



@ a glance

Welcome to the second issue of *Healthy Aging @ a glance*. This newsletter will inform you about Comprehensive Health Education Foundation's (C.H.E.F.®) healthy aging initiatives, current information, and resources on healthy aging. Thank you to everyone who returned the surveys with feedback on the first newsletter.



More King County Seniors are Reaping Healthy Rewards from RWJF Grant

For eight months, Senior Services' Robert Wood Johnson Foundation (RWJF)/ King County Housing Authority Wellness Project has provided health promotion services to south King County seniors in four residential buildings. As part of the project, a registered nurse

and social worker have been very successful at recruiting program participants. To date, 40 residents have enrolled in the Health Enhancement Program (HEP), which is part of the Wellness Project.

The HEP nurse and social worker team provides encouragement and support that residents need to meet self-directed goals, such as walking daily, improving nutrition, losing weight, accessing resources, and improving medication management. Support groups also meet regularly in all four buildings to encourage each other and share ideas. The Wellness Project provides accessible programs for limited-English speaking populations in great need of such services.

As project staff become more familiar and visible to residents, the residents' interest in

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More King County Seniors are Reaping Healthy Rewards from RWJF Grant (continued)

project services has increased. Two advisory council meetings have been held with resident representatives from each of the buildings. Additionally, a group of residents will be going to Seaside, Oregon, for the C.H.E.F.[®]-sponsored Northwest Wellness Conference for Seniors.

C.H.E.F. is proud to serve as the lead local funding organization for the RWJF-Local Initiatives Funding Partners Program grant. RWJF matches all local funding, dollar for dollar. Local funding partners include The Seattle Foundation-Gordon & Annette Ingham Fund, Highlight Community Hospital Foundation, Dupar Foundation, Providence System-Northwest and Washington Health Foundation. Group Health Foundation has just joined other local funders with a generous gift of \$10,000.

For further information, please contact Susan Snyder at Senior Services of Seattle/King County at 206-727.6297.

RESIDENT PROFILE: Erlene

Erlene is a 68-year-old widowed woman who used to live alone. She entered King County Housing last fall after retiring from factory work due to ill health, but she didn't seek medical care for her condition. Soon after, she enrolled in the HEP with the intent of "feeling better." With encouragement and support from the HEP nurse, social worker, and mentor team, she went to a doctor because her blood pressure was at life-threatening levels. With medication, education, and support, she has returned to work at least 12 hours per week. Self-confidence—or self-efficacy—is a value that reflects a person's perception of their ability to manage daily life, and in HEP, Erlene's self-efficacy has vastly improved. In addition to working part-time, she also cares for her four sons, one of whom—at age 47—has been newly diagnosed with AIDS.



Senior Communication Pilot Trainings Meet with Success

We recently concluded three pilot trainings for our new program, Rx for Communication™ – Working Effectively with Your Doctor. The three-session program helps seniors get the very best care possible by enhancing their communication and assertiveness skills with health



care professionals. Specially designed for seniors who are living with one or more chronic conditions, the program focuses on helping seniors get the information and support they need from health care providers and pharmacists, so they can better manage and understand their conditions.

We hosted the pilots for approximately 50 seniors at

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“Be prepared and have all your information organized for your appointment. Then you are able to better answer the doctor’s additional questions without getting confused and forgetting to ask your questions.”

– Pilot training participant

Northshore Senior Center (Bothell), Ellensburg Senior Center, and Central Area Senior Center (Seattle). We are very pleased with the post-training evaluation results.

Our next step is to begin hosting one-day Train-the-Trainer workshops for agency/organization representatives who want to implement the program at their site. Our first training will take place in Spring 2001. If you are interested in receiving Train-the-Trainer information, please call and leave a message for Karen Dalton Lewis at 206-824-2907, ext. 140, or 800-323-2433.

“I was amazed at how many people in the workshop had such poor relationships with their doctors. I believe this workshop would be invaluable to most seniors.”

– Pilot training participant

Hundreds of Seniors are Dialing their Way to Better Health

The Healthy Aging Partnership's (HAP) Senior Information Campaign launched in June, and already hundreds of seniors, providers, and care-givers are calling 1-888-4ELDERS for information and assistance regarding healthy living. Earlier this summer, King County Executive Ron Sims helped roll out the campaign with an event that featured his mother Lydia.

Over a period of just a few weeks, C.H.E.F. and the other 26 HAP partner agencies in the greater Puget Sound area distributed more than 50,000 brochures, 15,000 refrigerator magnets, and dozens of posters to promote 1-888-4ELDERS. C.H.E.F.'s graphic



Ron Sims and his mother Lydia



designer, Sally Porter, contributed the design and managed the production of the brochures. Sea-Mar and Asian Counseling and Referral Service donated translation services for the Spanish and Asian language brochures.

More promotional efforts are underway so that seniors, care-givers, and providers will know they can trust 1-888-4ELDERS for information and resources about healthy living. Beginning in the fall, *Northwest Prime Time News*—a free newspaper distributed to some 50,000 seniors around King County—will publish a monthly column centered on the HAP campaign and health messages. And later in the year, HAP and its partner agencies will distribute materials focusing on preventing falls.

For more information about HAP, please contact Dr. Cheza Collier, Public Health Seattle & King County, at 206-296-6810.

Learn about C.H.E.F.'s New Grants Guidelines

C.H.E.F. is proud to announce revised grant guidelines. In the past, we've focused our grant gifts on general health education. Our future grants will target populations identified in our strategic plan: children ages 0-5 and their families, school-aged children and their families, and older adults. We will consider grants in Washington State for healthy aging for seniors in the following areas:



- to support behavior change programs that prevent or help seniors manage chronic diseases and conditions
- to foster psychosocial programs aimed at improving and maintaining positive mental health
- to promote improved communication between health care consumers and health care providers

Another important change we have made is moving to two grant cycles per year, September 30 and April 30. We begin our first cycle with new guidelines this fall, with the deadline extended to October 31.

You can learn more about our process and access guidelines, frequently asked questions, and applications on our Web site: www.chef.org/grants.htm. If you would like to receive a grant application packet, please call Sue Haughton at 206-824-2907.



PROJECT COMPLETED!

We are happy to announce the arrival of Olivia Danielle Lewis on September 3, 2000. Olivia weighed 7 lbs. 15 oz. and measured 20½". The proud parents are Dan Lewis and Karen Dalton Lewis. Karen is C.H.E.F.'s Healthy Aging Program Director.

AARP's Foundation Director Presents the New Face of Aging

Leaders in the field of aging were fortunate to hear John Feather, Ph.D., director of the AARP Andrus Foundation, speak at a C.H.E.F.-sponsored luncheon on June 29 in Seattle. Here is an excerpt from his remarks.

We still suffer from stereotypes that aging is either "disability and death" or "golfing." It really is a variety of experiences. What's behind successful aging is the notion that people aren't just living longer, but we have a phenomenon called "a compression of morbidity." On average, the period of time in a person's life before they die in which they are seriously ill is becoming smaller over time.

The whole equation of aging=disability (that is, the older you are, the more disability you have) is turning out not to be true. We have a lot of good research now that shows the impact of behaviors such as a healthy diet, exercise, and stopping smoking, and we can quantify the effects of these on healthy aging. There's a tremendous interest on the part of the philanthropic and funding community in this issue: "How do we get the message out to people that they really can make a difference in their life, that they're not genetically predetermined, and that it's not all over by the time they're 40?" They may think, "If I haven't stopped smoking by the time I'm 50, what's the point?" Well, for one thing, we know that within six weeks normal lung function returns. Despite this type of information, we haven't gotten most people to understand it.

We now have a diversity of experience, and we're not conveying to people that it's important to take care of yourself at any age and that we have the ability to postpone that period of illness until right at the end of life.

To read the notes from Dr. Feather's presentation, visit our website at www.chef.org/feather.html.

Good Reads

Dare to Be 100, by Walter Bortz, M.D.

Healthy Aging for Dummies, by Walter Bortz

Life Is Change, Growth Is Optional, by Karen Kaiser Clark

The Caregiver Help Book: Powerful Tools for Caregiving, by Vicki Schmall, Marilyn Cleland, and Marilyn Sturdevant

Let Us Know

To share resources, or for further information about the Healthy Aging Initiative or any other C.H.E.F. activity, please contact us at 206-824-2907 or 800-323-2433, or visit our Web site at www.chef.org.

- Karen Dalton Lewis, Program Director: kdalton@chef.org
- Julie Peterson, Public Affairs Director: julie-p@chef.org



This newsletter and information about our initiatives can be found on our Web site at www.chef.org.

C.H.E.F. Mission

The purpose of Comprehensive Health Education Foundation is to promote health and quality of life through education.