

Wellness Place
SAIL Report
April 6, 2015

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 following report is a synopsis for the activities of winter 2015 and early Spring of 2015.

Current committee members for SAIL meet on a regular basis and continue to work hard to identify areas of improvement and opportunities that exist for the program. Meeting items include but are not limited to: funding, instructor training and guidelines, volunteer protocols, insurance liability and participant safety.

One new Instructor training was held in March at Bonaventure Senior Living in which 14 new instructors were trained. This brings our total to over 45 volunteer instructor trainers in our region.

Currently we have 14 classes: Cavalry Crossroads, Bonaventure Assisted Living, Garden Terrace, Highgate Senior Living, Eastmont Baptist Church, Eastmont Presbyterian Church, Faith Lutheran Church, LDS Church East Wenatchee, Wellness Place, Wenatchee Valley Senior Activity Center, Cashmere Presbyterian Church, Entiat Grange #1014, Entiat Community Center, and Valley View SDA. Along with our growing support for RSVP program, collectively, we are reaching well over 600+ seniors a week with our total 32 SAIL classes in our Region. Our classes are as far-reaching as Royal City, Riverside, Tonasket, and Lake Curlew/Republic.

An exciting event, in conjunction with Washington State DOH, is taking place in Wenatchee on May 7th. It is a workshop geared to address and provide resources and new trends in Fall Prevention, share and receive information from colleagues, have the opportunity to have questions answered by a selected panel and refresh SAIL exercises. There will also be several keynote speakers with wonderful information on healthy aging for older adults. There will be a blend of guest speakers and a panel of selected guests who will be available during the program sessions to address your questions and concerns as well as present new trends and interesting information on Fall Prevention. This workshop is for trained SAIL Program Leaders to help make a positive impact on the lives of their class participants.

SAIL classes in our counties are considered as the "model" for SAIL programs across the state of Washington. Mary Borges examples Wellness Place in various ways and is especially supportive in our effort to reach more people. We are also extremely appreciative of NCECC/East Region Council's continuous support! Thank you for your financial assistance.

Respectfully Submitted,
Erin Cass
Executive Director
Wellness Place

