

# **Using an Interactive presentation to Engage Residents in COLLAGE**

**Presenters: Diana DeMatteo, LPN and  
Kate Meikle, Fitness & Training Coordinator  
from The Whitney Center, Hamden, CT**

# Pre-Presentation Involvement

- n Discussed content of presentation with the Health and Wellness Committee
- n Consulted with the former and present Presidents of the Resident Council
- n Utilized their feedback
- n Recruited residents take play small parts in the presentation itself
- n Held a rehearsal

# Dimensions of Wellness

- n Physical Well being
- n Nutritional
- n Social
- n Emotional
- n Spiritual
- n Intellectual
- n Vocational

# COLLAGE

- n Conduct Individual Resident Assessment
- n Develop a Wellness Plan for each Resident
- n Introduce New Programs to Whitney Center
- n Measure improvements in individual and community Health and Wellness
- n Compare to Other Communities and Networking opportunities

# COLLAGE Data

- n Connects People  
Initiates conversation  
and keeps it open  
Makes services we  
provide personal  
Links staff from  
different departments.

- n Directs Programs  
Pin points needs of the  
community  
Measures results  
Resident driven  
Goal directed

# Post-Presentation

- n Held a drawing with a prize for each Dimension of Wellness
- n Set up informational and healthy snack tables around the perimeter of room manned by staff
- n Took sign ups for volunteers for COLLAGE interviews