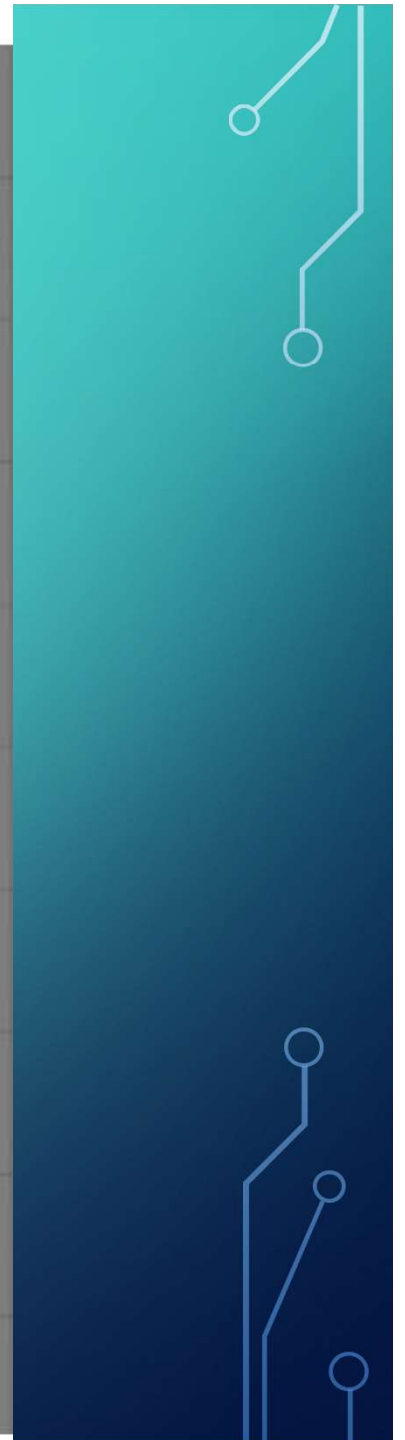


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# CSUS Cardiovascular Wellness Program

**Introduction to the Program  
and our Community**

# COMPONENTS OF A HEALTHY NEW START

- ♥ Risk Factor Reduction And Education
- ♥ Active Lifestyle/Social Engagement
- ♥ Nutrition Education
- ♥ Tobacco Cessation
- ♥ Stress Management
- ♥ Helping Your Doctor With  
Medical Management And  
Adherence To Treatment



# WHAT CAN YOU EXPECT

- ♥ Sense of Community—interaction with like-minded individuals
- ♥ Educational Classes
  - - “Live” Lectures/Small group activities
  - - pending: Self Paced On-line Modules  
(Available in Multiple Languages)
- ♥ Session By Session Exercise Program
- ♥ Stress Reduction Sessions
- ♥ Opportunity For Informal Consultation With Experts In Many Areas

# WHO IS ON THE TEAM?

## ❤️ Team Of Professionals (faculty & students)

- - Physicians/Nurses
- - Exercise Physiologists
- - Physical Therapists
- - Dietitians
- - Psychologists
- - Social Workers

## ❤️ Support System

❤️ Your Doctor-treatment will be coordinated with your Primary Care Physicians of Record.





# KEYS TO SUCCESS

- ♥ Attendance
- ♥ Participation
- ♥ Optimize Use of Team
- ♥ Tap Into Resources
- ♥ Set Realistic Goals
- ♥ **Advocate For YOUR Needs!**



# COMMUNICATE

- ❤ Ask Questions
- ❤ Journal Between Sessions
- ❤ Share Concerns
- ❤ Exchange Information w/ Team
  - New Medications
  - Doctor's Visits
  - Health Concerns



# YOU AND THE PROGRAM

- Step 1: Know Your Medical Problem
- Step 2: Make Sure That The Staff Are In A Position To Help You
- Step 3: Ensure That The Advice You Receive Makes Sense To You





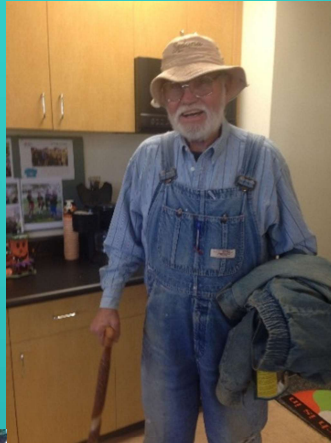
# HOW CAN YOU MEASURE SUCCESS

- ❤️ Participation
- ❤️ How do you Feel?
- ❤️ Reduced Risk Factors
- ❤️ Fewer Medical Events
- ❤️ Fewer Fatalities





# OUR COMMUNITY



Banana, honeydew,  
 cantaloupe, orange,  
 tomato  
 A Cantaloupe, grapefruit,  
 tomato, watermelon  
 C Oranges, grapefruit,  
 cantaloupe, pineapple  
 Oranges, tangerines,  
 lemons, limes  
 Nectarine, watermelon,  
 tomato, honeydew,  
 cantaloupe



Communities share the same interest



# SHARING 100-ACRE WOOD PHILOSOPHIES







# COMMUNITY OF INTEREST

~90% of community projects try to develop a community of interest. But a community of interest competes with our mental leisure time. Communities of interest are the *hardest* type of community to develop.





# BENEFITS OF COMMUNITY OF INTEREST

- Enable participants to manage change
- Provide access to new knowledge
- Foster trust and a sense of common purpose
- Add value to participants lives



# COMMUNITY BENEFIT

Studies supports that young adults who feel a sense of belonging in a community, develop fewer psychiatric and depressive disorders than those who do not have the feeling of love and belonging.

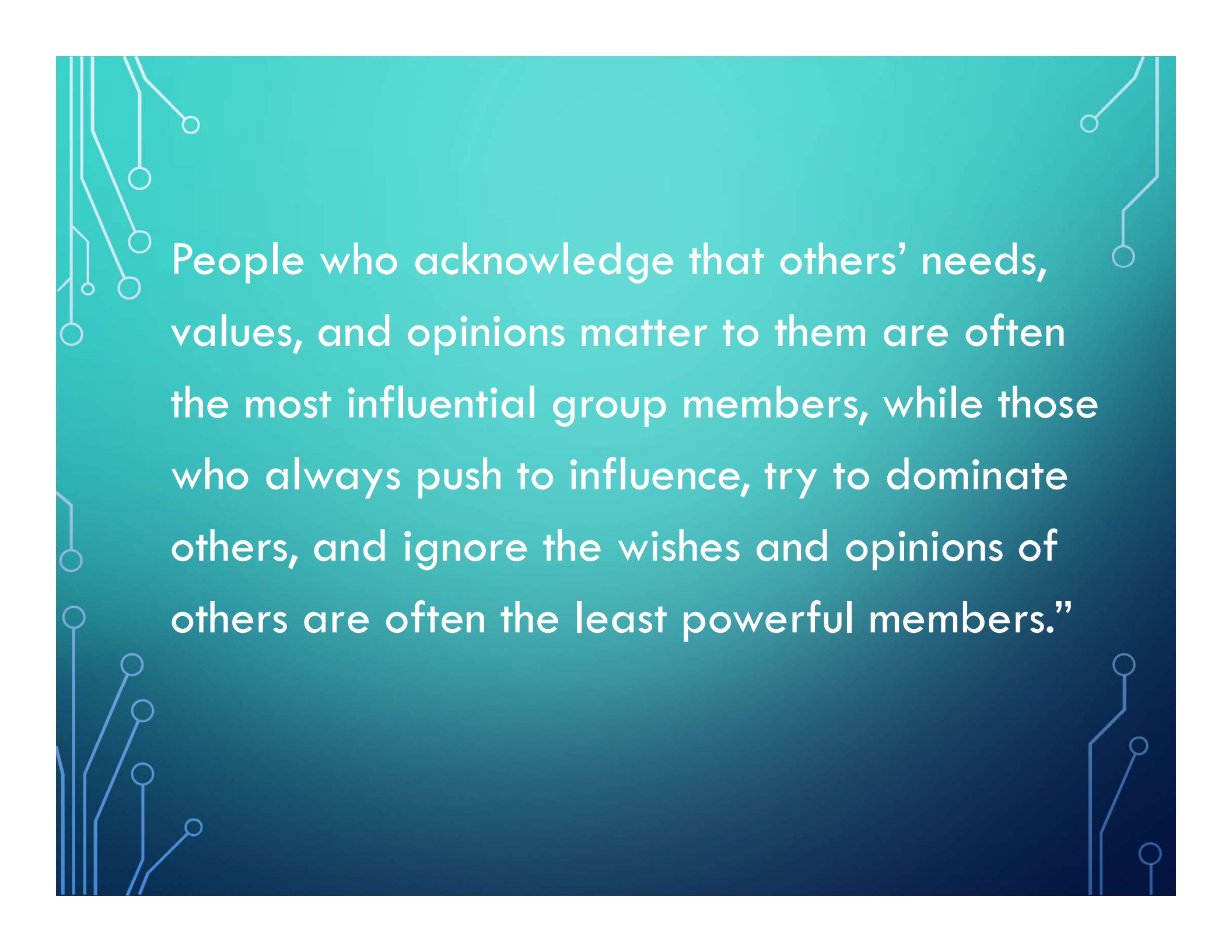


# INFLUENCE WORKS BOTH WAYS

Members need to feel that they have some influence in the group.



Some influence by the group on its members is needed for group cohesion.



People who acknowledge that others' needs, values, and opinions matter to them are often the most influential group members, while those who always push to influence, try to dominate others, and ignore the wishes and opinions of others are often the least powerful members."



# INTEGRATION AND FULFILLMENT OF NEEDS

Members feel rewarded  
in some way for their  
participation in the  
community.



# SHARED EMOTIONAL CONNECTION

The "definitive element for true community" includes shared history and shared participation.





# SENSE OF COMMUNITY: DEFINITION

Sense of community is a feeling that members have of belonging, a feeling that members matter to one another and to the group, and a shared faith that members' needs will be met through their commitment to be together (McMillan, 1976).





“You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes.”



Christopher Robin

A decorative background with a teal-to-blue gradient. White circuit-like lines with circular nodes are scattered across the slide, primarily along the left and right edges.

A few more benefits.....

*‘Use it or lose it’ applies to social engagement as much as it does to physical well-being*

*Socially connected people (age 65 and up) are less likely to demonstrate cognitive decline when compared to those who are lonely or isolated*

*Our social arena influences not only our happiness in everyday life but the ways in which our brains process information, the levels of hormones circulating in our bodies and our physiological responses to stress.*



# CELEBRATE OUR COMMUNITY

