

Health, wellness and safety



Our Health & Wellness Program is administered by our Wellness Nurse, Linda Hastings. Linda provides weekly health screening of blood pressure, bi-weekly blood sugar testing, home visits, fall prevention programs, evidence-based health and wellness programs and ongoing health education.

BLOOD PRESSURE SCREENING is offered on Thursdays from 9:00 a.m. to 1:00 p.m. This is also a good opportunity to speak with our Nurse about issues of concern to you.

BLOOD SUGAR SCREENING is offered on the 2nd & 4th Wednesdays from 8:45 to 10:00 a.m.

FALL PREVENTION: A prime focus of our Wellness program includes prevention of dangerous falls which can lead to serious injury or fatality for older adults. We do this by offering classes and seminars as well as the Safe & Secure at Home Program noted below.

SAFE & SECURE AT HOME PROGRAM is an award-winning program focused on preventing falls and the serious consequences they cause. Our Wellness Nurse evaluates elders' home environments to determine if the risk for dangerous falls can be addressed. Based on this evaluation, home modifications may include installation of adaptive devices such as grab bars, raised toilet seats, and shower chairs. Moving clutter, changing light bulbs, installing smoke detectors, removing or repairing loose rugs, or removing architectural barriers may also be recommended.

EVIDENCE BASED PROGRAMS: These 6-week programs have been proven to reduce inpatient stays, outpatient visits, hospitalizations, and result in fewer emergency room visits. These programs empower those with chronic disease to improve their health by enhancing their ability to maintain a healthy lifestyle. We offer these programs 2 or 3 times per year, including Diabetes Self-Management, Chronic Disease Self-Management, a Matter of Balance (Fall Prevention), Healthy Eating for Successful Living, and Chronic Pain Self-Management.