**HERITAGE PARK HEALTH AND WELLNESS OUTCOMES**

**Mind**
*Seniors will:*
Demonstrate a sense of **personal value and capability**

**Body**
*Seniors will:*
Engage in a **healthy lifestyle**

  - Demonstrate **effective utilization** of the health-care system to maximize quality of life

**Social**
*Seniors will:*
Participate in **structured and unstructured activities at the center**

  - Demonstrate **connectedness** to the center and engagement with the broader community

**Spirit**
*Seniors will:*
Demonstrate a larger sense of **purpose and belonging**

  - Develop and/or sustain individual **peace of mind**
Building Design
Cross Sector Partnership
Co-location of Services
Social Engagement
BUILDING DESIGN

- Centralized Welcome Desk
- Connection - Shared Employee Common Areas/Lunch
- Social Engagement – Fireplace, Water Feature, Porch, etc.
- Physical Engagement – Indoor/Outdoor Walking Path, etc.
- Other - Modified Staircase, Use of Colors, Natural Lighting
CROSS SECTOR PARTNERSHIPS

- Advocacy Agency - Minneapolis High-rise Representative Council
- Rehab - Courage Kenny Rehabilitation Institute
- Social Engagement - Augustana Open Circle Adult Day
- Physical Engagement - YMCA at Heritage Park
- Healthcare Provider - Neighborhood HealthPoint Health and Wellness Clinic
- Housing - Minneapolis Public Housing Authority
- Coordinating Team - Heritage Park Health and Wellness Center Team
CO-LOCATION OF SERVICES

- Mental Health
- Health Prevention, Promotion and Education
- Social Activities
- Physical Engagement – FREE
- Safe, Affordable, Respectful Housing
- PROVIDERS WORKING TOGETHER
SOCIAL ENGAGEMENT

- Vehicle for providers to understand and know clients – casual
- Vehicle for clients to know and support one another
- Purpose and meaning
- Reduction of stress hormones
20% Increased employee retention
95% Job Satisfaction

Collectively able to provide supports, not able to achieve in silo.