



OCCOA

OTSEGO COUNTY COMMISSION ON AGING



Submitted by
Dale Gehman
DIRECTOR

*We Help.
We Care*

120 Grandview Blvd., Gaylord, Michigan 49735

Well-Being Clinic ~ Regular Maintenance for Us!

Our cars are so smart these days. Yesteryear's oil pressure and temperature gauges have evolved into warning lights, buzzers, and now even LED displays that tell us the status of everything from our tire pressure to the transmission. Even the oil is monitored, so that if the oil-change reminder sticker on the windshield goes missing, the car can tell us when it needs fresh oil. It makes operating a car pretty easy, actually. We just have to listen to what it's telling us.

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CHRISTINE HOLEWINSKI, LPN
OTSEGO HAUS
COORDINATOR

Our bodies are the same, really, we just aren't equipped with all the bells, buzzers, and displays. We can monitor the key indicators of our health by periodic checks of things like blood pressure, pulse, and so on. But do we do it? Would we do it more often if it were convenient and easy? The Otsego County Commission on Aging is taking a step in that direction by making health-monitoring easier with its new Well-Being Clinic.

The Well-Being Clinic is a comprehensive monthly health check for basic indicators. Our goal is to promote better health by occasionally "looking under the hood," because we know that preventative maintenance can minimize "breakdowns" later. So, what is the Well-Being Clinic, how did it get started, and what can we expect from it?



The Well-Being Clinic will be held on the third Wednesday of each month, starting in October, from 9:00 a.m. to 11:00 a.m. at the Otsego Haus offices in the Health Department Building at 95 Livingston Blvd. The nursing staff at Otsego Haus will check blood pressure, pulse, respiration, temperature, and weight. In addition our partners, Gaylord Eye Care, will provide eyeglasses cleaning and adjustment; and Advantage Audiology, will do basic hearing screening. All of the above services are offered free of charge, and walk-ins are welcome.

As an added service, older adults needing basic foot care can get that done by the OCCOA nursing staff for \$20, and that must be scheduled in advance.

The idea of offering the Well-Being Clinic came from the combination of a number of opportunities. First, our program-participants' surveys have shown an increased interest in maintaining good health. Secondly, this fits very well with the evidence-based programs and support groups that we have been offering for the past several years. Much of the focus of those programs is prevention, and regular health checks play an important role in prevention. Finally, the Otsego Haus offices are an ideal location for the Well-Being Clinic. The Otsego Haus is easy for clients to get to, the office offers privacy for clients, and the nursing staff is capable and eager to help.

Michelle Dunkelberg, Special Events Coordinator for the Otsego County Commission on Aging, says it all came together nicely. "It's something that we've wanted to do, and when we were able to arrange for our partnerships with Gaylord Eye Care and Advantage Audiology, it just worked out."

We know that there are regular intervals for changing our cars' oil, or rotating their tires, but how often should we check on our own systems? The Well-Being Clinic will be offered once per month, so area older adults can stop in every month, or less frequently if there are no immediate concerns. Pamela Carlson, Medical Resource Coordinator for the OCCOA, says we should first listen to our doctors. "I would always say that older adults should do what their doctors suggest for monitoring things like blood pressure." She adds, "What we can do, though, through the Well-Being Clinic, is offer an easy and free way to get those checks done monthly. If it's part of a doctor's plan, that's fine, and if it's just for our own monitoring and peace of mind, that's ok, too, but these are items that we all need to have checked occasionally."

It's the OCCOA's hope that by offering the Well-Being Clinic, we will help area older adults better monitor their health, both to control existing conditions, as well as provide a warning of new and different concerns.

So, it's really a lot like taking care of our cars. If we do the scheduled maintenance, and keep an eye on the warning indicators, we can have a better chance of avoiding a breakdown. And, that's doubly important in the case of our health, because unlike our cars, we won't be trading up to a new model anytime soon. We have to take care of the model we have.



PAMELA CARLSON, RN
OCCOA MEDICAL
RESOURCES COORDINATOR

FOR MORE INFORMATION ON THE WELL-BEING CLINIC, OR TO SCHEDULE AN APPOINTMENT, PLEASE CALL MICHELLE, OCCOA SPECIAL EVENTS COORDINATOR, AT 989-748-4068.



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