

Vitalize 360-A Powerful Tool in the Wellness Toolkit

At the heart of the wellness approach to living is a willingness to undertake a courageous, honest assessment of what is. Then we link that to a clear understanding of what's wanted or needed. Through conversation and the sometimes unsought lessons of day to day living, we identify obstacles and work together with our support network to move through them, or as the case may be, to find acceptance and a new understanding of who we are.

I have had the privilege over the last year to share something of this process with every resident of our community. As you might expect I've witnessed a range of people in terms of their self-insight or interest in tackling challenges. Overall though, I have been impressed and inspired by folk's willingness to share, to reflect and to consider the changing landscape of their life. I've been gratified by the positive response and hope you find these conversations of value.

We start our second round of annual home visits this month, and I am working to bring the added value of the *Vitalize 360* coaching program to our work together. Some of you have heard of this initiative, which arises out of a partnership between Kendal and Hebrew Senior Life, a non-profit affiliated with Harvard Medical School. I am working to adapt the program to our community and will be eager to hear your feedback as you learn more about it. *Vitalize 360* is described as "a person-directed approach to wellness coaching with the power of information derived from a scientifically-grounded assessment system." In practice I would be asking you to complete a short "lifestyle survey" prior to our annual conversation. Your answers are compiled to help us get a more thorough picture of our community and its needs and interests. For those who are interested, *Vitalize 360* adds a second component which is the formation of a "vitalize plan," an articulated statement with some specific goals for the year ahead. Deb Peavey is joining me as "coach" in this process, and one or other of us is available to help you gather your reflections and formulate your plan. In subsequent cycles we can revisit and review your on-going life changes and evolving goals.

Letters are going out this week to residents born in July (too soon followed by letters to the August birthdays...), inviting them to schedule this next round of wellness check-ins. Life at Lathrop is a partnership in independence. We think *Vitalize 360* can be a useful tool in creating a partnership that "guides, inspires and challenges the individual to create a full, vibrant lifestyle, towards living the best life possible."