

2024-2028 Strategic Plan Health & Wellness Committee

DCV Mission: Connect members to one another and provide information, cultural and social activities, education, services, and support. Membership enables Villagers to maintain active lives and community participation and to avoid isolation as they embrace the benefits and challenges of living longer.

DCV Vision: The Village is an integral part of an age-friendly, vibrant community that embraces living independently and staying connected with each other.

II. Prioritize and Empower Member Health and Wellness

DCV will provide comprehensive health and wellness education, programs, and services aimed at enhancing the overall quality of life for all members. Our focus includes addressing common concerns in the aging community, such as preventive care and offering support to members requiring additional services.

The Health and Wellness Committee will address social and health-related challenges to enhance the lives of our members. To assist our members in leading healthy, safe, and active lives, DCV will intentionally:

	Resources needed	Responsible person(s)	Implementation dates
Goal 1 Provide Health and Wellness Related Information to DCV Members			
A. Establish priorities and themes annually			
B. Offer Education and Information to support H&W Goals 2 and 3		Goal 1 Team H&W Committee	
1. Create an H&W section on DCV’s website 2. Pilot developed 3. Pilot Program with HOSUN - nutrition presentations YR 2 1. Evaluate the pilot, revise and roll out final site	Draft of concepts, writer, layout, programming Draft of concepts, writer, layout, programming	Goal 1 Team H&W approval, Staff, Tech Goal 1 Team H&W approval, Staff, Tech SB & EL	Live 11/1/2024 Live Summer, 2025 Spring Semester 2025

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2. Offer single-session programs such as Live and Learn (L&L) <ul style="list-style-type: none"> a) Evaluate, revise, recommend for FY25 b) Implement planned programs 	Speakers/Consultants – including fees, Staff support Data, evals Speakers/Consultants – including fees, Staff support	Goal 1 Team DCV staff, H&W approval	Ongoing Nov 2024 1/2025 – 12/2025
3. Offer multi-part programs on timely, complex topics <ul style="list-style-type: none"> a) Decisions on End-of-Life Series b) More TBD 	Content Expert, and fees Room, Zoom connection, advertising + registration for all programs Printed materials?	Goal 1 Team, Planning Group, H&W approval Implementation DCV Staff	Jan or Feb 2025 for 1 st program
4. Monitor and Review programs <ul style="list-style-type: none"> a) Evaluate b) Recommend and budget for the following year 	Program data, Staff, participants and committee input	Goal Team 1, staff	November 2024 Annually in November
C. Provide Training Volunteer Program			
1. Ensure Volunteers are appropriately trained in the services they are providing <ul style="list-style-type: none"> a) Essentials of Volunteering b) Intermediate Training, Medical Note Taking c) Care Group training 2. Interim Training – develop a protocol for new vols 5. Evaluate and plan future years	Training program curricula, materials for participants, trainers Available tapes Plan for implementation	Staff and Qualified Trainers, H & W Comm	October, '24 May 2025, Summer 2025 Fall, 2025 Jan, 2025 November, 2025

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GOAL 2 Provide Information and Services to Proactively Support Health and Independence			
A. Offer Proactive Services 1. Provide and promote physical activity programs geared to membership needs Evaluate programs, recommend future actions YR 2 + 2. Continue current programs Consider: Social, emotional & cognitive options Dancing, Community Programs Intergenerational activities Nutritional programs	Instructors and funding Yoga, Meditation, Tai Chi, etc. Vol organize walking groups TBD	Staff and H&W Comm Vol leaders organize and set up reporting Staff and H&W Comm	Ongoing Ongoing 2025-2028
B. Advocate for Personal Safety 1. Strongly promote the importance of having current DCV emergency contact information of a responsible relative or friend for every member. 2. Plan and organize programs to promote the use of Medical Alert systems, 3. Annual review of programs YR 2: 4. Consider creating a fashion show 5. Fall prevention classes	Update current forms Plan program Update plans we've used in former years	Goal 2 Team, Staff Goal 2 Team, Staff	Oct, 2024 Plan completed Dec 2024 Each November TBD

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Goal 3 Provide Support to members with Chronic or Acute Physical and Mental Challenges			
YR 1-4			
A. Monitor members who are receiving or identifying as may be needing support	VCC, ED, Social Worker, HCN	VCC, Goal 3 Team, Bd Pres, DCV Staff	Ongoing
1. Connect Villagers to Support Groups 2. Connect Villagers to Community Resources 3. Plan information programs using DCV members who live in facilities as speakers 4. Annual review of programs	Possibly professional leaders for programs Social Worker, HCN Prof Staff, speakers Program data	Goal 3 Team, Bd Pres, DCV Staff H&W Comm, Staff	2025
B. Support members through the hospitalization process 1. Professional Staff 2. Care Group utilizing CG Protocol	Staff and trained volunteers	Ex Dir	Ongoing
C. Assign Professional staff to support members' needs	Prof Consultants, HCN, SW	Ex. Dir	Ongoing
D. Establish Care Groups as appropriate	Estimate CG/year Friendly Visits 3 Crisis 6 Long -term 4	Exec Dir	On-going
E. Annual review of programs A, B, C, & D	Data and member feedback	ED, H&W, VCC, Staff	Nov, each year

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Goal 4 Provide Support to Implement and Evaluate Member Service Goals			
A. Professional Staff (Executive Director) Support	As ED requests	ED	On-going
B. Program Staff Support	As assigned by ED	ED	On-going
C. Convene a long-range planning group to evaluate future directions for DCV Health & Wellness services	H&W program data, trend data local and national	H&W Comm	2/2025 – finalize 10/25
D. Support the Care Group database platform Continually monitor Review and upgrade as necessary	Consultant, staff	ED H&W Comm, staff, Goal 4 Team,	Ongoing Nov 2024 -2028
E. Prepare and submit Budget Needs to the Finance Committee	Plan with resource estimates	H&W Comm	November 2024 and annually
F. Create and Implement Plan to Ensure New Members Access to Program Support		H&W and other committees	12/2024
G. Review and Evaluate the Plan and Service 1. Evaluate Service 2. Provide feedback to the Exec Dir for staff evaluations 3. Appoint a team for a confidential record audit	Sub-comm eval and recommendations Audit Team	H&W Comm, ED	10/2024 & annually