

# PASSPORT TO WELLNESS

By  
Dr. William Gingold  
Cynthia Germain, MBA, LNHA, CPP

Department of Family Medicine  
University of Illinois at Urbana-Champaign  
Urbana, IL 61801  
Tel: (217) 337-4781  
FAX: (217) 337-1750  
E-mail: [wgingold@illinois.edu](mailto:wgingold@illinois.edu)

# **What is Passport to Wellness?**

**A community-based comprehensive screening and assessment program and service for wellness promotion, risk reduction, and disease prevention for older adults (65+) and their significant others.**

# Why Use the Passport Program?

**You and your organization can reap many of the following benefits when using the program and services.**

- **Generate New Referrals**
- **Increase Market Share**
- **Generate Incremental Revenue**
- **Increase Community Awareness**
- **Enhance Public Relations and Image**
- **Facilitate Wellness Promotion, Risk Reduction, and Disease Prevention for your Target Group(s)**
- **Empower Consumers for Better Decision-Making**
- **Provide a Fun-Filled, Enjoyable Experience for Participants**
- **Benefit from a High Return-On-Investment (ROI)**
- **Needs Assessments**
- **Collaboration Opportunities**
- **Outreach and Good Will**
- **Leadership and/or Ego Needs**

# Who Needs the Passport Program?

**Any entity or organization wanting the benefits of the program can sponsor and implement the program event. The following is a small sampling of the type of entities who can sponsor and implement the program.**

- **Health and Allied Health Care Organizations**
- **Hospitals and Medical clinics**
- **Social service and Mental Health Agencies**
- **Senior Services Organizations**
- **Financial Institutions and Insurance Companies**
- **Nursing Homes**
- **Assisted Living Facilities**
- **Retirement Communities**
- **Community Colleges and Universities**
- **Senior Housing Organizations and Firms**
- **Employers**
- **Advocacy Organizations**
- **Other: \_\_\_\_\_**

# **How Does the Passport to Wellness Program Work?**

**The program can be implemented in a variety of ways, but it is best used in a “fair” or “expo” format. It can be used as a free-standing event or integrated within an existing senior expo or health fair, (i.e., Mature Lifestyle Expo, Senior Health Fair, etc.).**

**At most events, select exhibitors can be easily integrated within the program.**

# Participant Benefits

- A Fun, Enjoyable Relaxing Event
- Opportunity to Socialize
- Learning Opportunities
- Opportunity to Ask Questions
- Increase Self-Awareness of: *Functional Abilities, Wellness Status, Quality of Life Factors, Cognitive Functions, Other:* \_\_\_\_\_
- Receive “Facts to Act Upon” and “Sage for Aging”
- Build Affinity
- Empower Decision-Making
- Intergenerational
- Other: \_\_\_\_\_

# Staff/Volunteer Benefits

- **Self Promotion**
- **Learning and Knowledge Gains**
- **Share Expertise**
- **Support Sponsor**
- **Fun and Enjoyment**
- **Socialization and Networking**
- **Desire to Help and Serve**
- **Recognition**
- **Pay**
- **Feel Good/Satisfaction**
- **Other: \_\_\_\_\_**

# **Passport to Wellness** **Inherent Strengths**

**The program is flexible and adaptable to sponsoring organization's needs and objectives.**

**Can be customized for desired target group(s) by selecting appropriate choices from an extensive menu (130+) of screening and assessment tools and protocols.**

# Themes

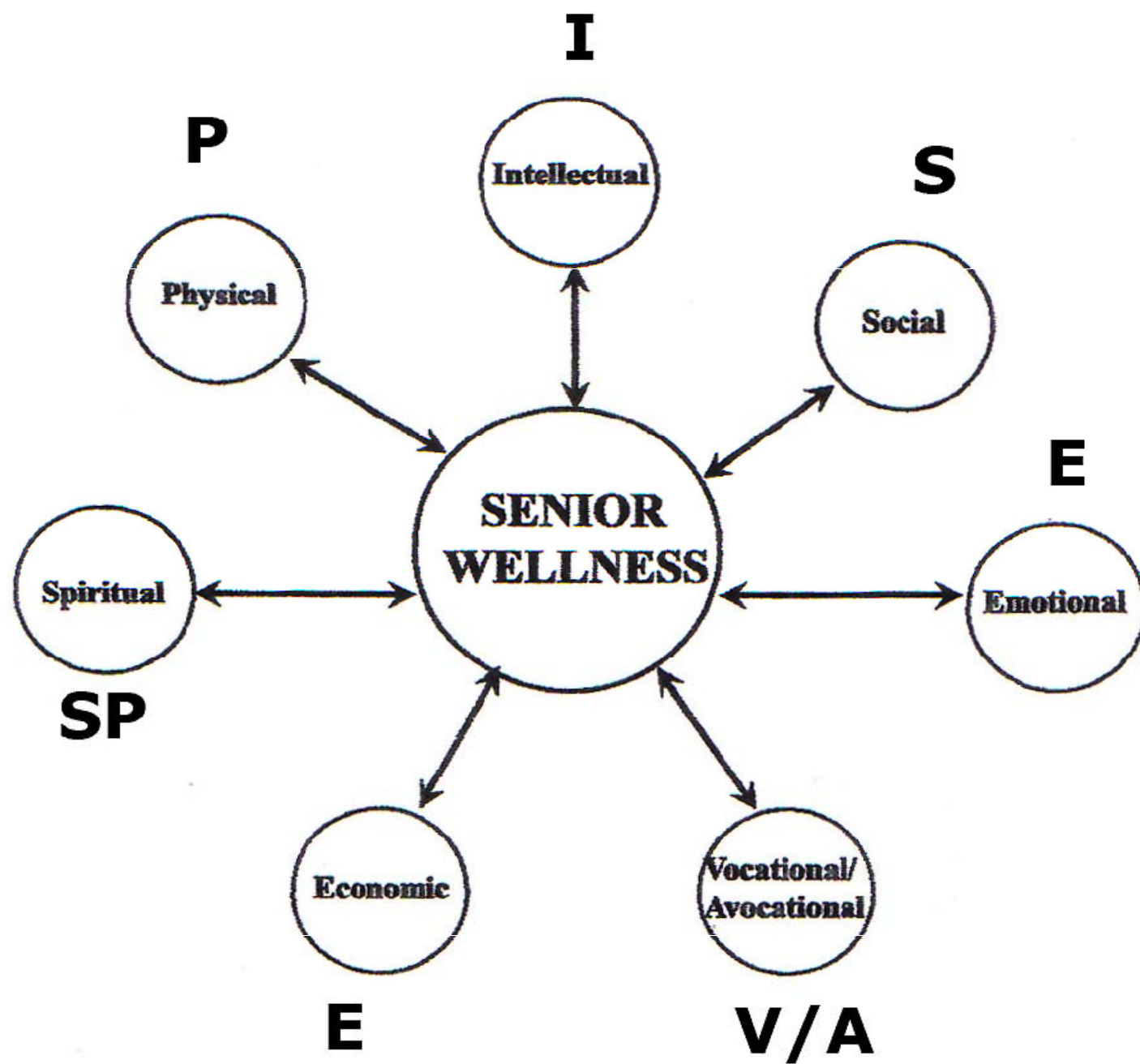
1. **Around the World in 80 Minutes**
2. **Believe**
3. **Camelot**
4. **Challenges and Choices**
5. **Enchanted**
6. **Fantastics**
7. **I'm Ready**
8. **If Wishes Come True**
9. **Life's Puzzles**
10. **Lifestyles**
11. **Magic Garden**
12. **Magic Kingdom**
13. **Memory Lane**
14. **Never Ending Story**
15. **Now and Forever**
16. **Passport to Wellness**
17. **Perfect Picture**
18. **Place in This World**
19. **Reflections**
20. **Reminisce**
21. **River of Dreams**
22. **Splash of Color**
23. **Timeless**
24. **To Life La'Charm'**
25. **Trails**
26. **Unforgettable**
27. **Vitality for Life**
28. **Wonderful Moments**
29. **Other: \_\_\_\_\_**
30. **Other: \_\_\_\_\_**
31. **Other: \_\_\_\_\_**

# Screening Considerations

- **Availability**
- **Awareness**
- **Accessibility**
- **Extensiveness**
- **Appropriateness**
- **Efficiency**
- **Effectiveness**
- **Acceptability**
- **Beneficial**
- **Positive/Fun/  
Enjoyable/Upbeat**
- **Valid**
- **Reliable**
- **Versatile/Flexible (Subject, Structure and Setting)**
- **Norm Comprehensiveness**
- **Discriminating Power**
- **Sensitivity**
- **Specificity**
- **Increased Knowledge  
(Individual, Normative,  
and Institutional)**
- **Increase Self-Awareness**
- **Active Involvement**
- **Interactive**
- **Intergenerational**
- **Scope Variability**

# Criteria for Screening/Assessment

SERVICE INDICATOR		RATING		
		Agree (3)	Neutral (2)	Disagree (1)
1. Availability	Services can be obtained			
2. Awareness	Users are aware of available services			
3. Assessment	Available services are easily reached/penetrated			
4. Acceptability	Users and providers are satisfied with services			
5. Appropriateness	Services that reflect age, functional levels, and diversity needs			
6. Extensiveness	Services match service needs			
7. Efficiency	Costs of services match consumer outcomes			
8. Effectiveness	Service goals match consumer			
9. Outcomes/Benefits/Imports	Outcomes obtained match provider and user intents			
10. Simplicity	Easy to do			
11. Cost	Reasonable and inexpensive			
12. Reliability (Precision)	Yield consistent results			
13. Validity (Accuracy)	Capable of giving a true measure			
14. Pleasurable	Positive, fun, enjoyable, upbeat			
15. ?				



# Domains

## Major Domains

- Behavioral
- Cognitive
- Economic
- Gait/Balance/Falls
- Legal
- Medical
- Physical
- Physical Environment
- Psychological
- Quality of Life
- Social
- Spiritual

## Other Domains

- Communication
- Contenance/Toileting
- Intimacy and Sexuality
- Medication
- Mobility/Motility
- Nutrition/Hydration/Eating
- Security/Safety
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

# Menu of Screens

•Hearing

•Taste

•Proprioception

•Blood Pressure

•Height

•Pain

•Stress

•Lower Extremities

•Gait

•Hydration

•Vision

•Smell

•Temperature

•Glucose

•Weight

•Migraine

•Memory

•Upper Extremities

•Grip Strength

•Fiber Intake

•Touch

•Pain

•Pulse Rate

•Cholesterol

•Bone Density

•Waist to Hip Ratio

•Fall Risks

•Balance

•Nutrition

•Body Fat (BMI)

# Menu of Screens

(Continued)

- |                     |                             |   |
|---------------------|-----------------------------|---|
| •Eating/Chewing     | •Dental                     | •Motor Reaction                           |
| •Advance Directives | •Power of Attorney – Health | •Power of Attorney – Financial            |
| •Five Wishes        | •Spiritual                  | •Finger Strength/ Fine Motor Coordination |
| •Depression         | •Anxiety                    | •Stress                                   |
| •Hoarding           | •Loneliness                 | •Polypharmacy                             |
| •Alcohol            | •Arthritis                  | •Sleep                                    |
| •Socialization      | •Mobility/Motility          | •Self-Concept                             |
| •Flexibility-Trunk  | •Flexibility-Reach          | •Caregiver Burden                         |

# **Menu of Screens**

(Continued)

- |                        |                            |                   |
|------------------------|----------------------------|-------------------|
| •Grief and Bereavement | •Executive Decision Making | •Figure – Ground  |
| •Feet Assessment       | •Depth Perception          | •Visual Tracking  |
| •Abuse and Neglect     | •Self-Neglect              | •Humor Index      |
| •Internet Addiction    | •Home Safety               | •ADL's            |
| •IADL's                | •Herbals and Supplements   | •Immunizations    |
| •Skin Exam             | •Incontinence              | •Thyroid Function |
| •Hypertension          | •Visual Spatial/ Executive | •Attention        |
| •Orientation           | •Delayed Recall            | •Language         |

# **Menu of Screens**

(Continued)

- |                                |                                   |                               |
|--------------------------------|-----------------------------------|-------------------------------|
| •Comprehension                 | •Caregiver Grief                  | •MCI                          |
| •Problem-Solving/<br>Judgement | •Life Satisfaction                | •Affect Balance               |
| •Hope Index                    | •Social Functioning               | •Social Support               |
| •Social Network                | •Quality of Life                  | •Spiritual Well- Being        |
| •Leisure Time                  | •Sexual Function                  | •General Health<br>Perception |
| •Assistive Devices             | •Economics/Financial              | •Social Activity              |
| •Living Situation              | •Roles/Relationships              | •Smoking                      |
| •Security and Safety           | •Retire Planning and/or<br>Update | •Impulse Control              |

# Menu of Screens

(Continued)

- |                      |                        |  |
|----------------------|------------------------|--|
| •Phobia              | •Working Memory        | •Free vs. Cued vs. Recognition Recall, Verbal, Visual, Numeric |
| •Dominance           | •Neck Rotation         | •Appetite  |
| •Stroke Risks        | •Functional Activities | •Medication Management   |
| •Amler Grid – Vision | •Animals in “60”       | •Small Change  |
| •Face-Hand           | •Hands                 | •Stick Drop  |
| •Crazy Sevens        | •Clock Test            | •Get-Up and Go   |

# **Menu of Screens**

(Continued)

•Heart Screen

•Physical Fitness  
(Flexibility)

•Fatigue

•Musculoskeletal

•Contrast  
Sensitivity

•Hand Activities

•Ear Wax

•Living Skills  
(ALSAR)

•Life Satisfaction

•Romberg, Modified

•Mental Status

# Passport to Wellness

## Considerations for Screeners

- Relax and have fun! Accentuate the positive.
- Ask, ask, and ask! Advisors are always ready to help.
- Give the benefit of the doubt to participants. Be patient.

## Remember

- \*This is a screening – not diagnostic.
- Any recommendations are for educational purposes only.
- Activities are designed to empower participants to make better decisions on their own behalf.
- Anything that is done at this event is not intended to replace or substitute advice or diagnosis from the participant's physician or health or allied health care provider.

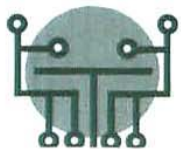
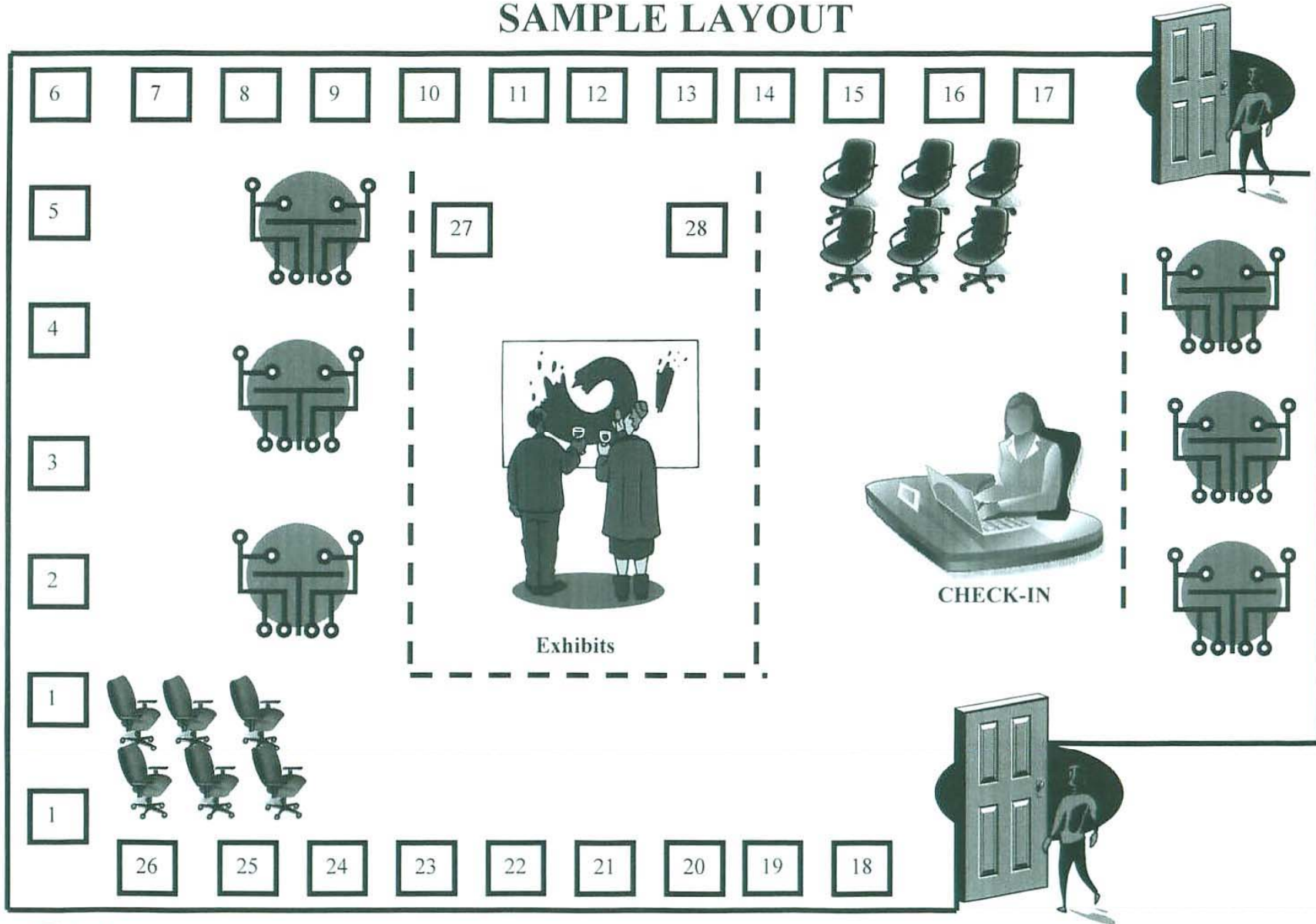
# **When Should the Passport Program be Held?**

**It's desirable to have the program held at least bi-annually. Your target group's availability to participate should guide your decision making, (i.e., for retiree (65+), 9:00 a.m. – 3:00 p.m. mid-week or Saturday; for employed (55-64+) 7:00-9:00 p.m. mid-week or 9:00 a.m. – noon, Saturday).**

# **Where is the Passport Program Implemented?**

**The program should be held in a spacious and pleasant environment, sufficient in size to comfortably accommodate 20-30 screening stations and the anticipated number of participants. Convenient parking and easy building accessibility is recommended.**

# SAMPLE LAYOUT



Rest and Refreshments

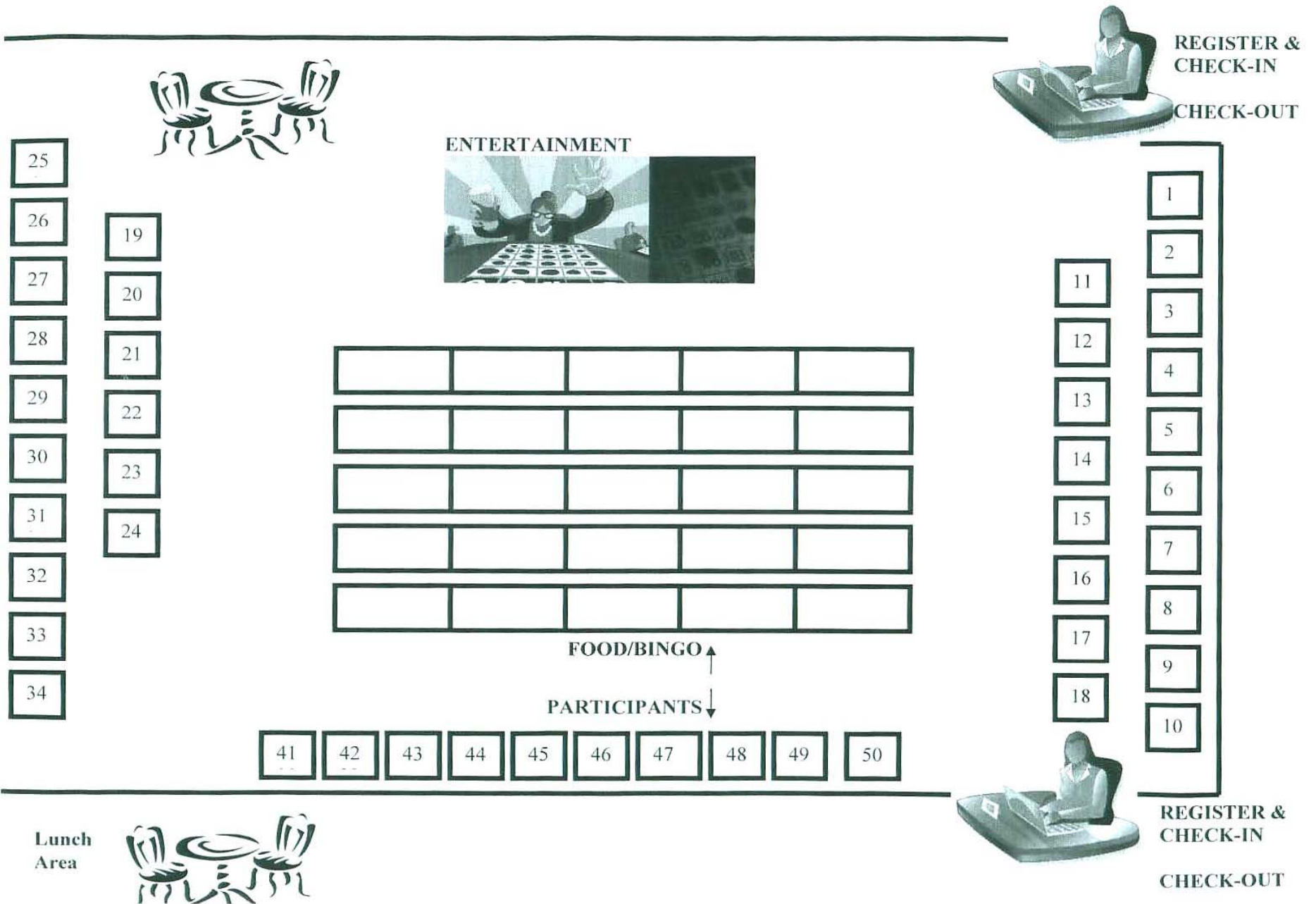


Tables or Special Equipment



Chairs

# SAMPLE LAYOUT



# **Passport to Wellness**



**Sponsored By**  
**CRIS Senior Services**  
**And**  
**Community Education**  
**Danville Area Community College**

# Participant Flow\*

- **Greet participants and direct to registration (check-in/embarkation)**
- **Get passport with photo (optional)**
- **“Custom Agent” guides participants to ports (screening stations)**
- **Participants move, with guidance, from one port to another after each screening is recorded on the passport**
- **Rest areas for relaxation and socialization are provided. Participants are encouraged to enjoy and relax. Some “quick” games may also be provided. Fun, fun, fun!!**
- **Participants are guided to check-out/debarkation area when all screens are completed**
- **Supervising Custom Agent(s) review passport (screening record form) with each participant. Follow-up (“what next?”) instructions are provided to all participants**

**\* Adjust and modify to your specific needs and environment**

# **Welcome**

**Welcome to the Passport to Wellness program!**

**We know that by actively participating at each “port” you will gain meaningful and important information about your wellness.**

**At the last “port” or “check-out” area someone will discuss the “visa” information that you have been collecting.**

**If at any time during your “travels” you have a question or suggestion, please see one of the “customs agents or guides.”**

# Welcome

(Continued)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Male or Female (circle one)

Date: \_\_\_\_\_ Location: \_\_\_\_\_

**Sponsored By  
CRIS Senior Services  
And  
Community Education  
Danville Area Community College**

# Ports of Call

1. **To See or Not to See**  
*Vision: Near and Far*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

2. **Tell the Smell**  
*Smell*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

3. **Say What?**  
*Hearing*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

4. **Funny Bone**  
*Humor*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

5. **Control and Hold**  
*Contenance*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

6. **Slow and Steady**  
*Reach*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

7. **Memory Lane**  
*Recall*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

8. **Measuring Up: Height: \_\_\_\_\_**  
*Weight: \_\_\_\_\_ BMI: \_\_\_\_\_*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

9. **Get-Up and Go**  
*Balance*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

10. **Get a Grip**  
*Hand Strength*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

11. **Water, Water**  
*Hydration*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

12. **Grin and Bear It**  
*Stress*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

13. **Does It Float**  
*Fiber*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

14. **Head and Shoulders**  
*Upper Body*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

15. **Right Time**  
*Cognitive Function*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

16. **I am What I Eat**  
*Nutrition*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

17. **Fleeting Moment**  
*Reaction / V-M*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

18. **Lighten Up**  
*Blood Pressure and Heart Rate*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

19. **Seeing to Hear**  
*Otvideoscope(Beltone)*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

20. **Neat Feet/  
Precious Touch (LOFC)**  
*Foot Screen*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

21. **Memory Lane**  
*Recall*

\_\_\_\_\_OK \_\_\_\_\_ Revisit

# Screening - Example

Port (Station) \_\_\_\_\_: Caps, Caps, and More Caps

## Directions:

Present the five pill bottles in descending order from largest to smallest. Ask participants to remove the cap from each bottle in sequence.

Let him/her do it at their own pace.

Scoring: Mark OK if they remove lids of four (4) or more bottles

# Screening - Sample

Port (Station) \_\_\_\_: Finger – to – Nose

## Directions:

Have person close eyes. Hold out hands laterally and then touch tip of his/her nose.

Have person do this three times for each hand separately.

Scoring: Mark OK if person is on target without hesitancy = 4 times for combined (4 out of 6).

## PASSPORT TO WELLNESS

**Port Number:** \_\_\_\_\_

**NAME:** Stand & Sway

**Screen Number:** \_\_\_\_\_

**What:** Balance (Modified Romberg)

### **DIRECTIONS:**

- Use the attached illustrations for placement of feet. Do them in sequences as follows:
  - Person standing with feet comfortably apart (1) with eyes open.
  - Person standing with feet comfortably apart (1) with eyes closed.
  - Feet together (2) with eyes open.
  - Feet together (2) with eyes closed.
  - Feet placed heel to instep (3) with eyes open.
  - Feet placed heel to instep (3) with eyes closed.
  - Feet placed heel to toe (4) with eyes open.
  - Feet placed heel to toe (4) with eyes closed.
- For each maneuver ask participant “do you feel steady?” Testing is discontinued when instability is first noted.

### **SCORING:**

- Give one point for each stable maneuver.
- Mark “ok” if person has six (6) or more points.

### **CONSIDERATIONS:**

- For safety, stand next to participant in event of instability.
- Do not use if participant requires assisting device(s) to stand.



1



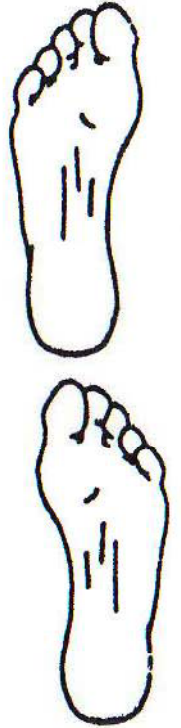
2



3



4





# PASSPORT TO WELLNESS

On January 29<sup>th</sup> 2010,  
from 9:00 a.m. – 12:30 p.m.

Take a voyage with the St. Clair County Office on Aging  
on a tour of your health!

## PSOP

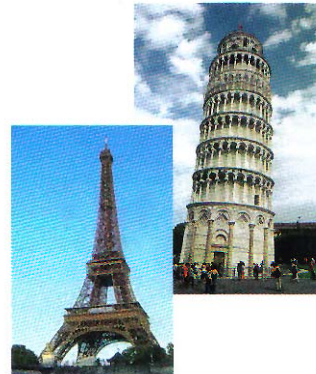
201 North Church Street  
Belleville, Illinois 62220

Make your way through over twenty screening stations which are designed to assess  
your well-being and present a completed passport to receive a free cafe lunch and  
be entered for drawing prizes!



### Screenings will include:

Anxiety  
Nutrition  
Grip Strength  
Depression Scale  
Spine Function  
Pain Scale  
*...and more*



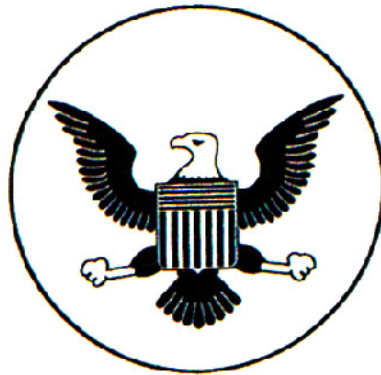
Please call (618) 234-4410,  
ext. 7081/7044  
to reserve your spot now!



The Senior Wellness Center is a collaborative effort of  
St. Clair County Office on Aging,  
St. Clair County Health Department,  
St. Clair County 708 Mental Health Board and  
SWIC Programs and Services for Older Persons.  
*Funded in part by the Administration on Aging*



# PASSPORT TO WELLNESS



**January 29, 2010  
Belleville, Illinois**

**Sponsored by the  
St. Clair County Office on Aging**



WELCOME



Passport No: \_\_\_\_\_

Welcome to the Passport to Wellness screening activities. By actively participating at each screening opportunity, you will gain meaningful and important information about your wellness. These screening activities are educational and not medical, diagnostic, or other clinical advice.

The responsibility for initiating follow-up to information received is yours and yours alone. We encourage you to participate in all of the Passport to Wellness screens.

All participants who complete more than fifteen (15) screens (stations) will be entered for drawing prizes!

**Have fun, learn, share, and enjoy!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Male or Female (circle) \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## SCREENS

**DIRECTIONS:** Various screens are distributed throughout the Hall. The numbers correspond to exhibit and station numbers found on the Floor Plan sheet. You do not have to do them in sequence. Questions? Ask! Ask!

1. **Tell the Smell – (Odors):** Score: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
2. **A Breath Away – (Oximetry):** %: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
3. **Iieebie Jeebies – (Anxiety/Stress):** Score: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
4. **Eyes Have It – (Vision):**  
Near: \_\_\_\_ / \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_  
Far: \_\_\_\_ / \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_  
FG: \_\_\_\_ / \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_  
Depth: \_\_\_\_ / \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
5. **Bones Have It – (Bone Sonometry):** SD: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
6. **I am What I Eat – (Nutrition):** Score: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
7. **Water, Water – (Hydration):** Score: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
8. **Prostate: PSA Score:** \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
9. **PSA Education:**
10. **Get a Grip – (Hand Strength):**  
R: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_  
L: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_  
Total: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
11. **Funny Bone – (Humor & Mood):** Score: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
12. **Fine Spine:** Score: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_
13. **Oh, That Feels Good – (Massage):**
14. **Waist to Hip - (Cardiac Risk):**  
Waist: \_\_\_\_  
Hip: \_\_\_\_  
Ratio: \_\_\_\_ OK: \_\_\_\_, Revisit: \_\_\_\_

## SCREENS

15. Memory Lane – (Memory):  
Digits: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_  
Recall: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
16. ZZZZZZ – Counting Sheep – (Sleep):  
Score: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
17. I Feel It – (Pain): Score: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
18. Diabetes: Score: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
19. Sway and Get-up and Go – (Fall Risk):  
Sway Score: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_  
R: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_  
L: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_  
Time: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
20. Blood Pressure: Score \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_  
Pulse Rate: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
21. ITAC Phone Information: \_\_\_\_\_
22. Farmer's Market: \_\_\_\_\_
23. Oral Health: Information: \_\_\_\_\_
24. Emergency Preparedness: Information: \_\_\_\_\_  
HIV and STD: Information: \_\_\_\_\_
25. Recycling Education: Information: \_\_\_\_\_
26. SWIC Information: \_\_\_\_\_
- THE FOLLOWING STATIONS ARE LOCATED IN THE WELLNESS CENTER:
27. H1N1 Shot: Received Yes: \_\_\_\_\_, No: \_\_\_\_\_
28. Measuring Up:  
Height: \_\_\_\_\_  
Weight: \_\_\_\_\_  
BMI: \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_
29. Ears Have It – (Hearing): Score \_\_\_\_\_ OK: \_\_\_\_\_, Revisit: \_\_\_\_\_











# PASSPORT TO WELLNESS™

## SUMMARY SHEET

PASSPORT NUMBER: \_\_\_\_\_ NAME: (OPTIONAL): \_\_\_\_\_

**DIRECTIONS:** Please transfer recorded data and information from each "Passport" (protocol) onto this sheet.

Screen Number	Name	OK Score	Revisit Score	Wellness Domain - Revisit							
				I	S	E	V/A	Ec.	Sp.	P	
1.	Tell the Smell – (Odor)	≥ 3	≤ 2								X
2.	Breath Away – (Oximetry)	≥ 90%	≤ 89%								X
3.	Heebie Jeebies – (Stress)	≤ 15	≥ 16			X					
4.	Eyes Have It – (Vision)										
	Near Point	20/40	> 20/40								X
	Far Point	20/40	> 20/40								X
	Figure Ground	20/40	>20/40								X
	Depth Perception	≥ 9	≤ 8								X
5.	Bones Have It – (Bone Sonometry)	≤ -1.0	≥ -1.1								X
6.	I'm What I Eat – (Nutrition)	≤ 3	≥ 4								X
7.	Water, Water, Water – (Hydration)	≥ $\frac{W}{2} \times 0.6$	< $\frac{W}{2} \times 0.6$								X
8.	Prostate PSA	1-5	≥ 5.1								X
9.	PSA Education	—	—								—
10.	Get a Grip – (Hand Strength)										
	L + R = Total	F ≥ 42 Kg M ≥ 72 Kg	≤ 41 Kg ≤ 71 Kg								X
11.	Funny Bone – (Mood & Humor)	≥ 9	≤ 8			X					
12.	Fine Spine										X

Facilitator Name: \_\_\_\_\_ Date: \_\_\_\_\_

\* Copy must be retained.

\*\* See attached diagram for abbreviations terms.

Screen Number	Name	OK Score	Revisit Score	Wellness Domain - Revisit						
				I	S	E	V/A	Ec.	Sp.	P
13.	Oh, That Feels Good – (Massage)	---	---							
14.	Waist to Hip – (Cardiac Risk)	≤ 0.9	≥ 1.0							X
15.	Memory Lane – (Memory & Cognition) Digits – (Short Term Memory) Recall – (Working Memory) Clock – (Visual Motor & Cognition)	≥ 6 ≥ 3 ≥ 3	≤ 5 ≤ 2 ≤ 2	X X X						
16.	Zzzz – Counting Sheep – (Sleep)	≤ 11	≥ 12							X
17.	I Feel It – (Pain)	≤ 2	≥ 3		X	X				X
18.	Diabetes									X
19.	Sway & Get-Up & Go – (Fall Risk) Sway – (Romberg Modified) Right Foot Balance Left Foot Balance Timed Get-Up & Go • Ages 60-75 • Ages 76 +	≥ 6 ≥ 5" ≥ 5" ≥ 5" ≤ 20" ≤ 30"	≤ 5 ≤ 4" ≤ 4" ≤ 4" ≥ 21" ≥ 30"							X X X X X X
20.	Blood Pressure & Pulse Rate Sys/Dyo. Pulse Rate	≤ 140/90 ≤ 55-80	≥ 141/91 ≤ 54 or ≥ 81							X X
21.	Farmer's Market	---	---							
22.	Oral Health	---	---							
23.	Emergency Preparedness HIV & STD	---	---							
24.	Recycling Education	---	---							
25.	SWIC	---	---							
26.	H1N1	Yes	No							
27.	Measuring Up – (BMI)	> 23 < 28	< 22 > 29							X
28.	Ears Have It – (Hearing)									X
<b>TOTALS</b>										

## PASSPORT TO WELLNESS™

Dear Participant:

This St. Clair County Senior Wellness Center recognizes your participation in the Passport to Wellness as extremely important. Please share your experiences with us for this event by completing this questionnaire. Your responses will be kept strictly confidential and will be grouped with other responses for reporting date.

Please hand in your completed questionnaire at the “Check-Out” area when you leave. All completed questionnaires will be placed in a drawing for prizes.

**DIRECTIONS:** Please rate the following by circling the grade you would give to each item. NA is not applicable.

	Poor	Fair	Good	Very Good	Excellent	NA
1. Overall, how would you evaluate your participation in the event?	F	D	C	B	A	<u>NA</u>
2. Friendliness	F	D	C	B	A	<u>NA</u>
3. Amount I learned	F	D	C	B	A	<u>NA</u>
4. Amount I enjoyed myself	F	D	C	B	A	<u>NA</u>
5. Amount of time at the event	F	D	C	B	A	<u>NA</u>
6. Value of event to you	F	D	C	B	A	<u>NA</u>

7. Comments: \_\_\_\_\_  
\_\_\_\_\_

Phone number to call if prize is won: \_\_\_\_\_

# **PASSPORT TO WELLNESS**

**By**

**Dr. William Gingold**

**Cynthia Germain, MBA, LNHA, CPP**

**Department of Family Medicine**

**University of Illinois at Urbana-Champaign**

**Urbana, IL 61801**

**Tel: (217) 337-4781**

**FAX: (217) 337-1750**

**E-mail: [wgingold@illinois.edu](mailto:wgingold@illinois.edu)**