

# Wellness Implementation Plan

**Wellness Committee:** Sarah Robinson, Pam Williams, Jackie Proffitt, Pam McLucas and Kim Swisher

<b>Nutrition:</b>	<b>Action Steps</b>	<b>Begin &amp; End Dates:</b>	<b>Responsible Person(s) or Group</b>	<b>Measures of Success</b>
	Use Healthy Breakfast Menus	On - Going	Pam Williams	Continue to improve to meet all USDA and KSDE regulations and recommendations
	Snack Machine with Healthy Options for Staff	On - Going	Pam Williams	Staff eating and drinking healthier items
	Provide Fresh Fruit and vegetables daily to all staff & youth	On – Going	Kitchen Staff	Have fresh fruit and vegetables available daily
	Provide 3 snacks a day to youth	On – Going	Kitchen Staff	Offer at least 1 healthy snack a day... granola bars, special K bars, Trail mix, cheese
	TB tests – all staff & youth 16 years and older	On – going	Kim Swisher/Mel Miller-Garrett	

# Wellness Implementation Plan

**Wellness Committee:** Sarah Robinson, Pam Williams, Jackie Proffitt, Pam McLucas and Kim Swisher

Nutrition Education:	Action Steps	Begin & End Dates:	Responsible Person(s) or Group	Measures of Success
	Wellness Fair for Staff	January 2015	Kim Swisher	85% of staff attend
	Work with IMA for Quarterly Community Activities/Challenges	On- Going	Kim Swisher	Finding ways to keep staff motivated and involved
	Provide healthy food posters throughout dining room	On-Going	Pam Williams	Having visual affect for residents and staff to try and eat healthy
	Utilize the resources below <a href="http://www.nutritionexplorations.org">http://www.nutritionexplorations.org</a> <a href="http://www.3aday.org">http://www.3aday.org</a>	On-Going	Wellness Committee	
	Put together a healthy choices & fast food pamphlet for the youth's orientation book upon admission	In Process	Mel Miller-Garrett	Finding a way for residents to think about better options when you are eating out
	Provide Health Magazines for the Teen Departments	In Process	Mel Miller-Garrett	Giving each resident the opportunity to obtain information on better health choices
	Family Fun, Food & Fitness Event	By November 1, 2014	Pam Williams	80% of staff and residents attend this event

# Wellness Implementation Plan

**Wellness Committee:** Sarah Robinson, Pam Williams, Jackie Proffitt, Pam McLucas and Kim Swisher

<b><i>Physical Activity:</i></b>	<b><i>Action Steps</i></b>	<b><i>Begin &amp; End Dates:</i></b>	<b><i>Responsible Person(s) or Group</i></b>	<b><i>Measures of Success</i></b>
	Exercise scheduled daily	On-Going	Jill Chambers	Regular routine for exercise
	Fitness Facility to be built at new property	On-Going	Debbie Kennedy	Residents and staff being able to exercise in good/bad weather
	Daily Outside Activity (weather permitting)	On- going	Jill Chambers	Basketball Court, Walking Paths & Exercise stations are available on grounds
	Take youth to city Parks	On-going	Jill Chambers	Take on outings weather permitting – picnics
	Utilize Wii Fitness package for the departments	On-Going	Jill Chambers	Having this available to keep them interested in exercise