



THE FACES OF THE VILLAGE, INC.

Health & Wellness Program

Objective

The primary objective of this organization is to address the needs of our clients from the “total person” perspective.

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History

The Faces of the Village was created in memory of Elder Ottis Lee Mosley. He is the late father of our Founder and C.E.O., Toni R Hendrix-Green. Elder Mosley suffered from many health issues. His diagnoses included Parkinson's disease, hypertension, diabetes, and prostate cancer. After being denied home health services (because he was over income), Elder Mosley and his family entrusted his care to a fellow church member. This person violated the family's trust by committing identity theft against Elder Mosley. This betrayal caused him to become very suspicious of anyone outside of the family, which ultimately contributed to his untimely death. On December 19, 2010, Elder Mosley was home alone when he lost his balance in the bathroom and fell. His fall resulted in a ruptured dialysis shunt, causing major blood loss. He was unable to be revived. It should be noted that the organizations to which he and his family appealed, failed to find a way to provide the much-needed services (even on a sliding scale). They simply said that they were unable to help him. There were no referrals or alternatives given.

Mrs. Hendrix-Green wanted to honor her father's memory by creating an organization that would not only bring about awareness to the gap in services for who do not meet the income requirement for private organizations, but also have limited resources available to them via the government. She also wanted to provide health and wellness education for seniors 55+ to help them increase their quality of life and be proactive in their own care. Why age 55 instead of 65? Simply put, "the population ages 65 and older is the fastest growing segment of the U.S. population". (Gatz, Smyer, & Digilio, 2016, p. 257) If we can effect change in the lives of our clients before they mature to the age at which the government recognizes them as seniors, then we can make a positive impact on their overall quality of life. It is our responsibility to give back to those who have already given so much. To accomplish this goal, we have partnered with experts in six areas of health and wellness (nutrition, fitness, finance, mental health, medicine, and faith & spirituality). Our services are presented in a one-hour workshop format which includes a Q & A wrap session.

Our Program

The primary objective of this organization is to address the needs of our clients from the "total person" perspective. We want to educate our senior, their family members, caregivers and/or loved one who are responsible for managing their finances, healthcare, and overall well-being. Therefore, we have taken the approach of healing from the inside out. Health & Wellness is not limited to nutrition, contrary to what some believe. It is a concept that is all inclusive and without neglect regarding the complete well-being of "the total person". Because of this very important aspect, The Faces of the Village has designed a hands-on, collaborative, interactive program which concentrates on very specific areas of health and wellness: nutrition, medical/physical, mental health/cognition, fitness, financial, and spiritual/faith.

Nutrition

Nutrition is not just about the food that you eat or how you prepare your meals. It is about understanding the value of the ingredients in the food and how your body uses those nutrients. When a person is diabetic, hypertensive, narcoleptic, arthritic, or suffer from any other health problem, choosing the right things to eat can mean the difference between experiencing symptomatic episodes and physically performing at your best. Benefiting from good nutrition and healthy eating habits is not just a matter of doing. It is also determined by understanding your own personal choices, how those choices originate, and what other factors might affect how those choices come into fruition. The concept of self-management is important when considering how to help someone find ways to re-align their thinking to improve their health. It has been noted that “self-management and behavioral change are highly relevant concerns for older adults and their health”. (Gatz, Smyer, & Digilio, 2016, p. 261) In showing our clients how to modify how they think about their food, we ultimately help them change their behavior. Nutrition is optimally important for seniors. If there is a lack of nutrition or the absence of good eating habits, this can be detrimental to your overall health. The body of a senior is already compromised due to natural aging. Notable resources such as the Nutrition.gov website lists several options for tracking meals, Tufts University has partnered with AARP to create a system specifically designed for seniors, and WebMD lists 9 nutrients that older adults need:

Vitamin B12	Vitamin D	Fiber
Folate/Folic Acid	Potassium	Omega-3 Fats
Calcium	Magnesium	Water

(Nutrition.gov, 2017, Jaret, P, 2017, Tufts.edu, 2017)

Our workshops are designed to create an collaborative environment between our clients and the experts providing the information. We offer activities such as cooking demonstrations, a breakdown of the information on the nutrition panel, creating meal plans, learning how to meal prep, and experimenting with a variety of ingredients, spices, and learning about multi-cultural food choices. We also provide data on the importance of eating regular meals, the benefits of healthy snacking, and understanding how overall health can be compromised by poor eating habits.

Medical/Physical

Going to the doctor may not be fun. However, regular check-ups to monitor the progress of treatment plans, medical conditions, and basic medical care are crucial to one's overall health. This is true especially for our clients. Regular medical treatment allows for early diagnosis, re-directing the focus of a treatment plan that is not successful, and the coordination of care between clinicians/practitioners. Taking care of yourself includes taking all prescribed medication, reporting new symptoms to your physician, and monitoring your progress with journals/diaries. Per a study conducted by the Institute on Aging, "by 2010, they [older adults] were [living longer by] 13 percent. More than 40 million Americans are now age 65+". (ioaging.org) That might not seem like much considering the overall population of the world. However, when you consider that "[between] 2009–2010, 38 percent of people age 65+ were obese, compared with 22 percent [between] 1988–1994", that does not translate favorably. (ioaging.org) This data only looks at obesity. It does not include other forms of chronic illnesses such as diabetes, heart disease, and various forms of cancer. It is unfortunate that "heart disease, cancer and stroke are the big three killers". (Recer, 2010) Thankfully, there are advocate organizations like ours. Our organization has determined that if we begin to address these issues earlier, there could be much greater success in disease management for our seniors. We may not be able to change the mindset of the entire world population, but we can begin in our immediate area. Our clients medically benefit from our workshops by hearing about the importance of quality medical treatment first hand from an unbiased medical source. Our official medical expert will discuss identifiers, offer suggestions on how to communicate with primary care practitioners, and answer questions during our Q & A wrap session.

Mental Health/Cognition

One of the most heartbreaking situations that anyone can have the misfortune of witnessing is the onset of dementia. No one enjoys seeing their loved one lose out on life; forgetting things, people, and how to perform simple tasks. It is very difficult. Quite often an area of health and wellness that is over looked is mental health among seniors. Very few people consider the existence of depression or mental instability with our seniors. When in fact, "the prevalence of depression increases with age". (ioaging.org) The level of depression even varies between the genders/sexes (men vs. women) as well as between the age groups (younger vs. older). General neurology and neuroscience is advancing rapidly; "Brain health is a central aspect of healthy aging, with keen interest in identifying factors that promote healthy brain aging". (Gatz, Smyer, & Digilio, 2016, p. 259) Improvement in cognitive skills is directly related to the generation and/or regeneration of neurons. Although, neuronal development/improvement is necessary, it does not act alone. The study of dementia and brainwave activity is critical to the development and improvement of treatment plans for memory loss; "Advances in neuroimaging have led to better understanding relationships among brain networks, cognitive skills, and functional performance—". (Gatz, Smyer, & Digilio, 2016, p. 259) The mental health/cognition component of our health and wellness program targets memory loss, motor functions, behavior modification, and depression. We are seeking funding for a pilot program which features the talent of artists and entertainers who have agreed to work with us by lending their craft as an alternative method for treating mental illness and cognitive degeneration. An example of that is Charnele Brown. You know her best as Kimberly Reese

from the television show “A Different World”. Charnele has an acting school in Houston, Texas. She has agreed to work with us by using her acting classes to help our clients. Another example is our collaboration with local musicians and vocalists in the same manner. These types of activities will facilitate building healthy social skills and establish relationships that will improve cognitive functions. They will also act as mental exercises to encourage neuronal development/improvement in the treatment of memory loss.

Fitness

As we live longer, our physical health does not always align with our mental health. The saying goes, you are only as old as you feel. That may or may not be true, as it may be a matter of interpretation. Interestingly enough however, there is a video circulating on Facebook of the oldest female body builder. She is an 80 year old woman who is in impeccable shape. Unfortunately, not everyone is able to do such things due to physical restrictions. We want to get our clients moving. The CDC (Center for Disease Control) states that seniors should have at least 2.5 hours of moderate exercise and at least 2 days of strength training per week. (CDC 2015) They should focus on aerobic endurance, strength training, balance, and flexibility. (Kilroy, 2016) This is very important when considering the ability to be involved in their own care. Nothing says independence better than being able to feed, bathe, and dress yourself. The inability to do these simple, everyday tasks have the potential to impact the emotional well-being of anyone, especially seniors. Exercise helps with range of motion during basic movements. Another benefit of exercising is the release of endorphins; which “—trigger[s] a positive feeling in the body—”. (WebMD 2017) The release of endorphins is therapeutic on many levels. Since they are released during exercise, exercising regularly has additional benefits such as “reduc[ing] stress, ward[ing] off anxiety and feelings of depression, boost[ing] self-esteem, and improv[ing] sleep—strengthens your heart, increases energy levels, lowers blood pressure, improves muscle tone and strength, strengthens and builds bones, helps reduce body fat, and makes you look fit and healthy”. (WebMD 2017) Simple leg exercises can be done from a sitting position. There are low impact classes as well as water activities that are compatible with the physical ability of our clients.

Financial

Managing finances can prove to be a difficult task for anyone. Living on a fixed income complicates that task even more. When you factor in fraud and the inability to discern when someone is not sincere about their intentions, the level of stress reaches unbearable proportions. We not only want to help our clients learn how to spot the signs of potential identity theft, we also want to extend that education to their family and loved ones who may be responsible for our client’s finances. While there may be several forms of elder abuse (the most common being physical), one that can be just as critical is financial fraud. The reality is, “financial caregiving is also an important task that many take on suddenly or with little preparation”. Older Adults/Seniors are the most susceptible to fraud than any other population. Forbes printed an article written by Olivia DaDalt that explains why this heartbreaking reality is true. The three contributing factors noted in the article are: “Trust, Vulnerability, and the Aging Brain”. (DaDalt, 2016) On the upside, there are a wide range of resources available as well as advocates to help seniors fight against this type of betrayal. They can also learn how to budget/manage

money. A few tips that might be helpful for older adults are to “budget carefully, don’t be too generous, protect your digital assets, put fraud safeguards in place, and get money help from your children”. (Palmer, 2015)

The financial wellness component of our program will include conversations with experts who provide tips and tricks for creating a workable budget and tools for sticking with it. A somewhat non-traditional way of managing money, but also very effective is couponing. We share cyberspace with individuals who have taken on this type of money management as a way of life. They have demonstrated time and time again, how using coupons coupled with sales and discount programs can reduce a consumer’s total spending on average 30%-60%. Money management can seem overwhelming, though it doesn’t have to be. There are ways to make it fun, such as using fake money from games to bargain shop at fictitious stores or using prizes for the winner of shopping trivia. When it is all said and done, the objective is to teach our clients about not just spending, shopping, or saving. It is to teach them how to protect their self and to put away a nest egg for the rest of their future plans.

Spirituality/Faith

Although, aging is not easy, it does not have to be the end. Some people believe that to have a “belief” in something is what helps you make it through the rough times. Some choose not to believe in a supreme being or anything at all. It is all a matter of choice and preference; but, “—being a Christian of deep faith can help one deal with life transitions and painful seasons of loss”. (Buchanan, 2014) There has been much research about spirituality and how it relates to aging, health, and mental illness. Missy Buchanan, an author in Rockwall, Texas, learned a lot about what some older adults believe, when she visited a retirement community. It is a difficult thing to accept...aging. Even more difficult when the ability to commute, participate in worship services, or run errands without the assistance of someone else. Missy writes in her article that “The problem for many older adults is not really a lack of faith but a lack of being nurtured in that faith once they are unable to participate in the daily life of their church”. (Buchanan, 2014) There has to be a way, however politically correct or not, for older adults/seniors to feel connected as they once were with their beliefs. Having a strong spiritual/faith-based mindset can prove to be the difference in how one deals with death and bereavement. Rev. Jennifer L Brower made a profound statement in her interview. She said that the “Accumulated life experiences may alter how one interprets the teachings of their religious community and whether those teachings retain a degree of veracity or relevance for their living”. (Brower, 2006) A spiritual life is not just about attending the services, it is about the assembling together with other people and the joy of sharing love.

Social/Community

There are senior living facilities and apartment homes designed specifically for individuals 55+ in development up all over the Greater Houston Area. Additionally, most of the businesses are beginning to cater to seniors as well by offering discounts, special days, and special menu items. If we are fortunate, we will all live to become a senior citizen one day. The Faces of the Village took that into consideration when designing this program, when we speak to volunteers about the importance of giving back with love, and when letting our clients (and their

families) know that we are here to help. During the development of the organizational structure, someone asked our founder where the name originated. Her explanation was this:

“several years ago, the phrase “it takes a village to raise a child” was used as a calling card. There were parents of other children in the neighborhood in which I grew up, who looked out for all the children. That principle was translated even further by saying that the children bring the energy, but the seniors bring the wisdom. We must protect and preserve the wisdom and the history of our families so that it can be passed down through the generations. The only way for us to do that is to take care of our seniors”
(Green, 2015)

Let us come together as a community to preserve the legacy of families throughout the Greater Houston Area. Some of our clients only know the love and affection shown by our organization because they are alone without family. It is our duty and privilege to serve the senior community.

Anticipated Budget (subject to change)

Workshop

	Per Month	Annual
Transportation (if needed)	\$ 50.00	\$ 600.00
Snack bags (20 each workshop)	\$120.00	\$1,440.00
Venue (if not partnered)	\$200.00	\$2,400.00
Marketing	\$ 60.00	\$ 720.00
Literature	\$ 30.00	\$ 360.00
Misc. (door prizes, honorarium)	\$ 75.00	\$ 900.00
	<u>\$535.00</u>	<u>\$6,420.00</u>

Charnele Brown’s Acting Class

		Total
Transportation (if needed)	\$ 50.00 per week	\$1,200.00
Tuition (6 weeks per quarter) (12 students per year)	\$600 per person	\$7,200.00

Operating Budget (separate, provided upon request)

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