

Health & Wellness Connection Q&A:

1. How will the Health & Wellness Connection improve my health?
By creating a custom, long-term confidential Health Plan for you. If you follow this Plan, you will likely improve the quality of your life!
2. Will my doctor be involved?
Yes, if you want, your doctor would be involved. Your doctor is an important part of the “Wellness Plan”.
3. Who will I be working with if I choose to sign up for the Health & Wellness Connection?
You will be working with the “Wellness Director” at Hotel Oakland Village. The “Wellness Director” will be in regular contact with you.
4. What kind of information will the Director want from me?
Information about your health that will allow the Director to design your “Wellness Plan” in conjunction with your personal doctor.
5. Will the information I provide be private and confidential? Absolutely, positively.
6. Where will meetings take place? In my apartment? Yes. If you prefer, the meetings can also take place with family members, caregivers, and your doctor present.
7. What will the “Plan” look like? We will present a “sample plan” to you. It will be easy to follow.
8. How will the “Plan” be implemented and what do I need to do?
It will be finalized and approved by you and the Wellness Director.
9. How long will the “Plan” last?
Over many years, and the “Plan” will be adjusted regularly as you age.

10. How can I involve my caregiver, family and friends?
You have the option (not an obligation) to involve them.
11. Can I opt out? Yes.
12. What health professionals at Hong Fook will be available to work with me?
All health professionals are available to work through the “Nurse Navigator” at Hong Fook.
13. What will the Nurse Navigator do?
The nurse navigator will be available for consultation, health education, and for designing wellness activities through the health resources at Hong Fook.
14. How will the Director communicate with me?
By phone, email, letter and personal contact.
15. How will the Director communicate with my family, doctor and caregivers if I decide to share my “Wellness Plan” with them?
If you approve, the Director will communicate by email, fax or letter.
16. What if I have an emergency?
The Wellness Director and support staff will assist you if possible. There will be a section of the “Wellness Plan” that will address your wishes in the event of an emergency.
17. How will the Village Health Groups assist me?
They can support you if you wish them to do so. For example, the Fall Prevention Group can give you input on how to decrease your risk of falling.
18. How will the Wellness Advisory Board Help?
The Advisory Board will help you get free resources and support if you want them to. For example, the Wellness Advisory Board can direct you to Health Groups that can assist you in following your “Wellness Plan” and improving your quality of life.
19. How will the Hotel Oakland staff help? They will provide assistance and support through the Wellness Director.



20. Will we have meetings of members of the Health & Wellness Connection? Who will run them? **Yes, there will be a new Health Group called the “Village Health & Wellness Connection Group” only for people who belong to the “Wellness Connection”. Some of the Advisory Board members will lead the new Wellness Health Group.**
21. Will this be absolutely free? **Yes! Absolutely!**
22. Why can't the health groups accomplish the same thing?
Because the “Wellness Plan” is a deeper level of healthcare over a long period of time that can result in significant improvement in your health.
23. Isn't my doctor enough to monitor my health?
Your doctor can be a great help. The Wellness Director and other support can improve your health as well. Your doctor is an important part of your “Wellness Plan”.
24. Can I share my Wellness Plan with other Hotel Oakland residents?
If you wish to, you can share information that may inspire and help other “Wellness Group” members.
25. Can I report to the Wellness Members about my progress with the Wellness Plan? **Yes. This is optional. See #24 above.**
26. Will I be able to request modifications to my plan with my doctor's input?
Yes, through the “Wellness Director” and your doctor. We welcome your doctor's input.
27. Will the Wellness Director, Nurse Navigator or my doctor be able to modify the plan without my permission? **No. You must approve the final or modified Plan. You must be satisfied that the “Wellness Plan” is realistic and meets your needs.**



28. Why is the Hotel Oakland Village starting the Health & Wellness Connection?
Because we believe that the Wellness Connection will improve the quality of life and health of Hotel Oakland residents over the long term. We believe that the Hotel Oakland Village is the foundation for the Village Health & Wellness Connection. The Wellness Connection will set a new, high-quality standard for healthy senior living over many years. In fact, our motto is “Improving Lives by Rethinking Healthy Senior Living”. We strongly believe that we can make a healthy difference in your lives!
29. Will other senior communities copy our Health & Wellness model?
We hope so! If our “Wellness Connection” model is adopted by other senior communities, it would significantly reduce senior health care costs nationwide.

