Total Wellness for Elders

Ronald H. Lammy
Leaders in Health
November 16, 2017
Total Wellness for Elders

Description *We are accelerating our mission-driven activities to achieve Total Wellness for Elders: mind, body, spirit, and economic security for those we represent. We work in partnerships to share relevant information for action.*

Background *There is systemic, pervasive and historic health and economic disparities for African Americans that have serious implications for their state of living.*

Your role: Recently elected president who expanded the Wellness mantra and implemented a revitalization strategy
Aims & target population

- Elimination of racial disparities and inequity
- Increase health and economic security
- Focus on African Americans and people of color 65 years and older
- Residents in urban and ethnic clusters
Key activities & outcomes

- Seek funding to take action based on needs expressed and confirmed by research
- Engage volunteers for board development and functional committees
- Collaborate with academic institutions and community organizations with common interests

Develop programs closely relevant to community needs
### LOGIC MODEL

<table>
<thead>
<tr>
<th>GOAL/OBJECTIVES</th>
<th>ACTIVITIES</th>
<th>OUTCOMES</th>
<th>IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>(what is to be accomplished)</td>
<td>(the specific services or activities offered)</td>
<td>(short term changes)</td>
<td>(long-term changes in the lives of the target population)</td>
</tr>
<tr>
<td><strong>GOAL 1:</strong> Continue to enhance the knowledge-base and quality of life of African Americans and their families through health and economic information, resources, and activities.</td>
<td>The Coalition, through the following activities and services intends to attain the objectives of Goal 1</td>
<td>ST: Increased, new information provided; IM: Change in behavior</td>
<td>All Elders are experiencing a higher quality of life</td>
</tr>
<tr>
<td>2. Continue to create and offer opportunities for wellness education. Hosting health forums during our monthly membership meetings and facilitating Total Wellness programs at other locations.</td>
<td>Activity #1: Host monthly Information forums for our community associates and their families that will provide relevant wellness knowledge to improve and maintain healthy lifestyles.</td>
<td>STC Residents will be able to make more informed decisions based on information/education offered through our monthly forums.</td>
<td>Participants will report living lives full of grace and dignity as a result of their involvement in Coalition activities.</td>
</tr>
<tr>
<td></td>
<td>Activity #2: Collaborate with other organizations to enhance resources available to the community.</td>
<td></td>
<td>Participants will be able to make more informed decisions relative to their health and economic conditions.</td>
</tr>
</tbody>
</table>
Total Wellness information Forums

- Key Practices of CBPR; best practice actions based on participants expressed needs.
- Engage academic/professional presenters
- Increase wellness information to thousands
- Holistic action: Health and economic security
Conclusion

- 6 months results:
- Proof of concept Forum information distribution now an operating mode
- Contracted as Co–Lead for PCORI racial study
- Secured Age Friendly Boston partnership
- Invited to advisory board of MCA
- Implementer of UMASS Econ. Security study