

**At 23rd Way**, most of the ladies are doing exercise videos with staff. They sure have a lot of fun and some good laughs while getting their exercise. They do some aerobics and kickboxing tapes two to three times a week.

**All are working** on better eating habits at Rose Lane. Learning portion control and making healthier choices is the focus for the staff and ladies here.

**At 20th Place**, all of the consumers walk every day for exercise. The staff are working on developing a healthy eating plan for everyone. The focus is on having a balanced diet that is appropriate for diabetics. Blood sugar control is key in this house and everyone is doing great!

**Everyone at T-Palms** has their own schedule to maintain, which makes it hard for them to work on a health and wellness goal together. The staff tries to engage the ladies offering opportunities to walk with staff. Some of the ladies are trying to organize and host a dinner with all of the residents there; hopefully this can become a monthly event.



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Health & Wellness  
Program

## MISSION STATEMENT

**Marc Center provides opportunities for people with disabilities to be actively involved in determining where and how they live, learn, work and play.**

**Serving people with disabilities since 1957**

**In October 2006**, the National Association of State Mental Health Program Directors (NASMHPD) released a report entitled Morbidity and Mortality in People with Serious Mental Illness[i]. Among the report's findings were the following devastating outcomes for the population with serious mental illnesses:

- 1) Persons with serious mental illnesses are now dying 25 years earlier than the general population.
- 2) Sixty percent of premature deaths in persons with schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious diseases.
- 3) Increased morbidity and mortality are largely due to treatable medical conditions that are caused by modifiable risk factors such as smoking, obesity, substance abuse, and inadequate access to medical care.
- 4) Antipsychotic medications have become more highly associated with weight gain, diabetes, dyslipidemia, insulin resistance and the metabolic syndrome.
- 5) Access to adequate healthcare for individuals with serious mental illnesses is greatly impaired by numerous factors.



**In response to this issue** the Marc Center has introduced the "Health and Wellness Program," a new wellness program designed to be a collaborative effort by all staff and consumers. The goal is to incorporate a recovery-centered, holistic approach that will increase awareness of healthy alternatives and support a longer and more fulfilling lifestyle. Each program at Marc Center has created their own team and program title.

**Members at the Village Program** chose "Walking the Path of Recovery" as their team name. Members have the opportunity to participate and lead other members in various activities. Through this process, they discover their own and others' core gifts and learn how to utilize them in recovery. Staff and members are collaborating to make this a unique and successful experience. "Walking the Path of Recovery" wellness program is sure to spark new ideas and encourage a total support environment where our members feel confident, encouraged, and enabled to make healthy decisions to improve their quality of life.

**East Village members and staff** started the "Making Healthy Choices Club". A weekly walking and yoga group has been formed, and the club is brainstorming possible new activity clubs. The "Stages of Change" group focuses on goal-setting; members have the opportunity to utilize visual aids to track their advancement toward their goals. Members understand the benefit of regular physical activity, and are encouraged to consider which everyday tasks might be "physical activity" for them and use a buddy system for motivation to keep active and healthy. Nutrition and food choices are discussed, as well as road blocks to making healthy choices. The "Making Healthy Choices Club" is aimed at helping members achieve optimal wellness and encourage a total support environment where our members feel confident, encouraged, and enabled to make healthy decisions to improve their quality of life.

**Residents and staff of Dragoon House** have chosen to exercise at the YMCA once or twice a week & follow a daily group exercise calendar. Activities on their calendar include hygiene, affirmations, behavioral contracts, current events, walking around the block, playing basketball, and working out in the gym.

**Hermosa Vista site staff and residents** decided to make healthier food choices when meal planning & shopping. They will plant a garden in the backyard. They plan to share the fruits & vegetables they grow with the other sites.



**The ladies at Quartz House** agree to participate in healthy eating, meal planning & shopping, mall-walking 3 times a week, stretching exercises at home, and scheduling yearly physicals.

**The guys at Alder** want to make healthier food choices and follow the daily group calendar. Their calendar includes hygiene, affirmations, behavioral contracts, current events, walking, preparing meals with healthy choices, and developing & maintaining healthy relationships.

**The staff and consumers at Sailors Way** are going for daily walks throughout the neighborhood for exercise. So far this has been a very positive experience for everyone. Even Jamie, the counselor has gotten in on the action. She meets with the gentlemen at the house once a week, and they all go for a morning fitness walk.

**All of the ladies and staff of Marble House** are working together on healthy eating. They plan at least two meals together per week, using the new food pyramid guidelines. They also try to go to the YMCA at least once a week to get some exercise.

**The staff and consumers** are all working on quitting smoking at Frito house. So far things are going great. Some have gone 30 days without smoking! They also go to the YMCA a few times a week and participate in group fitness classes, swimming, and working out on the different equipment.

**The gentlemen and staff of Heather House** go to the Mills mall and walk the track there twice a week. They enjoy this because it is cool in the mall and afterward they can do some window shopping, which extends their exercise time.