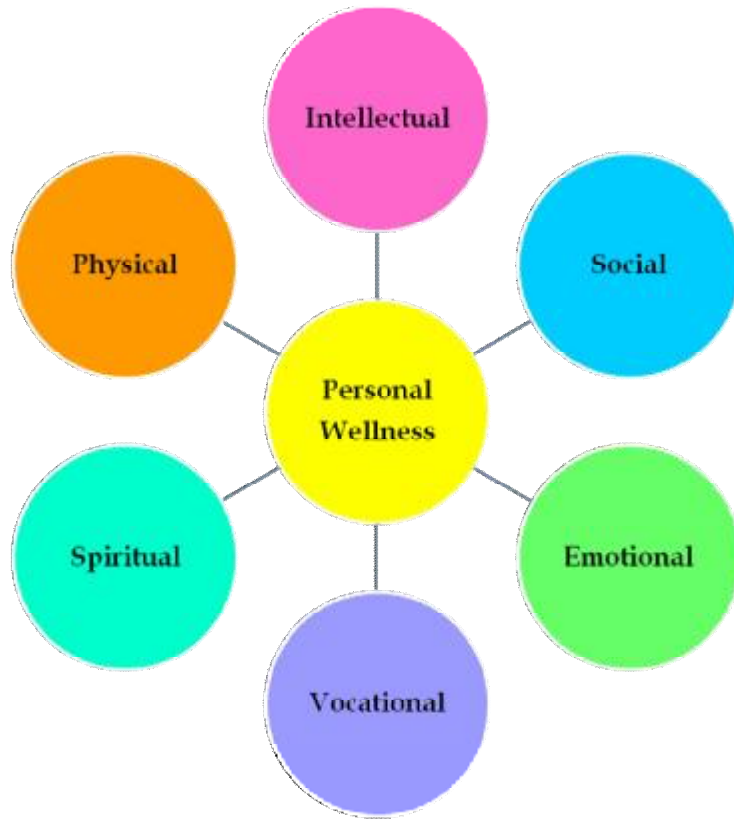
Engage

Continue to engage with life

The MacArthur
Foundation Study of
Successful Aging



Conceptual Framework



**National
Wellness
Institute's
Six Dimensions
of Wellness**





COLLAGE

The Art & Science of Healthy Aging





1134
Collage
Conversations



Can We Talk?

§ *Framework for listening*

§ *Record information*

§ *Collaborative goal setting with residents*

§ *BeWell programming across the CCRC & LHSC continuum*





1. Intellectual Wellness

42% prefer educational courses

§ BeWell Educated

§ BeWell Aware

- Annual calendar
- Quarterly newsletter
- Monthly wellness brochure & poster

§ Resource Kiosks

- Written materials
 - ∅ Congregational Outreach
- BeWell Connected Computers

§ Annual Wellness Fairs

§ Wellness Wednesdays

§ Five Wishes



Be Well Educated

Fitness

MYTH: No pain, no gain.
FACT: If you feel pain and continue to exercise, it could lead to an injury.
 Pain is your body's way of telling you to ease down or stop. A little tightness and soreness is normal after exercising, especially if you're just starting a fitness plan.
 However, stretching will give you a more enjoyable workout. In fact, it may actually cut your pain.

MYTH: Women who lift weights will develop big, bulky muscles.
FACT: Weight training will tighten and tone your muscles, but not add bulk.
 Adding a strength training regimen to your cardiovascular workout will help you tone and tighten muscles, as well as help you lose fat. Weightlifting will help make your bones stronger, and joints stronger. This is especially important for older women, who are at higher risk for osteoporosis.
 The rule of thumb is maintaining a healthy muscle weight and bone. Regular exercise means bigger muscles, tighter weight and more aggressive muscle is better protection.
 So, don't be afraid to lift weights. But lift to your chest level. You don't want to lift more than you can handle.

I really don't think I need bars of steel. I'd be happy with bars of compassion.

january

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DECEMBER SHOP</p> <p>12/27/11 12/28/11 12/29/11 12/30/11 12/31/11</p>	<p>FEBRUARY SHOP</p> <p>1/1/12 1/2/12 1/3/12 1/4/12 1/5/12 1/6/12 1/7/12 1/8/12 1/9/12 1/10/12 1/11/12 1/12/12</p>	1	2	3	4	5
	6	7	8	9	10	11
	13	14	15	16	17	18
	20	21	22	23	24	25
	27	28	29	30	31	<p>Recipe of the Month Light Blue Cheese Dressing Light Blue Dressing</p>

Fitness First

29 BENEFITS OF BEING FIT

NERVOUS SYSTEM

1. Boosts energy, endurance, reflexes and helps improve concentration. Reduces a sense of fatigue.
2. Helps to control

BRAIN

1. Improves memory and attention span

SKIN

1. Exercise produces a healthy skin effect

BONES

1. Increases strength and bone density

MUSCLES

1. Improves posture, balance, strength and endurance - reducing the chance for injury
2. Exercise can make hands, with less fatigue
3. Helps get overall appearance on target

HEART

1. A fit heart works more efficiently and can pump more blood
2. A fit heart beats faster when you exercise, which is good for you
3. A fit heart can pump more blood with less effort

BLOOD VESSELS

1. Blood circulation to all parts of the body is improved
2. The blood flows through the blood vessels more easily
3. Blood pressure is naturally lower and easier to control
4. The arteries in the blood vessels are more elastic, reducing the chance of stroke

DIAGNOSTIC PHYSICAL

1. Exercise and fitness are good indicators of overall health
2. Exercise is considered

BLOOD

1. Increased circulation can reduce some types of cancer
2. The blood and circulatory system produce less fat
3. Blood clots are improved in the veins of the heart and all the rest of the body
4. Red blood cells can be formed, and white cells can be

LUNGS

1. Lung capacity increases with exercise
2. Some benefits for respiratory, helping to clear the airways

JOINTS

1. Exercise can reduce inflammation, allowing greater ease and range of movement, and reducing the risk of injury

TEETH

1. Bad breath and some of the other oral health problems are reduced

EXTRAS

1. You'll be less likely to get sick
2. You'll be less likely to get sick
3. You'll be less likely to get sick
4. You'll be less likely to get sick

Exercise... HOW MUCH? HOW LONG?

Intensity

Frequency

Time

Weather Tips

When it's hot

When it's cold

9 ways to bring exercise into your life

1. Walk to work
2. Take the stairs
3. Park further away
4. Take the dog for a walk
5. Take the kids to school
6. Take the car to the gym
7. Take the car to the office
8. Take the car to the store
9. Take the car to the bank

EXERCISE... A little is all it takes

Most people vastly overestimate the amount of exercise that's required to get in shape. They don't realize that as little as 90 minutes a week of at-your-own-pace exercise can provide a host of mental and physical benefits. Here are some easy and quick ways to add exercise to your busy lifestyle.



BeWell Brain Builders



§ “Neurobics”

§ “Whaddyaknow?” ‘Jeopardy’ style quiz show

§ Game Nights



Music to Be Well

Morihiro
and the South Carolina Philharmonic



March 31
the Heritage at Lowman



Celebrate Spring with the South Carolina Philharmonic Quartet!



Tuesday, March 31st - 6:30 p.m.
2101 Dutch Fork Rd., White Rock, SC
Meet Morihiro Takahara, Music Conductor
and enjoy scrumptious desserts following the
performance.

Call (803) 451-7411 to reserve seating
for this complimentary program.

§ 85% prefer music or singing

§ Conductorcise!

§ Weekly concerts

§ Charleston Music Concert Club

§ Wii Music jam sessions

§ Chorus Club





2. *Social Wellness*

§ BeWell Clubs

- Books (97%)
- Eating Out (91%)
- Bridge (83%)
- Travel (71%)
- Garden (56%)
- Crafters (50%)
 - Ø painting lessons
 - Ø quilters
- Photography (50%)
 - Ø Through our Eyes



سنة 2024 SENIOR EXPLORERS



§ 60% prefer to hike, walk, run

§ Palmetto Conservation
Foundation

- Passport to Adventure Program
 - Social, educational, and recreational experiences.
- Outdoor and environmental education classes
 - Hike or walk with each class





3. *Emotional Wellness*



- § 100% report feeling VALUED
- § 50% enjoy well-being from volunteering
- § 62% prefer to volunteer





S.E.R.V.E.

Seniors Eager to Respond to Volunteer Endeavors

§ Civic Engagement

- Connecting residents with opportunities
- On & off campus

§ Community BeWell Committee

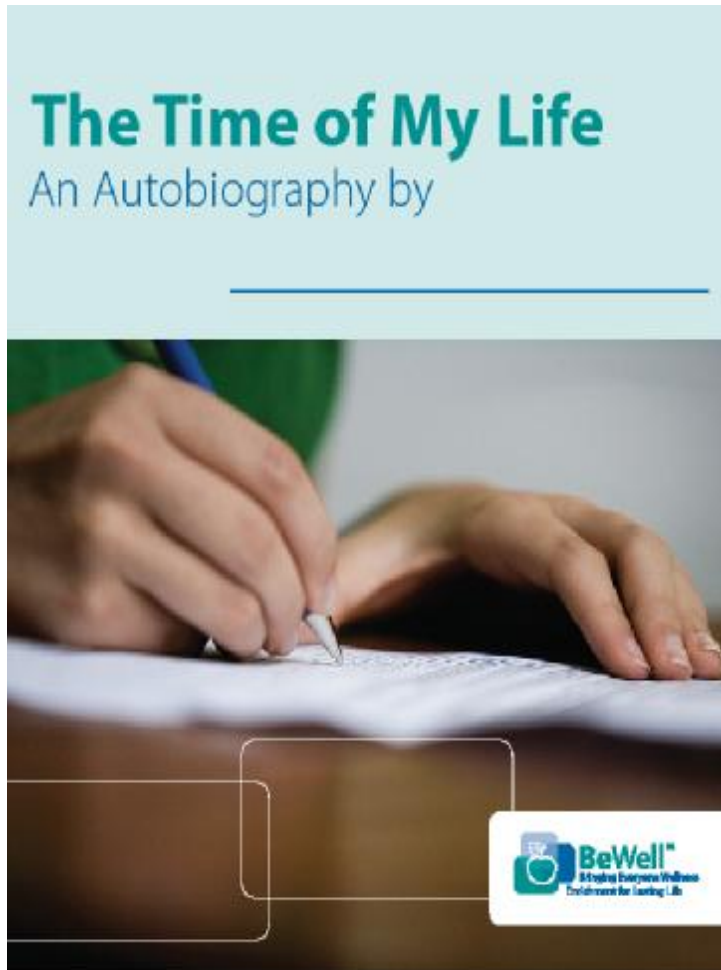
§ Annual 'Fall in to Volunteering' Fair

§ Volgistics Software

- track & engage volunteers, assignments, hours & projects



Time of Your Life



An initiative by the BeWell Wellness Program — an innovative program by Lutheran Homes of SC

§ 97% prefer discussing and reminiscing about life

§ 97 % prefer reading, writing



Chronic Disease Self Management and Arthritis Foundation Self Help Programs



§ 43% suffer from various forms of arthritis

§ Learn self-management of chronic conditions

§ Residents develop self-help support groups

- On-going programming
- Evidence-based programs





Yoga to Be Well

- § 36% prefer Yoga, Pilates or Tai Chi
- § 39% report feeling depressed, anxious or stressed
- § 20% report diagnosis of depression
 - Specialized yoga instructor for older adults





4. Vocational Wellness

§ 50% report preference for computer activity

- Partnered with local university & colleges IT schools
- Developed computer lab and course curriculum





Computer & Technology Classes

- § Computer 101
- § Using the Internet
- § e-Mail
- § Facebook
- § e-cards
- § Avoiding Internet Scams
- § Microsoft Word Basics
- § Using CD's, DVD's
- § Picture Management & Printing
- § Online Shopping
- § Volgistics





5. *Spiritual Wellness*

- § 100% report well-being from spiritual activities
- § 95% find meaning in everyday day life and report spiritual needs are being met
- § 51% are able to talk about end of life



The Healing Art of Tai Chi



*Partnered with Carolina
Arthritis Foundation*

- § Combines spirituality & fitness
- § Flexible – adaptable program to accommodate special needs
- § Tai Chi for Sleep in PM
- § Community Outreach
 - 14 neighbors participating





6. Physical Wellness

§ 45 % want to improve fitness

§ New Program Standard

- Fitness programs offered daily
- Senior Fitness Test offered annually level

§ 60% prefer to hike, walk, run



Walk to BeWell



Walking Club
program developed
and implemented at
all CCRCs

§ Program Launched Spring 2009

- Pedometers
- Walking booklet with helpful walking guides & journal
- Educational posters & flyers



Walking Poles

§ Exerstrider program

- as seen at ICAA conference

§ Special walking program for older adults with balance concerns

§ Started spring 2009



LifeTrail™

PLAYWORLD SYSTEMS®



**Great Community
Outreach with
Neighborhoods**

- § 10 Fitness & information kiosks
- § 5 wheelchair accessible
- § Moved rehab therapy outdoors
- Collage data helped secure \$108,000 in grant funding



A Matter of Balance



MANAGING CONCERNS ABOUT FALLS

- § 21% report fall risk
- § Certified Staff Leaders
- § Six week class offered 2x per year
- § Community Outreach





- § 43% with Arthritis and Osteo related Diagnosis
- § 63 % report pain, functional or physical limitations as obstacles to exercise & physical fitness
- § Certified 26 Staff Leaders
- § 12 on-going weekly classes
- § Community Outreach
 - Classes offered to the greater community



Eat to BeWell



183 were interested in improving their diet

- Monthly heart healthy recipe
- Table tent facts
- Nutritional counseling by Registered Dietician
- Lending nutritional library
- Nutrition education series
- Hydration campaigns



Wellness Clinics



§ 11% report hypertension related disease

- Blood pressure clinics

§ Medical supplies included:

- Otoscopes
- Digital thermometers
- Blood pressure cuffs
- First Aid kits
- Scales



BeWell and COLLAGe Creates

- § A climate where wellness matters, and program decisions are based on solid data
- § An environment for residents and LHSC
 - to partner in planning for their futures together and
 - develop programs dedicated to successful aging



How COLLAGE Helps



- § Identify health risks
- § Improve abilities to plan for the changing needs of older adults
- § Enable older adults to enjoy an active lifestyle
- § Support older adults to live independently for as long as possible



BeWell Program Development



- § Continue to assess individual and aggregate community wellness information
- § Add new programs and initiatives as we determine new priorities of opportunity
- § Support program development via grant-funding and research initiatives





Lutheran Homes
of South Carolina

promoting the well-being of older adults

