

**COLLABORATING ON EFFECTIVE STRATEGIES FOR
OLDER OKLAHOMANS TO LIVE AND AGE WELL.**



HILLCREST MANOR NURSING CENTER

*has pledged to elevate healthy aging in Oklahoma by participating in the
Healthy Aging: Living Longer Better collaborative to*



INCREASE PHYSICAL ACTIVITY

STRATEGY IMPLEMENTED / OUTCOMES TO DATE:

Pro-Active approach used to prevent falls. Get them up and moving! Seat work exercises! Hugs, stretching, activities they enjoy. Nutrition, always available menus, breakfast served all day. Residents choose specials; do taste testing for possible menu item. Falls with major injury have been reduced by, getting residents up and moving. Removing hazards away from bedside when in bed, good rubber soled footwear. Distractions with food, drinks, and activities.

DATE OF PLEDGE:

06/16/2017

TO COLLABORATE WITH THIS STAKEHOLDER CONTACT:

580-363-3244 • pleiding@imagehealthcare.com

**THANK YOU FOR JOINING THE COLLABORATIVE.
WE LOOK FORWARD TO CELEBRATING YOUR SUCCESS.
VISIT OUR WEBSITE AT HALLB.HEALTH.OK.GOV**

