

10 WELLNESS



A. Background

Supportive wellness services foster a vibrant, healthy, and active community. The programs offered afford resident's opportunities to augment daily life with social, emotional, and physical support services through classes, counseling, clubs, and events. Support includes Stair-Trac service, welfare checks, paratransit, over 120 fitness, nutrition, and physical education classes, home safety improvements, and counseling services. Counseling services include in-home assessments, short-term counseling, support groups (such as grief counseling), Wisdom Circles, crisis intervention, referring residents to sources of financial assistance, long-term care planning, the Rossmoor Women's and Men's Conferences, and a Health and Safety Fair.

B. Goals, Policies, and Actions

Goal WLN-1	An environment that supports residents in maintaining their independence as well as their social, emotional, and physical well-being.
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Policies

Policy WLN-1.1 Coordinate programs and services to facilitate residents in maintaining their health and independence, with special attention to residents who need some assistance to age in place.

Policy WLN-1.2 Support the fitness center and other recreational facilities and services that promote an active healthy lifestyle.

Policy WLN-1.3 Support clubs/organizations and counseling services to respond to residents' wellness issues, including social, intellectual, cultural, spiritual, and recreational needs and desires. Examples of activities include social gatherings, physical activities, and short-term financial-aid to needy residents.

Policy WLN-1.4 Continue using counseling services to provide referrals for residents who need financial assistance.

Actions

Action WLN-1.1 Create an ongoing program to publicize information regarding wellness services.

Action WLN-1.2 Consider expanding the counseling services.

Action WLN-1.3 Facilitate resolution of communication issues among residents through the counseling services provided by GRF.

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