

Wellness Place  
SAIL Report  
March 3, 2014

As we begin the New Year the SAIL program continues to grow and provide fall prevention to seniors in our community. We are finding that the program is reaching more participants through referrals from the Medical Community, which is very exciting. 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.

The focus of SAIL is to continue to work hard to identify areas of improvement and benefits that the program provides. One of the benefits, we are finding is increased socialization and overall wellness of participants.

With the \$5000 grant we received from the Community Foundation of NCW, we were able to purchase some much needed equipment and replenish supplies at our SAIL sites. The instructors were given a gift at Christmas which was greatly appreciated and long overdue. The donation jars are still at each SAIL site and although not generating a huge cash flow, they provide the participants a sense of ownership in the program. Our continuing challenge still remains to find and train instructors as these classes continue to gain popularity among PCP, Orthopedists and Physical Therapists.

January 23<sup>rd</sup>, we held training for new instructors and now have an active SAIL class at both Highgate and Columbia Heights once again as well as a new class at the Seventh Day Adventist church in East Wenatchee. We lost our YMCA site as they have incorporated the Silver Sneaker program which creates an income source for their organization.

Justin Harris D. PT meets with our instructors on a regular basis to answer questions and demonstrate new techniques, this has proven to be most beneficial for all of the instructors as they get a chance to ask questions and discuss issues together. It also provides continuity in the program. The next meeting is scheduled for Thursday March 27, 2014. Thursday, March 20<sup>th</sup> our trainer Lynn Barnhart and instructor Judy Preston will be holding the first of our refresher courses for instructors. This will be mandatory for all of our instructors. It will give them a chance to ask questions as well as receive some positive reinforcement of their skills.

Our active classes are being held at: Eastmont Presbyterian Church, Faith Lutheran Church, Bonaventure Senior Living, Wellness Place, Entiat Grange #1014, WVSAC-(2 Classes), Eastmont Baptist Church and LDS Church East Wenatchee, Sunrise East, East Wenatchee, Cashmere Senior Center, Garden Terrace, Highgate Senior Living, Columbia Heights Assisted Living and Seventh Day Adventist church in East Wenatchee.

I am serving on the Fall Prevention Coalition Enrichment Workgroup with Mary Borges from the DOH. This coalition is meeting through conference calls, sharing thoughts, exchanging ideas and working

together for the greater good throughout the state. I am also on a waiting list to take a Tai Chi workshop in April. I feel this would help incorporate another component into our SAIL program.

The big news is Wellness Place is working on a SAIL Health Fair for May 10. We are not only wanting to get the word out about SAIL but also living a Healthier Lifestyle. It is entitled SAIL Health Fair: S.O.S. Set Our Sights on a Healthier Lifestyle. We are hoping that the inaugural time will be well received so this can become an annual event to help raise awareness as well as some funding for the program.

On behalf of me and the Wellness Place Board thank you for your continued support of the SAIL program, the difference it is making in lives is truly amazing as well as fulfilling.

Respectfully submitted,

*Ellen L. Pell*

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Executive Director