

Wellington Cares helps seniors age in place

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Wellington Cares Inc., a not-for-profit community-based organization assisting seniors, will have its third annual luncheon Oct. 6 at Wanderers Club in Wellington.

"We are here to help seniors 65 and over that want to live in their homes to age in place and our community volunteers are all vetted and fingerprinted. In order to do this, we have to fund raise," said Kathy Foster, the organization's founder and executive director. "The more funds we generate, the more people we can help. These events, coupled with our 98 percent volunteer base, allow us to provide whatever non-medical assistance our residents need. Services include, but are not limited to, picking up prescriptions, going to the doctor, advocacy with insurance companies, work around their homes and food needs."

Wellington Cares has received calls from neighboring communities who are interested in providing services to their own community's senior residents. This prompted Foster to begin forming **Palm Beach County Cares**, which will serve as the parent organization to extensions of services into neighboring communities.

"Because of a \$10,000 grant from Palm Healthcare Foundation, for which we are incredibly grateful, we were able to investigate and fund legal fees in association with **Palm Beach County Cares**," she said.

The next community that will benefit from the WCI model is Royal Palm Beach.

"Plans are to begin the process in Royal Palm Beach, hopefully within the next year," Foster said.

There are future plans to add on another community and the expansion will proceed as other areas express interest.



Kathy Foster, founder of Wellington Cares, recently received an award during the World Peace Ceremony at Rotary Peace Park. (John McCall/Sun Sentinel)

"The secret to the success of Wellington Cares to date is a dedicated board of directors and incredible volunteers who, on a daily basis, give of their time and energy to help seniors in the Wellington community. It is all about neighbors helping neighbors," Foster said.

The keynote speaker at this year's luncheon will be Dr. Leonard R. Hock, Jr., chief medical officer of Trustbridge Palliative Care and Advanced Illness Management.

"Dr. Hock developed a palliative case management model for acute care hospitals that has proven to be successful in decreasing the length of stay and acute care costs, while increasing the comfort measures for the end-of-life patient and support to family members."

Call 561-568-8818 or visit wellingtoncares.org.com.