



## @ a glance

Spring greetings! Welcome to the first edition of *Healthy Aging @ a glance*. You have received this newsletter because of your commitment to senior health promotion and the important role you play in the senior community. With this newsletter, we'd like to inform you of the Healthy Aging Initiative at Comprehensive Health Education Foundation (C.H.E.F.®), as well as share news about current and developing program efforts and opportunities.

### C.H.E.F. selects healthy aging as a top focus in 10-year strategic plan

In 1998, our Board of Directors approved a strategic plan to guide C.H.E.F. through the year 2008. The plan maintains a commitment to promoting health education for individuals, families and communities, while providing focus for programs and efforts in three initiative areas:

- Young children (birth to age five) and their families
- School-aged children and their families
- Healthy aging

Within healthy aging, we identified three strategies to enhance and support health promotion for Washington's aging population:

1. Support behavior change programs that help seniors manage chronic diseases and conditions.
2. Foster psychosocial programs aimed at improving and maintaining positive mental health.
3. Promote improved communication between health care consumers and health care providers.

This newsletter and information about our initiatives can be found on our Web site at [www.chef.org](http://www.chef.org).

*"We're proud to bring you this first issue of 'Healthy Aging @ a glance' and excited about the work we're doing with the aging community."*  
*– Larry Clark*  
*C.E.O. & President*

**Seattle-area seniors to benefit from C.H.E.F.®-initiated Robert Wood Johnson Foundation grant**

C.H.E.F. is proud to serve as the lead local funding organization for a three-year Robert Wood Johnson Foundation (RWJF)–Local Initiatives Funding Partners Program grant, which was received in 1999. The recipient of this generous grant is Senior Services of Seattle/King County.

The agency will use this grant to fund extension of their Health Enhancement Program (HEP) to low-income, multi-ethnic seniors in six King County Housing Authority high-rise buildings in southwest Seattle and to the Central Area Senior Center in Seattle. A team consisting of a registered nurse, a social worker and trained health mentors will provide needed services to increase self-management of chronic conditions such as heart disease, diabetes and arthritis. Special consideration will go to Russian/Ukrainian, Latino, Vietnamese and African-American seniors.



Other local funding partners include The Seattle Foundation–Gordon & Annette Ingham Fund, Highline Community Hospital Foundation, Dupar Foundation, Providence Health System–Northwest and Washington Health Foundation. RWJF matches all local funding, dollar for dollar. For further information, please contact Susan Snyder at Senior Services of Seattle/King County: 206-727-6297.



**Washington and Oregon seniors eagerly await the Northwest Wellness Conference for Seniors**

Along with the daffodils and tulips making an early appearance this year, so are conference registrations for the eleventh annual Northwest Wellness Conference for Seniors (and the conference doesn't take place until October!).

Since 1989, C.H.E.F. has been addressing the health promotion needs of seniors through this popular conference—held each year in Seaside, Oregon—which is developed by and for seniors in Washington and Oregon. This annual conference is so successful that it has become a national model, replicated in several

other states including Colorado, New York, New Hampshire and Nevada.

Seniors will attend the conference in teams of four to eight people representing their community or senior group. In addition to learning about a wide range of health-related topics, seniors will gain new skills and experience wellness by participating in highly interactive sessions and learning activities. This year's conference sessions include "Life Beyond Bingo," "Be Your Own Fitness Consultant," "Stroke Prevention" and "Celebrating Sexuality."



The teams of seniors will also develop health promotion action plans to take back home and implement within their communities, families and peer groups. C.H.E.F. provides action plan follow-up and small grants to assist teams in reaching their action plan goals. Examples of past action plans include community-wide health conferences and emergency notification services for seniors living alone.

C.H.E.F. relies on support from other organizations and businesses to make the conference successful. Conference sponsors in 1999 included American

Heart Association–Northwest Affiliate, Boeing, Washington Mutual, Washington State Dairy Council, Kibble & Prentice, Zaki El-Wattar and Len Tritsch.

For further information on the Northwest Wellness Conference for Seniors, please call James Kissee at 206-824-2907 or 800-323-2433, or visit our Web site at [www.chef.org/nwcs.htm](http://www.chef.org/nwcs.htm).

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### New training to focus on improved communication with seniors' health care providers

While seniors tend to experience a greater number of health problems, some are actually created or made worse by unclear communication with their doctor or pharmacist. Too often, declining health status or even premature death is the unfortunate result. For this reason, C.H.E.F. is developing an interactive, skill-based training program—especially designed for seniors with chronic conditions—to improve specific communication skills used during medical visits and with pharmacists.

Outcomes of this training will include:

- Increased confidence and skills when dealing with providers and advocating for self and others
- Increased success level of office visits
- Reduced office visits
- Saved money
- Improved quality of self-care
- Improved self-management of chronic illness and medications
- Increased understanding of medical community strengths and limitations

C.H.E.F. anticipates launching the training program this fall and intends to make it available to senior and community centers, retirement facilities and hospitals. If you are interested in helping us pilot the program, please call Karen Dalton Lewis at 206-824-2907 or 800-323-2433.

*“If I’m well informed, then I’m better able to talk with my doctor about my condition and I can tell him everything.”*  
—1999 Training Focus Group Participant

#### Healthy Aging Partnership to expand seniors’ access to information and assistance

C.H.E.F. is a member of the Healthy Aging Partnership (HAP), a coalition of 20 Puget Sound-area health and social services agencies. The coalition’s goal is to “support the efforts of seniors in King and adjacent counties to improve their health and quality of life through the dissemination of, and easy access to, health and social service information.”

In 1999, HAP planned a communications campaign to help ensure the long-term health and well-being of elders in our community. During the planning process, HAP identified the need for a comprehensive, sustained effort to provide health information and assistance for



seniors in the Puget Sound region. HAP’s three-year plan includes promoting a toll-free information line, followed by the delivery of health promotion messages for fall prevention, adult immunization, physical activity and depression prevention. By this spring, HAP plans to launch the first phase of this important educational effort.

C.H.E.F. is pleased to serve as the fiscal agent for HAP and support the valuable work the coalition is doing to make a difference in the lives of seniors.

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



Healthy Aging  
Partnership

### Good Reads

*Successful Aging*, by John W. Rowe, M.D. and Robert L. Kahn, Ph.D.

*Promoting Successful and Productive Aging*, by Lynne A. Bond, Stephen J. Cutler and Armin Grams

*Communicating with Your Doctor: Getting the Most Out of Health Care*, by J. Alfred Jones, M.D., Gary L. Kreps and Gerald M. Phillips

### Great Resource!

Grantmakers in Aging (GIA), a networking and educational non-profit organization for funders, has developed a tool kit for grantmakers who have not yet made room for aging issues on their agendas.



The tool kit, titled "Funding Across the Ages," is on the Generations United's Web site, <http://www.gu.org>. You may receive your free copy by downloading the file. The kit tells readers about senior health trends and who handles aging in various communities nationwide.

For more information about the tool kit or GIA, contact Carol Farquhar, GIA executive director, at 937-435-3156.



### C.H.E.F. Mission

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