

Road to Wellness Case Study

City of Warrensville Heights received a \$250,000 grant from the Ohio Department of Aging to improve health and wellness of seniors in the Warrensville Heights community. The funds had to be used solely to: Develop and expand health and wellness programs for seniors; Enhance emergency preparedness at the Senior Center; Enhance transportation capabilities of the Senior Center; Develop additional projects supporting the Senior Center (e.g., nutrition education and access, computer training, service coordination); Ensure all projects are designed to be financially and operationally sustainable; Develop and administer an evaluation model to assess efficiencies, effectiveness, operations and the impact of the funded programs.

Six months after the grant was awarded, Director Bonnie Burman, Ohio Department of Aging, and State Representative John E. Barnes, Jr., asked hChoices to lead the project and tasked us to figure out how to get the three primary hospital systems in the area to collaborate. hChoices accepted the role and utilized Stanford's Collective Impact Model to successfully engage the hospitals and a larger group of collaborative partners. The partners made a commitment to the group and agreed on the common agenda and goal for the project. hChoices HIPAA compliant wellness platform was used as the shared measurement system, and we focused on offering mutually reinforcing activities, events and programs that featured local experts from the participating organizations. The group met every other month, with subcommittee



City of Warrensville Heights

Cleveland Clinic
South Pointe Hospital

hChoices.com

University Hospitals
Ahuja Medical Center

wraaa

Vitamix

MetroHealth

Fairhill PARTNERS

Road to Wellness: Free Health Screenings and Wellness Fair

Tuesday, November 15 **9 a.m. - 12 p.m.**

Warrensville Heights Civic and Senior Center
4567 Green Road, Warrensville Heights

State Representative John Barnes, Jr. and Mayor Bradley Sellers invite you to the "Road to Wellness" Wellness Fair.

- Free screenings: Blood Pressure, Cholesterol, Blood Sugar, Blood Oxygen Level, BMI, Waist Circumference, Balance
- Health Risk and Perception of Wellness Assessments
- Food demonstrations
- Giveaways and raffle prizes

To learn more or RSVP call 216-587-1250.

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CITY OF WARRENSVILLE HEIGHTS ROAD TO WELLNESS

HEALTH FAIRS

Join us and receive Free health screenings including, but not limited to: Blood Pressure, Cholesterol, Blood Sugar, Blood Oxygen Level, BMI, Balance, Health Risk Assessments, and more. The event will also include a vendor fair, give-aways, and raffle prizes.

November 15, 2016 | 9:00 am - 12:00 pm
March 7, 2017 | 9:00 am - 12:00 pm
June 20, 2017 | 9:00 am - 12:00 pm



WEDNESDAY NIGHT WELLNESS

Join your neighborhood expert monthly for lite dinner and learn about common medical conditions and what you can do to maintain a healthy lifestyle, from 4:30 - 6:30 pm.

August 17 | Reduce Your Risk of Diabetes
September 21 | Stress Management
October 19 | Understanding Hearing Loss
December 7 | Falls Prevention in Older Adults
December 21 | Holiday Blues
February 15 | The Truth About Women's Heart Disease
March 15 | Common Gastrointestinal Disorders
April 19 | Kidney Disease
June 21 | Men's Health: Live Long and Stay Strong!

[View full schedule on Wellness Station](#)

HEALTH INTERVENTIONS

Limited subsidized seating for multi-session chronic disease management programs.

Smoothie Research Study (8 wks)
A Matter of Balance (4 wks)
Diabetes Self-Management (6 wks)
Chronic Disease Self-Management (6 wks)
Blood Pressure Self-Monitoring Program (12 mo)
Diabetes Prevention Program (12 mo)
The Real You Weight Loss Program® (8 wks)
Complete Health Improvement Program (10 wks)



hChoices WELLNESS STATION

Monitor and securely track your health numbers, join wellness challenges, watch wellness programming, and access the tools to achieve and maintain optimal health. The Wellness Station also provides program announcements, event updates, and wellness messages.

Wellness Station Sponsors:
South Pointe Hospital, a Cleveland Clinic Hospital and
Solomon, Steiner & Peck, Ltd. Attorneys at Law

FITNESS CLASSES

YOGA (Non-resident: \$10/8 weeks)
Mondays & Fridays - 9:30 am

ZUMBA (Non-resident: \$10/8 weeks)
Wednesdays - 12 pm

BALLROOM DANCING (\$5/session)
Tuesdays & Thursdays - 6:30 pm

AEROBICS (Non-resident: \$10/8 weeks)
Mondays & Thursdays - 2:00 pm

LINE DANCING (\$2/session)
Mondays - 12:30 pm

TAI CHI (\$20/4 weeks)
Wednesdays - 10:15 am

PILATES (Non-resident: \$10/8 weeks)
Thursdays - 3:00 pm

WALKING GROUP
Fridays - 10:00 am



Road to Wellness Collaborative Partners



TO REGISTER, CALL THE CIVIC AND SENIOR CENTER AT 216-587-1250.

meetings monthly, to ensure solid, ongoing communication. hChoices filled the role as the independent backbone organization to keep things focused, beneficial to all partners, and moving forward.

hChoices was successful in engaging all three hospitals, state and city officials, and experts in pharmacy, hearing loss, home health care, hospice, fitness, behavioral health, financial planning, insurance, technology, and community members.

The outcomes of the project included a new 13 passenger bus, backup generator, semiannual health fairs, monthly dinner presentations, technology classes, evidence based balance, diabetes prevention and chronic disease classes, a blood pressure self monitoring program, weekly fitness classes and a smoothie research study. We increased overall community engagement, gave residents a restored a sense of control over their health, and a lasting willingness for partners to sustain the collaborative effort.