

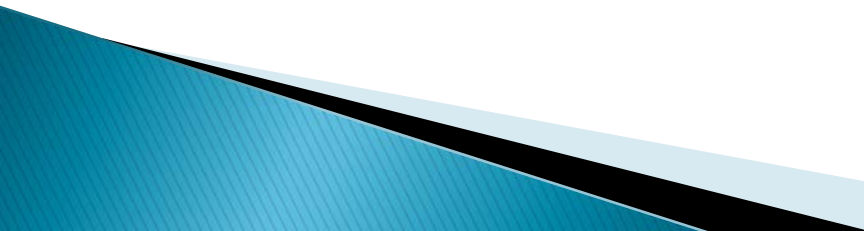
# Total Wellness for Elders

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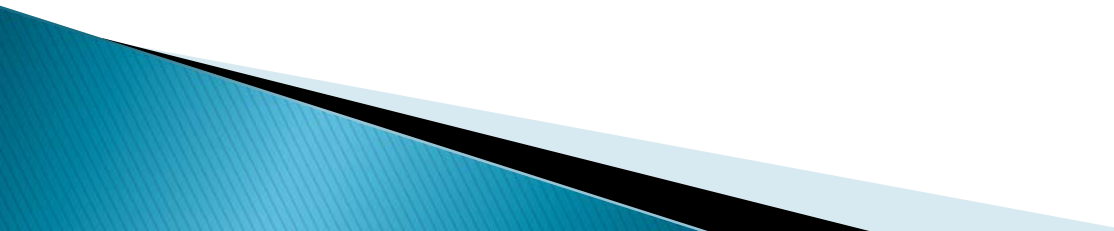
Leaders in Health

November 16, 2017

# Project Background

- ▶ 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
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# 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
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# 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

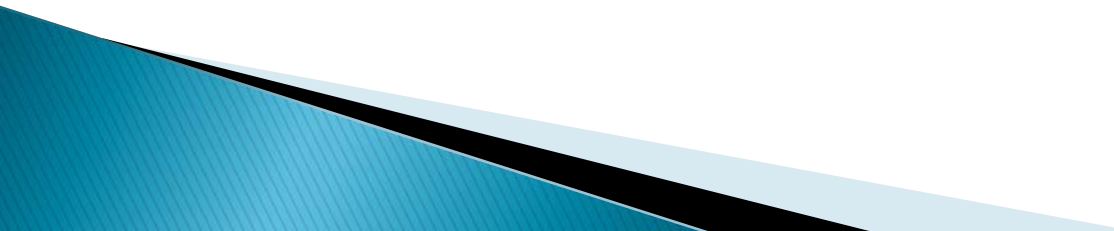
Develop programs closely relevant to community needs



# Logic Model

GOAL/OBJECTIVES (what is to be accomplished)	ACTIVITIES (the specific services or activities offered)	OUTCOMES (short term changes)	IMPACT (long-term changes in the lives of the target population)
GOAL 1: Continue to enhance the knowledge-base and quality of life of African Americans and their families through health and economic information, resources, and activities.	The Coalition, through the following activities and services intends to attain the objectives of Goal 1	ST: Increased, new information provided; IM: Change in behavior	All Elders are experiencing a higher quality of life
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.	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.	STC Residents will be able to make more informed decisions based on information/education offered through our monthly forums.	Participants will report living lives full of grace and dignity as a result of their involvement in Coalition activities.
	Activity #2: Collaborate with other organizations to enhance resources available to the community.		Participants will be able to make more informed decisions relative to their health and economic conditions.

# 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
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# 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
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