

Rural Healthy Aging Network

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Greetings!

The purpose of this newsletter is to provide an update on the activities of the Rural Healthy Aging Network (RHAN) in partnership with the WVU Prevention Research Center (PRC). If you have anything you would like to include in future newsletters, please send it to Adam Brusseau at abusseau@hsc.wvu.edu.

UPCOMING EVENTS

- ❖ **86th West Virginia Public Health Association Annual Conference**
September 22-24, 2010
Canaan Valley Resort & Conference Center
Davis, WV
- ❖ **2010 Diabetes Symposium & Workshop**
October 20-22, 2010
Charleston, WV
- ❖ **18th Annual West Virginia Rural Health Conference**
October 27-29, 2010
Glade Springs Resort
Daniels, WV

86th WV Public Health Association Annual Conference

The theme for this conference is "A Healthy Life is a Life Well Lived." Conference registration information can be found at <http://www.wvdhhr.org/wvpha/Conference/index.htm>.

Chronic Disease Self Management Program

To disseminate the Chronic Disease Self Management Program, a partnership has been created with the West Virginia Bureau of Public Health, WV Bureau of Senior Services, West Virginia University Center on Aging's Rural Healthy Aging Research Network, Marshall University Center for Rural Health, and the Partnership of African American Churches (PAAC). This partnership was created to help increase the capacity of both state and local organizations to integrate the Chronic Disease Self Management Program into their organization.

The Chronic Disease Self Management Program is designed to help promote self-management skills for those with chronic conditions. This program is being offered at four main venues including Senior Centers, Age and Disability Resource Centers, Federally Qualified Health Clinics and 22 PAAC affiliated churches. The three primary objectives of this program are training, dissemination of the program, and an evaluation of activities.

Falls Prevention Awareness Day

September 23rd is the third annual Falls Prevention Awareness Day. This event promotes awareness about how to prevent and reduce falls among older adults. Further information about this event can be found at the National Council on Aging Website or <http://www.healthyagingprograms.org/content.asp?sectionid=149>.

2010 Diabetes Symposium & Workshop

The 2010 Diabetes Symposium & Workshop will be held in Charleston, WV. This event is hosted by the West Virginia University Extension Service, WVU Robert C. Byrd Health Sciences Center, and the West Virginia Diabetes Prevention and Control Program. The workshop will feature workshops, educational presentations, roundtable discussions, exhibit expos, and academic posters. Registration and schedule information can be found at the WVU Extension Service website or <http://dsw.ext.wvu.edu/>.

18th Annual West Virginia Rural Health Conference

The 18th Annual West Virginia Rural Health Conference will be held at Glade Springs Resort. This conference offers education, information, and networking opportunities to students, communities, policymakers, and health care providers. Included in the agenda are forums, special event meetings, and breakout sessions.

For more information and to register for the 18th Annual West Virginia Rural Health Conference, go to the West Virginia Office of Community Health Systems website at <http://www.wvochs.org/orhp/wvrhc.aspx>.

HARE Study Update

The Help ARthritis with Exercise (HARE) Study at West Virginia University is in its final phase. To date, over 275 people with arthritis have enrolled in the free 12-week exercise classes at various sites in nine counties in West Virginia.

The final round of exercise classes have begun in Morgantown and Williamstown (Wood County). We are still looking for new participants to join the study. New classes will start in **Dunbar** (Kanawha County) in late August 2010. If you live in this area and know anyone who might be eligible, please have them call Jenn at WVU toll-free (866-913-4273). Participants should enroll now to start classes in late August.

Priority Healthy Aging

Issues in WV:

Generated from Joint PRC and RHAN CPB Meeting 6/8/10

- Need for quality integrative health care
- Engagement of older adults to address isolation issues
- Lack of statewide coordinated efforts
- Improving health care knowledge (navigating the system, understanding insurance, etc) among older adults
- Need for transportation



WVCAREGIVERS.ORG



For more information and to see past newsletters, visit us at:

<http://www.hsc.wvu.edu/coa/rhan/>