

Wellness Place  
SAIL Report  
April 4, 2016

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 for late-Fall of 2015, Winter 2016, and early Spring of 2016.

**TRAININGS, WORKSHOPS, and STATE VISION:**

Locally, 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.

Wellness Place also continues to host – free of charge – four opportunities for the volunteer SAIL Instructors to meet for lunch and ask Justin Harris, DPT at Associates in Physical Therapy, questions as it relates to teaching methods and curriculum. We call these “Refresher Courses”.

In addition to local efforts to maintain fidelity, we have recognized the need to create a network of “Master SAIL Instructors” throughout the State. These 10 individuals (listed below) will be the team of trainers who will lead the Volunteer Instructor Training courses throughout the state. Through a training grant issued to Wellness Place via Dept. of Health, these 10 instructors will be given a small stipend for their training efforts.

This team met on February 17<sup>th</sup> in the Tacoma-area to establish the training curriculum which will be used in all future SAIL Instructor Trainings. The purpose was to gather these 10 SAIL Master Instructors to develop a one day curriculum for SAIL Program Leader training to consistently teach across Washington using the same outline and materials.

List of State Instructors:

<b><u>Name</u></b>	<b><u>Area of State</u></b>	<b><u>Replied able to attend 2/17</u></b>
Lynn Barnhart	Wenatchee	✓
Erin Cass	Wenatchee	✓
Edie Jackson	Wenatchee	✓
AJ Sanders	Spokane	✓
Brenda Jurich	Spokane	✓
Ellen Pell	Spokane	
Mary Borges	Olympia	✓
Sandy Gatlin	Tacoma	✓
Harry Papadopolous	Tacoma	✓
Carolyn Ham	Olympia	✓
Kim Lehman	Vancouver	✓

Wellness Place has also been contracted to organize a minimum of four trainings – as well as two workshops – throughout the state of Washington. The first workshop for all volunteer SAIL Instructors will be in Wenatchee on May 3<sup>rd</sup>. The second will be in Tacoma on May 10<sup>th</sup>. These day long workshops are packed full of speakers, hands-on training activities, panel discussions, and informative topics as it relates to fall prevention.

Other important advances to improve communication, fidelity, and opportunities for the SAIL program in our State include the formation of a new website: [www.SAILfitness.org](http://www.SAILfitness.org). With the funding from Dept. of Health, Wellness Place created this website for all participants, instructors, and for anyone interested in learning more about classes or training opportunities. This website also includes a private “log-in” section for instructors. It includes a chat room feature for instructor communication, training guides, marketing templates, forms, and all items necessary for starting or maintaining a SAIL class. We felt this website to be vital in keeping a consistent message and also as a location for those who are interested in becoming a SAIL Instructor to sign up for Instructor Trainings throughout the state.

Another recent development includes charging for Instructor Trainings. While it is the decision of each training site, most ‘Master Trainers’ are determining we should be charging \$75.00 for each person wishing to be an Instructor. While we do have scholarships available (especially for those simply wanting to volunteer their time), we do realize many are coming from business organizations such as Senior Living Communities or other healthcare corporations who have the budget to pay for their staff to attend. At this time, all monies will be placed in a SAIL account through Wellness Place. As the fiscal agent, Wellness Place will use this funding for all future trainings, workshops, office expenses, instructor stipends, etc. for all SAIL expenses in the State of Washington.

Sustainability is key. We look forward to moving forward in making SAIL sustainable and financially sound in the years to come.

#### **SAIL CLASSES:**

On the local front, we currently we have 14 classes: Cavalry Crossroads, Bonaventure Assisted Living, Garden Terrace, Highgate Senior Living, Eastmont Baptist Church, Eastmont Presbyterian Church, Faith Lutheran Church, Wellness Place, Wenatchee Valley Senior Activity Center, Cashmere Presbyterian Church, Entiat Grange #1014, Entiat Community Center, Valley View SDA, and Catholic Family Services. Along with our ongoing support with the RSVP program, collectively, we are reaching well over 600+ seniors a week with our total 34 SAIL classes in our Region. Our classes are as far-reaching as Royal City, Riverside, Tonasket, and Lake Curlew/Republic.

It is clear to me without the support of NCECC/East Region Council’s ongoing support, we certainly would not be in the position we are today. This funding has truly helped our efforts to create new SAIL classes in our area by purchasing expensive and necessary equipment and offer these classes at NO COST to the participant. We will never charge for these classes – as least as long as I am the ED of Wellness Place!

Respectfully Submitted,  
Erin Cass  
Executive Director of Wellness Place

