

DIANNA ROBAYO

Has pledged to elevate healthy aging in Oklahoma by participating in the Healthy Aging: Living Longer Better collaborative in the category of

ACTIVE LIVING

New or Renewed Partner: Jean Caldwell, RN, FCN; Patricia Foster, RN, FCN

Strategy Implemented: Teaching Tai Chi for Better Balance at OLPH Connor Center. Conducting quarterly Lunch and Learn meetings for seniors. Topics include end of life planning, and safety in the home, car and shopping. Other issues to follow.

Outcomes to Date: Received positive feedback from seniors taking Tai Chi. No falls since beginning and enjoy getting out with others and exercising. May start a walking group in the Mall as weather is so hot and muggy.

Additional Comments: Will continue Tai Chi in September. Class is open to anyone who wishes to join us. Received a grant from our Church to help off-set Lunch and Learn.

Date of Pledge: July 2, 2015

*Thank you for joining the collaborative.
We look forward to celebrating your success.
<http://hallb.health.ok.gov>*



“Collaborating on effective strategies for older Oklahomans to live and age well.”