

Wellness Matters submitted 4/1/15

Traveling the Wellness Path Together – Rob Olmsted RN

I doubt very much that your mother ever talked to you about your "wellness". I grew up alongside your children and we never heard you use the term, though this idea began its spread after the lectures of Dr Hulbert Dunn in the late 1950's. It wasn't until the 1970's that the boomers of the Aquarian age began developing this idea that the well person seeks to maximize function, engage in the process of self-betterment and commit to balance all aspects of life. To seek wellness is to seek ongoing development in the six dimensions of a full life: occupational, physical, social, intellectual, spiritual and emotional (Dr Bill Hettler, 1976, NationalWellness.org).

How then does this path toward wellness play out in the age of retirement? Is it possible to set goals that keep one engaged in the process of growth along "a continuum of balance and purposeful direction within the environment where (one) is functioning?" (H Dunn MD, High Level Wellness, 1961) How does life in the Lathrop Community support your commitment to wellness?

These are the questions I hope we can explore together. Clearly there is much to be gained along these six dimensions from the promise of life in community. The benefits to social, intellectual and emotional nourishment seem clear if not fully realized by all. Concerns arising from the dimension of physical health are often most in focus for residents of Lathrop. I suspect, no I'm sure, that each of you has a unique perspective on the question of living your fullest life, and no doubt much to say on how we together-nurses, neighbors, Lathrop leaders and friends can plot a path forward.

I have joined the team as "Wellness Coordinator" and have discovered a full list of hopes and expectations. The Lathrop Resident Agreement lists the following services paid for by monthly fees:

Access to the Health and Wellness Center during scheduled hours, offering:

- Information and referral on health related topics;
- Periodic screenings for chronic health conditions such as high blood pressure;
- Consultation on diet, exercise and other wellness topics;
- Periodic newsletters and educational programs on health and wellness topics.

Leaving the fee for service options out of the conversation for now, there is clearly much more that the Wellness program can be. An important service we have committed to is managing the upkeep of the important File of Life medical information sheet. It is my intention to schedule home visits with all residents, starting with newcomers and those most eager. Building a relationship helps us work with you, your family, physicians and community facilities through the course of life transitions and functional change, as well as provide one on one goal development coaching through the Vitalize 360 program. Lucy and I, along with Enrichment Coordinator Dev Peavey, hope you'll take advantage of this developing program and of course, **join the conversation.**