

Wellness Matters week of 7/20/15

### **Helping Navigate the Wellness Wheel**

I hope many of you worked through the Wellness model as presented in last week's Lamp Post , and if not I hope you look back for it. The model guides our mission and informs the work I am committed to do with Lathrop residents. At Lathrop our goal is to support residents to, as Atul Gawande says in his powerful book Being Mortal, "live successfully all the way to their very end." Using the wellness model that means continuing to reach for balance, continually making adjustments as situations change. In its deepest sense it means staying engaged and curious and finding the courage to ride the wave of transition. It's never been different through our life, but of course now the stakes seems so much higher.

My role, along with the members of my team and in partnership with Deb Peavy, Life Enrichment Coordinator, is to help you reflect on how you are navigating that wheel of wellness. In the weeks and months ahead you'll hear more about **Vitalize 360**, our one to one coaching program from Kendal and Hebrew Senior Life. The core of our program is meeting you where you are. That means home visits. I have met with all last year's new residents, along with many who's situation or enthusiasm put them on my list. Now I am starting the second and ongoing phase which is scheduling annual visits based on birth month. (if you were born in June, or any month and don't want to wait, just call) At these visits we review and update your File of Life, build a picture of where've you've been and where you are now, then discuss how **Vitalize 360** might support your moving forward.

Of course don't hesitate to call with questions and concerns. We can consider the little things and save balancing the wheel to another time.

### **Coordinating Care**

In our independent living community there comes a time for many when supportive care is needed to maximize independence. Over the years we have built an amazing team of CNA's who have been providing direct personal care and household support on a fee for service basis, much like the numerous private Home Care agencies in the community. It has become clear over the last year however, that our Lathrop Support Services is not a cost effective proposition and was becoming care subsidized by the community at large. We have had to let go of some strong team members and limit the scope of our operation. Currently we are providing services only to residents of the INN and for a few remaining townhome residents in Easthampton. There is more to learn and share about the services that Kendal at Home can provide for our residents when they start their operation here in the fall. Most importantly for now, if you are feeling that you, or your partner, could live more safely, securely and comfortably with help please call us at the Wellness office 586-0006. We can help you clarify your needs and work with you to coordinate care from the many strong and committed agencies in the area.