

Report for Board Meeting March 2019

Living Well Alabama Program Activity January – March 2019

- 12/5/18 – 1/16/19 LWA workshop at Homestead Village in Fairhope
Co-Leaders: Carol Massey & Don Wheeler
- 1/29/19 – 2/6/19 LWA Leader Training – 4 days
Done in partnership with AltaPointe.
Co-lead by Master Trainers Carol Massey of AAA and Susan Boucher of Altapointe.
We had 13 attendees. Eleven completed and became qualified as Living Well Alabama Leaders, 7 from AAA and 4 from AltaPointe. With this training, we doubled the number of available leaders on our roster.
- 2/27/19 Silvia Vaca Diez of the Guadalupe Center and Irma Reyes of the Mobile County Health Department, who are LWA Leaders, completed a cross-training webinar to become qualified to lead Tomando Control de su Salud, the Spanish-speaking version of the Chronic Disease Self-Management Program. They plan to lead their first workshop in Spanish in July.

Upcoming Living Well Alabama Workshops

- May 17, 2019 LWA workshop is set to begin at Somerby of Mobile. Leaders will be Ralph Sanders and Alice Bahr.
- Undetermined Date LWA workshop to be held at Fairhope Library after renovations at the library are completed.
- Other Future Sites Locations currently targeted as sites for LWA include the Providence Hospital in Mobile, Bayou Clinic in Bayou la Batre, Parkway Senior Center in Mobile, Providence Senior Center/Guadalupe Center in Mobile, and the Ahepa Apartments in Fairhope.

Other Activities

- January 10, 2019 Attended the Healthy Gulf Coast Workgroup Meeting at the Community Foundation.
- January 22, 2019 Attended Mobile United Health Task Force
- February 7, 2019 Attended the Healthy Gulf Coast Workgroup Meeting at the Community Foundation.
- February 14, 2019 Attended Prodissee Pantry Connecting Communities Luncheon to network with organizations serving our community.
- March 7, 2019 Attended the Healthy Gulf Coast Workgroup Meeting at the Community Foundation.
- March 12, 2019 Legacy Leadership Meeting to tell volunteers about our programs

Future Activity

- April 4, 2019 Healthy Gulf Coast Workgroup Meeting at the Community Foundation.
- April, 2019 Healthy Gulf Coast Care Transitions Coalition Meeting at Five Rivers Delta Center.