



Wellness Safety Check Program

After a fall outside my home on a dark, very late, rainy night with my closest neighbors out of town, I was very thankful to be able to get up, clean up and avoid a trip to the ER. I stayed home for two weeks until my black eye and facial cuts and bruising faded and healed. I sadly realized it is one of the many perils of being alone.

When I heard a new program (or perhaps a restart of a former one) was being considered at Crescent Run to make daily wellness calls to residents who lived alone, had health issues, or those who simply want someone to touch bases with them daily I knew I was all in.

A **volunteer** administrator stepped forward, Sharon Wilwerding, who is a retired nurse. I volunteered to assist her since we both share a strong belief in the mission, benefits, and purpose. I had/have clerical skills and thrive on paperwork (at least I used to.) Since we were also friends, we felt we could work together to build a strong team (as in dynamic duo.) I felt I had finally found a purpose.

After spending many hours researching like programs, typing and retyping papers, meetings, etc. We are just about ready for our “eggs” to hatch. We promise to give the residents our best, to serve those requesting this service with vigor and compassion. We will not gossip and all information gathered will be confidential.

A **sign-up** sheet is in the kiosk by the exercise room for those wanting to be called and another one for residents who want to be volunteer callers (what a win-win situation.) We will contact all those who record their name. Sharon and Betty can also be reached by telephone if you have questions or would like to sign up. We ask you to advise us of residents who might not be aware of this program but could be well served by it.

Hopefully sometime in June will be the official launch date.

Thank you for your consideration.

Sharon Wilwerding 402.203.6567 Betty Scott 509.989.9727