



Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Whatcom Council on Aging

DATE OF AWARD: 2017 Q3

ADDRESS: 315 Halleck Street Bellingham, WA 98225

CONTACT: (360) 733-4030, <http://www.wccoa.org>

GENERAL GOALS: Whatcom Council on Aging, in partnership with the people we serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence.

SPECIFIC USE FOR THIS AWARD:

This award went towards support of their administration and programs.

For more information please read the attached report from Whatcom Council on Aging.

Tulip Tribes Charitable Contributions Report

Recipient Agency- Bellingham Senior Activity Center, a program of the Whatcom Council on Aging

Code- Q3 2017 14.2

URL- www.wccoa.org

Participants Impacted- Approximately 1800 older adults

With the requested funds The Bellingham Senior Activity Center (BSAC) has been able to offer exceptional programming and staffing to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.

One program of note that we added this year with funding from the Tulip Tribes Charitable Contributions Grant are an evidence-based exercise program, EnhanceFitness.

EnhanceFitness, is an evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. EnhanceFitness has met the highest level criteria established by the US Administration for Community Living (ACL) for evidence-based programs. Below are our results of the program over the past 4 months.

Change* in Rikli-Jones Norms	Chair Stand		Arm Curl		Up & Go	
	#	%	#	%	#	%
Decline or Maintain at lowest level	5	16%	4	13%	16	50%
Decline to Average	0	0%	0	0%	1	3%
Improve or Maintain at Avg or above	18	56%	22	69%	9	28%
Can't compare	9	28%	6	19%	6	19%

EnhanceFitness is our Center's first insurance reimbursable fitness program, helping to make our program sustainable and affordable for seniors. This year we have had 3 EnhanceFitness Classes per week with over 20 participants each class session.



EnhanceFitness instructors receive training!



EnhanceFitness class on the lawn! Taking advantage of a beautiful summer morning.