

Collington has several staff members to assist with managing stress; among them are:

- Natosha Bomgardner, social worker for independent living residents:  
[nbomgardner@collington.kendal.org](mailto:nbomgardner@collington.kendal.org);  
ext. 4786
- Kim Rivers, coach, Vitalize 360 program\*:  
[krivers@collington.kendal.org](mailto:krivers@collington.kendal.org); ext. 7791
- Dr. Keith Foster, clinical psychologist, who is seen by private appointment through the Collington clinic: ext. 7791

\* Vitalize 360, a coaching program established by Kendal, that assists individual residents in setting goals for well-being and life engagement.

**Collington Residents Association**  

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**Health Services Committee**

## **Managing Stress**

The Collington community recognizes that stress is a part of all our lives and that there are effective methods to help reduce the negative effects when we suffer from sustained anxiety that comes from stress. Collington residents find companionship and friendships by living in community that will come to our aid in times of stress. The campus itself provides beauty, wild life, and an environment in nature to comfort residents.

### **Classes and activities**

These are a regular part of Collington life:

- Water aerobics -- offered three+ times a week;
- Tai Chi and other exercise classes -- offered through the SAGE Program of Prince Georges Community College;
- Tai Chi for those with Parkinson's -- offered weekly;
- Yoga -- offered weekly;
- Chair yoga -- offered weekly;
- Chorus -- offered weekly.

### **Spiritual practices, religious services, and meditation**

These serve the similar purpose of quieting the mind; calming the thought processes; relaxing

the body, and letting go of the daily concerns that preoccupy us:

- Religious services -- offered by Protestant, Catholic, Jewish, Muslim, and Quaker residents;
- Meditation Group -- a gathering for guided meditation and silent practice;
- Support groups provide information and understanding of specific conditions like low vision, hearing loss, Parkinson's, or caregiving.

Other groups, such as arts and crafts, are often started by residents when there is a shared desire.

### **Next steps**

These offerings may help us move towards quicker recognition of the physical symptoms of stress and provide aid in embarking on a regular practice.

Start by:

1. Setting an intention to relieve stress symptoms on a regular basis;
2. Paying attention to our body and its signals; and
3. Putting one or more of these activities on our weekly calendars.

Prepared by Nadine Hathaway