

Wellness Place
SAIL Report
June 30, 2014

Since our last report in March, Wellness Place is continuing to grow in our increased effort to provide FREE fall prevention exercise classes to seniors in our community-at-large. Not only are we experiencing growth in participant numbers in the cities of Wenatchee and East Wenatchee, but in our outlying communities who do not always have easy access to curriculum and evidence-based fall prevention exercise programs. Particularly **free** programs.

Our staff, instructors, board members, and key community members assisting in the vitality of SAIL continue to work hard to identify areas of improvement and benefits that the program provides. One of these benefits we are finding is increased socialization and overall wellness of participants. We are especially proud to know participants who rarely leave their home for activities or even for daily living tasks have committed to attending our SAIL classes offered in one of our 16 class locations.

We have growing interest in those wanting to become new SAIL Instructors. In fact, we have a waiting list of over 17 people wanting to be trained. These individuals range in age, yet all possess the necessary passion and desire to carry out the important role as lead instructor. Our next Instructor training will be held on July 17th from 9:00-3:00 at Wellness Place in Wenatchee. Veteran trainers, Lynn Barnhart and Judy Preston will be leading the Instructor Training course.

To maintain elements of quality and provide in-service trainings for our valued instructors, we will offer another mandatory training in the autumn. This training will be led by Wellness Place board member and licensed Physical Therapist, Justin Harris. He will alongside Judy Preston and Lynn Barnhart to offer expertise in kinesiology, fall prevention strategies, and other pertinent educational information aiding in their performance as SAIL instructors.

Being the new Executive Director to Wellness Place, I very much look forward to becoming a SAIL-trained Instructor myself and look forward to learning more about the curriculum, projected and realized outcomes, teaching methods, and also greeting new Instructors into our "SAIL Family". It seems I come across someone new everyday who has experienced growth and/or measurable steps of progress in their ADL's or physical feats – not to mention their social needs. I love hearing the waves of laughter filtering into my office space during SAIL classes!

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 Presbyterian Church, Garden Terrace, Highgate Senior Living, Columbia Heights Assisted Living and Seventh Day Adventist church in East Wenatchee.

We also collaborate with the other SAIL classes offered in Quincy, Warden, and in other outlying areas supported by Retired and Senior Volunteer Program.

Receiving \$2000.00 from Community Foundation of NCW this past fall was extremely helpful in our effort to purchase new equipment for our many instructors. We realize with our steady pace of growth and opportunity, the need for sustainable funding is crucial to our thriving program.

My goal as Executive Director is to seek sustainable funding through grants and annual giving campaigns. It is well understood SAIL classes are keeping those with fall risk behaviors out of the hospital and/or rehab setting; we aspire in assisting our participants to maintain a healthy, active, and independent lifestyle.

On behalf of me and the Wellness Place Board, thank you for your continued support of the SAIL program. Please know your support is truly making a difference.

Respectfully submitted,

Erin Cass
Executive Director
Wellness Place