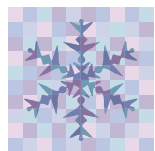


Rural Healthy Aging Network

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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 WV 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.

Arthritis Foundation Tai Chi I Workshop

Arthritis Foundation Tai Chi® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing, and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. If you would like to teach this program in your community or for more information please contact the Arthritis Foundation at 513-271-4545 x 302

When: March 31 and April 1, 2011
9:00 – 5:00 both days

Where: Beckley Holiday Inn
114 Dry Hill Road
Beckley, WV 25801

Cost: Funding provided by WV Osteoporosis & Arthritis Program (Includes Manual, DVD, Materials and Lunch)
Expectations: Must teach Tai Chi classes within one year of workshop

Confronting Challenges, Exploring Solutions

The Alzheimer's Association, West Virginia Chapter's Annual Education Conference is the most comprehensive education venue in West Virginia dedicated to improving the way you care for individuals with Alzheimer's disease. *Confronting Challenges, Exploring Solutions* is your opportunity to learn from the best as we take a hard look at the challenges of Alzheimer's and work together to find solutions. We will be featuring three topics that often present extremely challenging situations for families and healthcare professionals: Driving, Sexuality, and End of Life Decisions.

We will kick off this year's conference with a dinner on the evening of March 14. Our dinner keynote speaker is Christopher Colenda, M.D, M.P.H, Chancellor of WVU Health Sciences. Dr. Colenda has been honored for his work in geriatric psychiatry. Prior to coming to West Virginia, he served as the Jean and Thomas McMullin Dean of the College of Medicine of Texas A&M Health Science Center and Vice President for Clinical Affairs.

The conference will be March 14-15, 2011 at the Charleston Civic Center. If you would like more information about the Annual Education Conference, please contact the Alzheimer's Association at 1.800.491.2717 or visit alz.org/wv.

WVCAREGIVERS.ORG



New Additions to the Federal *Healthy People* Report

The Federal Report, *Healthy People*, will now include national health goals and objectives which are related to Alzheimer's disease and other types of dementia. This report was created in 1979 as a way to provide science based objectives which will help improve the health of Americans and published every 10 years.

The first objective Alzheimer's and dementia objective for *Healthy People 2010* is to increase the awareness of Alzheimer's disease amongst those who have it and their families. Less than half of those who have Alzheimer's disease have a diagnosis of it in their medical records.

The second objective is to reduce the proportion of preventable hospitalizations in those diagnosed with Alzheimer's and other dementias. Those with this disease have higher hospital admissions, longer stays, and higher hospital readmission rates. This all translates to higher healthcare costs.

Further information on the inclusion of Alzheimer's Disease and Dementia in *Healthy People 2010* can be found on both the Alzheimer's Association and Healthy People websites.

http://www.alz.org/news_and_events_first-time_inclusion.asp

<http://www.healthypeople.gov/2020/default.aspx>

West Virginia Long Term Care Partnership

The West Virginia Long Term Care Partnership is an evolving statewide partnership of public and private professionals committed to fostering West Virginians' ability to age in place with improved economic security and in the setting they choose—whether in their home, a residential care facility, or another location. In fulfilling its mission, the project depends on collaboration from health sciences centers, state agencies, professional associations, private medical providers, and community groups. By emphasizing collaboration and communication, partners work together to address barriers and expand existing strengths in West Virginia's long-term care support system.

The partnership is always looking for new organizations and individuals to participate in its projects. Current initiatives include: exploring ways to improve the quality and availability of in-home direct care aides and the development of a state strategic plan for addressing Alzheimer's disease. The Partnership also conducts outreach on West Virginia Elder Economic Security Standard™ Index - a data report quantifying how much it really costs to be someone age 65 and older and living in each of West Virginia's 55 counties.

To learn more about the Partnership, review its publications and get involved in this important work, please visit www.wvlcpartnership.org.



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

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