

Please review the proposed initiatives from Zen Well. Our Chronic Disease Action Team can pick 1 - 2 to focus on in 2026 at our January 2026 meeting. Remember to consider options that our members could dedicate time to.

1. **Senior Wellness Activation (Countywide Series)**
  - Quarterly “Move, Balance, Breathe” workshops hosted at senior centers, libraries, and faith-based sites (fall-prevention, chair mobility, breathwork for stress, and gentle strength).
  - Ongoing Friday morning senior fitness at Cedar Lane can serve as a pilot site for a standardized curriculum we can expand countywide.
  - Simple outcomes tracking (pre/post balance confidence, sit-to-stand, self-rated stress) to show impact for HSMP reporting.
2. **Caregiver Resilience & Mindfulness**
  - Monthly virtual or on-site mini-sessions for family and professional caregivers: nervous system regulation, micro-breaks, compassion fatigue prevention, and sleep hygiene.
  - “Caregiver Reset” toolkits (guided audio, stretches, hydration/meal prompts) co-branded HSMP × Zen Well.
3. **Chronic Disease Self-Management Support**
  - Nurse-led small groups focused on hypertension and diabetes prevention/management (education, medication adherence supports, movement “snacks,” hydration planning).
  - Blood pressure check-ins and referral pathways to primary care/CHW navigation, coordinated with HSMP partners.
  - Accept FSA/HSA; insurance credentialing is underway, so we can align with health system and payer initiatives.
4. **Mental Health & Mindfulness Access**
  - Trauma-informed yoga, guided meditation, and sound bath sessions offered on a rotating basis for seniors, caregivers, and HSMP partner staff teams (burnout mitigation).
  - Short “calm-at-work” modules embedded into partner staff meetings.
5. **Mobile & Concierge Wellness Pop-Ups**
  - On-site wellness days at HSMP member locations: posture & mobility screens, hydration education, mini-strength circuits, and mindfulness breaks.
  - Rural access emphasis—bring services directly to communities with transportation barriers.
6. **Food, Farming & Wellness (Soil, Soul & Science)**
  - Adapt our “Soil, Soul, and Science” program for local growers, market vendors, and food pantry volunteers: heat safety, joint protection, recovery practices, and functional hydration.
  - Pair with local produce partners for tasting/education, aligning with HSMP nutrition priorities.

7. **Data, Grants & Quality Improvement**

- Co-develop simple, HIPAA-compliant evaluation dashboards for classes (e.g., falls risk indicators, stress scales) to strengthen HSMP outcomes.
- Collaborate on funding applications (state, foundation, community benefit) to scale senior fitness, caregiver supports, and rural access.

8. **Train-the-Trainer for Sustainability**

- Build a short certification pathway so HSMP organizations can sustain classes internally (leader guides, playlists, safety checklists, referral scripts), with Zen Well providing quarterly refreshers.