



PHFA's Housing  
Services Department  
**Best Practices**

PENNSYLVANIA HOUSING FINANCE AGENCY

**Delphia House Wellness Center**

**Category:** Healthy Living

**Outcomes:**

Residents at Delphia House benefit by being more aware of their health and learning how to maintain and improve it. This provides them with the necessary tools to lead a stable, safe, and healthy life and enables the residents to maintain their independence.

Nursing students at York College complete their required "Community Health" semester by operating a nurse managed wellness center at Delphia House. Together, the on-site Property Manger and nursing students are well positioned to be actively involved in screening the residents for a variety of health conditions, including substance abuse and mental health problems, and referring them to skilled professionals for further assessment and treatment. Early intervention and treatment can dramatically improve the residents' quality of life.

**Units:** Delphia House consists of 103 one bedroom Section 8 units for residents 62 and older  
**Management Agent:** Delphia Management Corporation  
**Property Manager:** Debbie Krebs  
717.843.1064  
delphiah@supernet.com

**Program Components:**

- **University Partnership.** It is imperative that a qualified university partner become involved in the program. The university professional staff needs to include a part-time or full-time nurse who has the ability to work comfortably alongside nursing students.
- **Memorandum of Understanding.** To clearly define the scope of services for both the property management company and the nurse managed wellness center, it was necessary to put a memorandum of understanding together. This document outlines the specific duties and responsibilities of the university and the management agent, what each contributes to the partnership and an exit strategy for when the partners choose to end the relationship.
- **Health Assessments.** Student interns, under the guidance of their professor, perform health needs assessments for the residents that include blood pressure screening, weight monitoring, and temperature monitoring. When appropriate, the findings are referred to family physicians.



- **Education and Health Promotion.** Based on the students' findings, group education and health promotion activities are offered to the residents. Residents participate in chair exercises, healthy diabetic eating classes, education on skin cancer, and answers to specific health concerns.

**Background:**

Delphia House is a senior development for residents aged 62 and older.

**Investment in Services:**

The wellness center does not experience any direct costs to either Delphia House or York College. The university professional staffs are paid by the university and the students do not receive any funding to participate in the program. This opportunity enables the residents to enhance their health care at no charge. However, when services need to be provided outside of the regular college semester, funding is needed to maintain the services.

**RESULTS**

**Improved health** by adopting healthy behaviors.

**Reduction in hospital stays,** emergency room, and doctor visits

**Better marketing** by being able to offer residents an on-site wellness center.

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For more information,  
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