

Rural Healthy Aging Network

Volume 3

December 2007

Funded by US DHHS/CDC/National Center for Chronic Disease Prevention and Health Grant No: 5 U48 DP000052-05



Greetings!

The purpose of this newsletter is to provide an update on the activities of the Rural Healthy Aging Network (RHAN). If you have anything you would like to include in this newsletter, please send it to Joshua Byrd at jbyrd@hsc.wvu.edu.

SAVE THE DATE!

CDC Prevention Research Centers-Healthy Aging Research Network: Effective Programs to Treat Depression in Older Adults: Implementation Strategies for Community Agencies

Date: May 19-20, 2008

Location: The Carter Presidential Center, Atlanta GA

For: A national conference for mental health and aging service providers, administrators, public health professionals, and policy makers interested or involved in the implementation of community- and evidence-based depression screening and management interventions for older adults across a range of depressive symptoms.

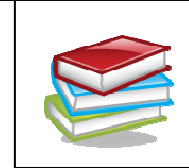
Scholarship and poster opportunities available.

Stav tuned for more information:

WVU Dental Health Study

The West Virginia Center on Aging is conducting an NIH funded study that is looking to improve the dental health of older adults in West Virginia. Participants will receive a free dental exam, a free memory exam, and a gift card for up to \$60. If you are age 70 years or older and have four natural teeth, you may qualify to participate in our research study.

For additional information, call 1-866-566-1212



Mountain State Geriatric Education Center

West Virginia University Center on Aging and the Office of Rural Health partnered earlier this year to apply for HRSA funding for the Geriatric Education program in West Virginia. The partners received notice that funding for this program has been approved for one year. The WVGEC's main mission is to further education and knowledge of geriatrics to health care professionals and students. Job descriptions for the WVGEC are currently being created and a search to fill these positions will begin very soon.

Hampshire County Fit & Strong!

Following the success of the Fit & Strong! program in McDowell County, Turner Goins applied for and received additional funding from the West Virginia University Bureau for Public Health's Osteoporosis and Arthritis Program to bring the Fit & Strong! program to Hampshire County.

Dr. Goins is working with Sandra Viselli, the Director of The Hampshire County Committee on Aging who has agreed to host the classes at their facility. There will be two 8-week sessions of Fit and Strong! with the first session starting after the holiday season.

Transportation will be provided by the Committee on Aging for the participants. We expect that those participating in the program will experience positive physical and psychological benefits from this program, including decreased pain and stiffness.

Help Yourself! Chronic Disease Self-Management

Sponsors: Marshall University Center for Rural Health
& West Virginia University Rural Healthy Aging Network

Learn with other individuals with chronic disease how to best manage day-to-day treatment, and how to improve your quality of life. Course includes topics such as:

- **Problem Solving Skills**
- **Nutrition**
- **Physical Fitness**
- **Better Breathing**
- **Muscle Relaxation**
- **Depression Management**
- **& Much more!**

This class is being offered as part of the OLLI Spring Semester curriculum. The program runs for 6 weeks. We will meet each Wednesday from 10:00-12:00 at the Mountaineer Mall in Morgantown. Classes begin **January 23, 2008** and run until **February 27, 2008**.

For more information contact:
Joshua Byrd
304-293-1796
jbyrd@hsc.wvu.edu

December 2-8 is National Hand Washing Awareness Week



Keeping your hands clean is one of the most important things you can do for your health. It is best to wash your hands with warm soapy water for 20 seconds:

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up after a child who has gone to the bathroom
- When tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling garbage, an animal, or animal waste
- Before and after treating a cut or wound

West Virginia's Consortium for Older Adult Wellness

The Consortium has had its first two meetings. The first meeting was on October 3, 2007 in Charleston at the Bureau of Senior Services and the second meeting was held November 26, 2007 also at the Bureau of Senior Services.

With the leadership of Jessica Wright, RN, MPH, CHES, Director, WV Chronic Disease Programs at the Bureau for Public Health, the Consortium applied on 10/29/07 as a protégé to the National Association of Chronic Disease Directors Healthy Aging Council Mentor Program.

If awarded, in partnership with the WV Bureau for Public Health, the Consortium will receive consultation from another state's healthy aging program in the areas of:

- (1) Implementing Evidence-Based Disease Prevention Programs
- (2) Partnerships and Collaboration
- (3) Integrating Healthy Aging into Other State Programs

We'll keep you posted.



APHA Conference Presentation

Stephanie Frost, MAOM, a PhD student in the WVU Department of Community Medicine working with Turner Goins presented "Effects of the Rural Built Environment on Physical Activity" at the American Public Health Association (APHA) annual meeting in Washington, DC on 11/7/07. Her presentation was part of the Symposium: Building Healthy Communities for Active Aging. The presentation can be found at this website:

<http://www.epa.gov/aging/resources/epareports.htm>

Congratulations Stephanie!