

Wellness Place
SAIL Report
April 25, 2013

The SAIL program for Chelan-Douglas Counties continues to provide fall prevention and exercise programs for seniors 65 and older as well as others recovering from various illnesses. As we move forward with the implementation of Obama care, I foresee the need for SAIL increasing.

The focus of SAIL is to continue to work hard to identify areas of improvement and opportunities that exist for the program. One of our goals was to find a way to help subsidize the program, at this point no grants others than NCECC have been received. I am currently working on a Community Grant from the Community Foundation of NCW. Every active class has been given a donation jar for participants to donate, though this is not a huge funding source the average is approximately \$50.00-\$75.00 monthly. It is hard to charge for a program that has been free for so many years and this seems to allow participants some level of by in. Our continuing challenge is to find and train instructors as these classes continue to gain popularity among PCP, Orthopedists and Physical Therapists.

Our training in January had seven attendees and out of that training a new class was started at the YMCA and new classes were added in Grant County which is still maintained by RSVP of NCW. We are planning another SAIL training May 16 and there are 9 new instructors scheduled to take this class. Three are training for new classes in the Chelan-Douglas County, Highgate, Cashmere Senior Center and a substitute.

We have lost the location at ALT12 Fitness, personnel changes and funding has not allowed them to continue. I am sorry to see this location stop as it was well attended. Other classes in the community are absorbing those who still want to participate.

Currently we have 13 classes:), Eastmont Presbyterian Church, Faith Lutheran Church, Riverwest Retirement, Bonaventure Senior Living, Columbia Heights Retirement and Assisted Living, Wellness Place, Entiat Grange #1014 WVSAC-(2 Classes), Eastmont Baptist Church and LDS Church East Wenatchee, Sunrise East, East Wenatchee and YMCA, Wenatchee

The SAIL program continues to reach approximately 400- 500 participants a week and we look forward to the challenge of growing and meeting the needs of our community. Numbers are increasing as the weather becomes warmer and the snowbirds are returning from their winter homes. Justin Harris P.T met with the SAIL instructors in February to answer questions, observe techniques and shares some new exercises; this proves to be a very insightful meeting and we will meet with him bi-monthly. I have also started to replenish 7 year old equipment and I order through him and receive his discounts.

I am so amazed at the stories that come from participants attending these classes and when I visit I can see the friendships that these classes enable. The participants don't feel isolated and alone and they are

getting stronger every day. So I want to thank you personally for your continued support of this program. If you have any questions please call.

Respectfully Submitted,

Ellen L. Pell

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Executive Director

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