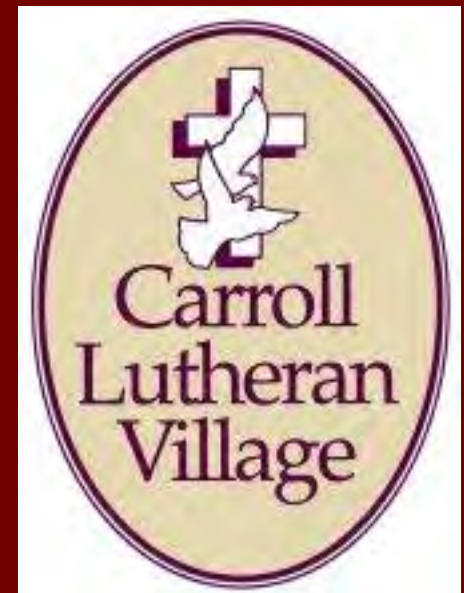
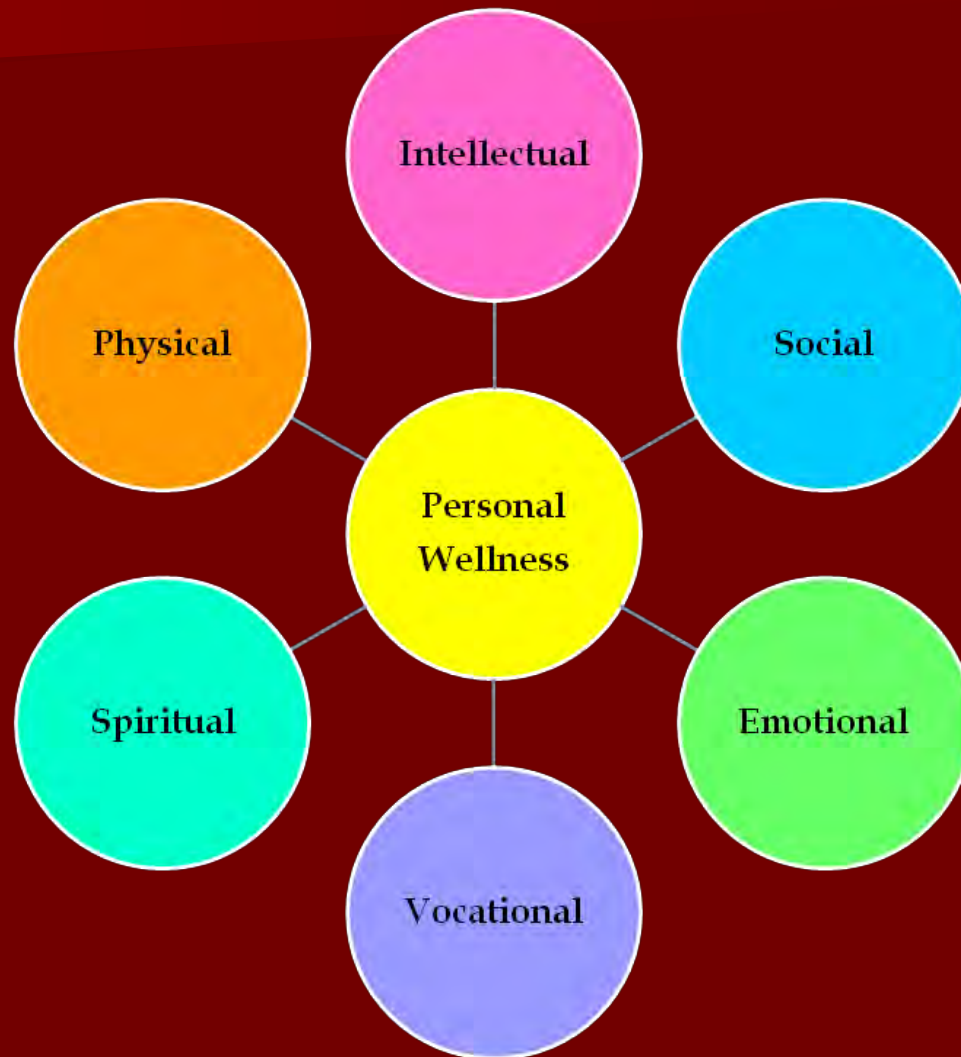


# The Power of COLLAGE - Carroll Lutheran Village

Melissa Batten, RN  
Wellness Coach  
Carroll Lutheran Village  
Westminster, MD



# Why COLLAGE?



# Program Development



- Fall Prevention
- Diabetes
- Arthritis
- Stressors of Aging

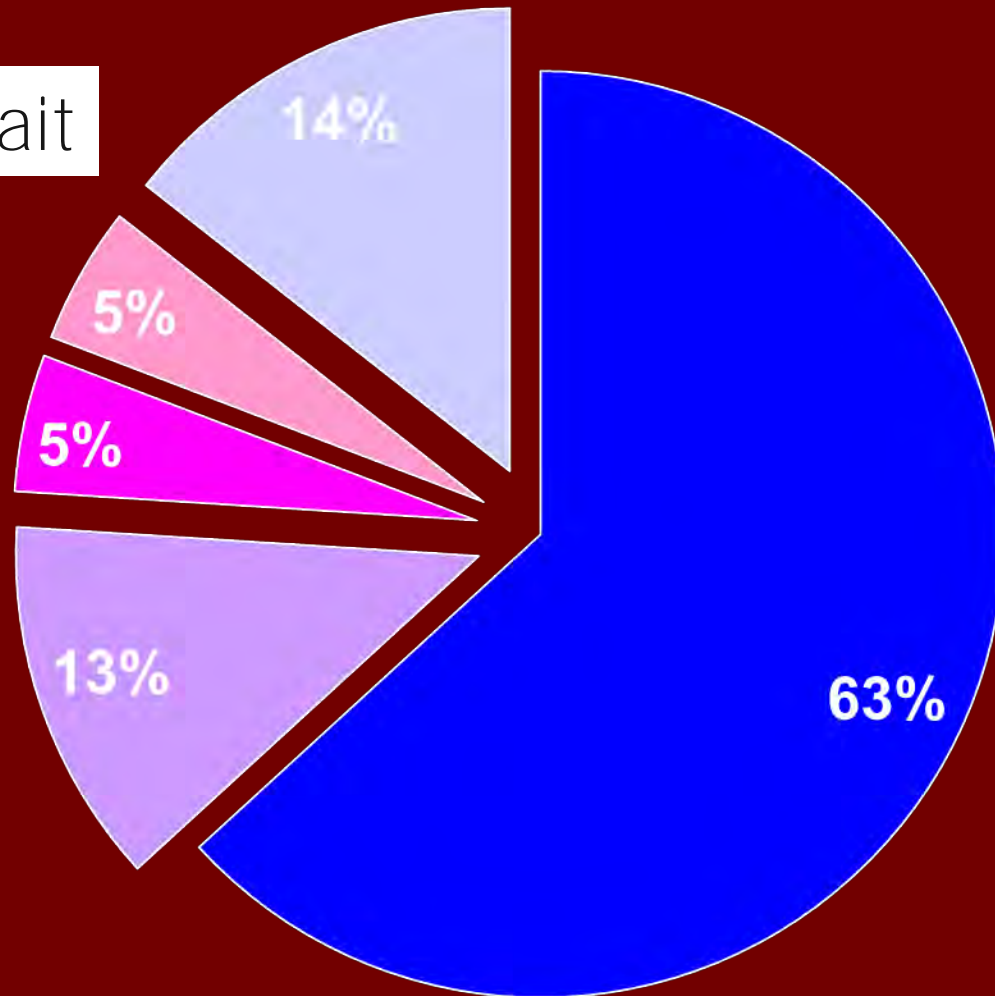
# Program Development

Fall Prevention ◊◊ Diabetes ◊◊ Arthritis ◊◊ Stressors of Aging

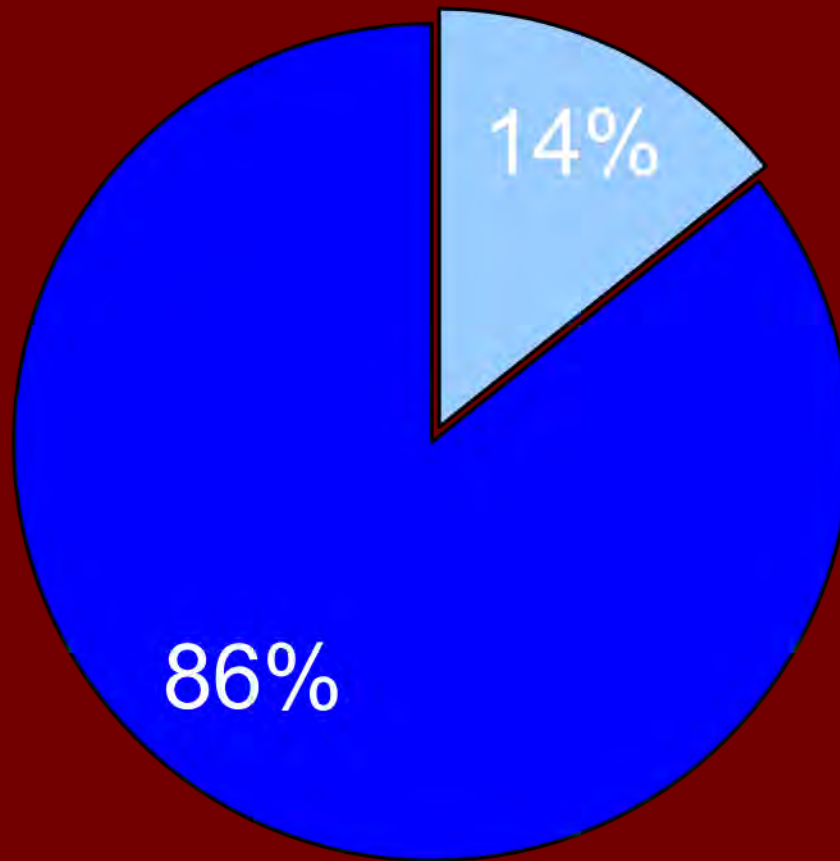
- Educate and promote a healthy life style
- Create signature event/open house
- Target specific groups of residents
- Implement series of classes

# Fall Prevention

Unsteady Gait



# Diabetes



Present

Not Present

# Arthritis (Pain)

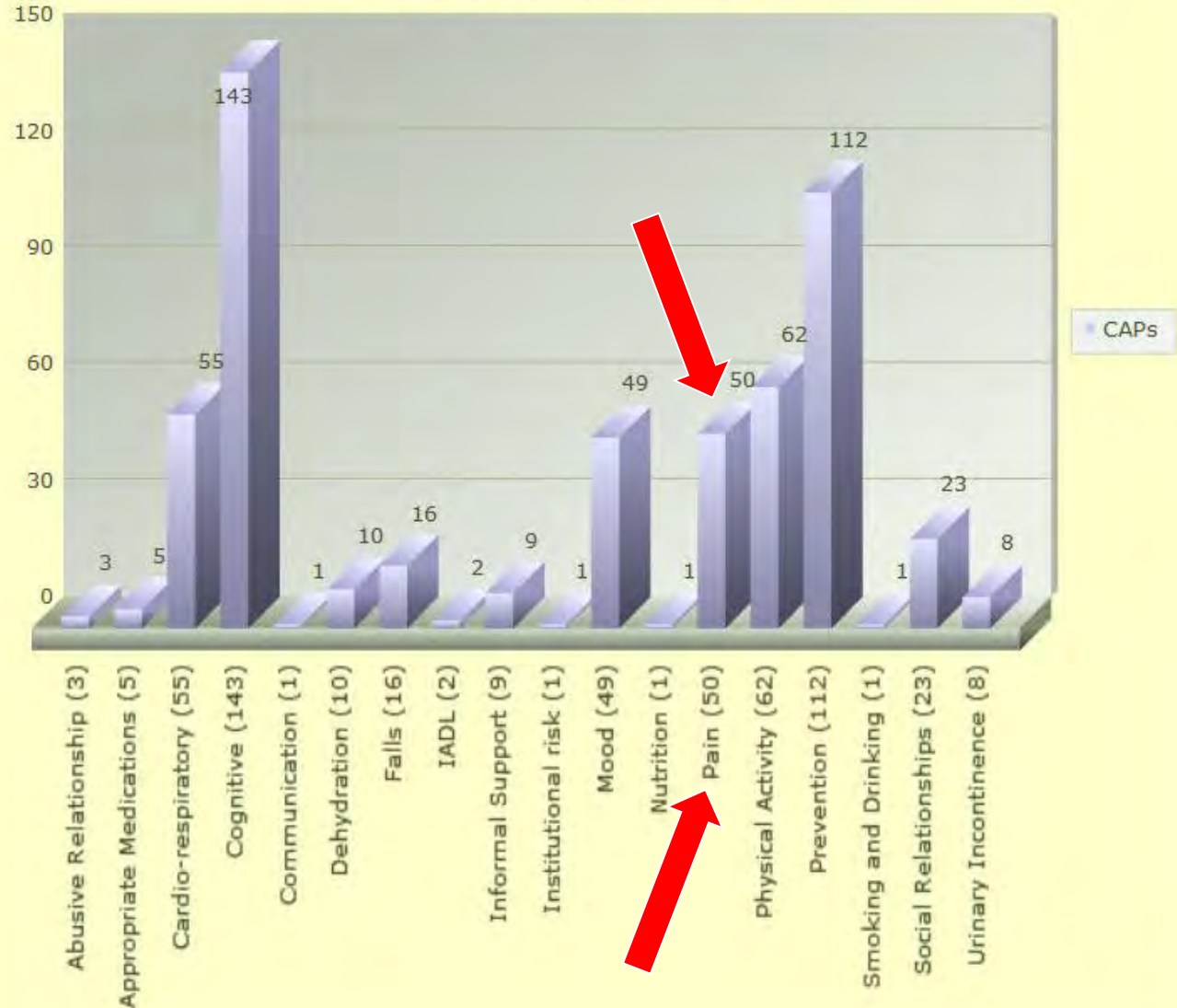
Member: Carroll Lutheran Village, Inc.

Sites:

Carroll Lutheran Village Inc.

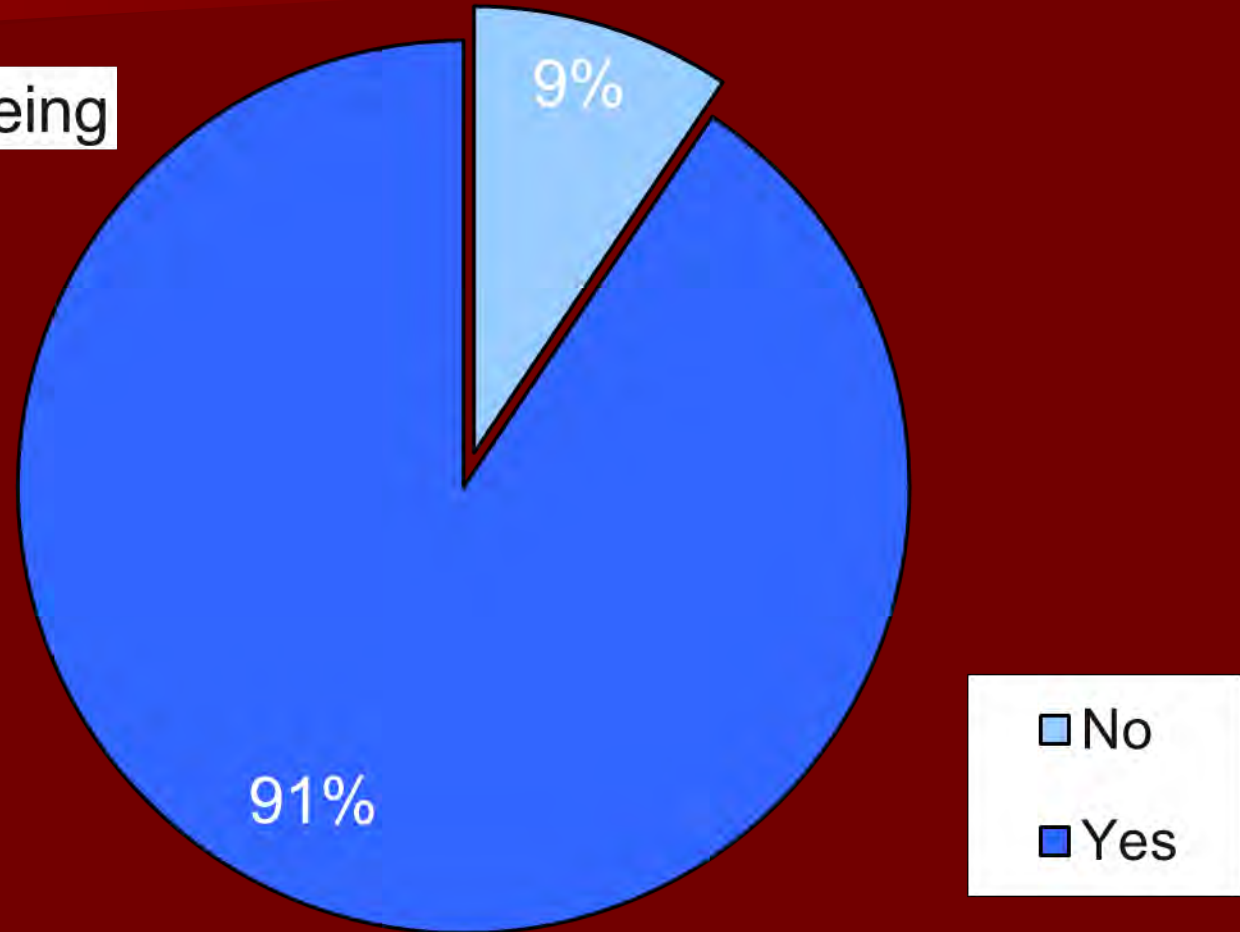
Based on most recent CHA dates between: 01/05/2009 and 09/14/2011

Total CHA's in reporting period:153



# Stressors of Aging

Financial Well-being





# Testimonials

- “Has significantly increased my strength and confidence”
- “This class not only has helped me physically, but it has significantly helped me battle depression.”
- “I didn’t have much faith in this exercise thing...”



