



@ a glance

Welcome to the fall issue of *Healthy Aging @ a glance*. This newsletter brings you an update on the Healthy Aging Initiative at Comprehensive Health Education Foundation (C.H.E.F.®). It also includes news about upcoming health promotion opportunities for seniors and valuable resources.

If you have any comments or suggestions about this newsletter, please e-mail Karen Lewis (karen-l@chef.org) or Julie Peterson (julie-p@chef.org).

*"In spite of the cost of living,
it's still popular."*

— Kathleen Norris



Publicity Shines a Light on HAP

C.H.E.F. continues its involvement in the *Healthy Aging Partnership* (HAP), a coalition of 28 Puget Sound not-for-profit health and senior service organizations. Collective publicity efforts are helping seniors and caregivers throughout the Puget Sound area get the information and assistance they need to live healthy, active lives.

This summer, HAP distributed more than 400,000 copies of a publication promoting physical activity among seniors. Written

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Publicity Shines a Light on HAP (continued)

and produced by the Washington State Department of Health, copies were distributed through direct mail and placed in 15 community newspapers in King, Kitsap, Pierce, and Snohomish counties. The materials emphasize the positive benefits and importance of incorporating physical activity into the daily routines of senior adults.



Summer publicity also included radio ads publicizing HAP's toll-free information and assistance line: 1-888-4ELDERS (1-888-435-3377).

These intensive promotional efforts resulted in a significant increase in calls to 1-888-4ELDERS. Plans are under way this fall to use newspapers as well as radio ads to increase awareness of the phone service and efforts to identify and treat depression among older adults.



Senior Wellness Project Thrives

Susan Snyder's professional goal is to provide older adults with opportunities to make positive health behavior changes. At Senior Services of Seattle/King County, Snyder directs the award-winning Senior Wellness Project, an evidence-based health promotion approach that produces positive results. At the core of the Senior



Wellness Project is the Health Enhancement Program (HEP). HEP participants work with a nurse/social worker team to build confidence in handling their health conditions and challenges. Trained volunteer, senior Health Mentors also provide support.

The project is the recipient of a Robert Wood Johnson Foundation (RWJF) grant that funds HEP in four public housing

buildings in Burien. The RWJF nurse/social worker project in Burien is also funded by local foundations, with C.H.E.F.® providing \$75,000 in matching funds over three years. Other local funders include:

- Dupar Foundation
- Group Health Foundation
- Highline Hospital Foundation
- Medtronics Foundation
- Providence Northwest
- Seattle Foundation
- Turner Foundation
- Washington Health Foundation

HEP often refers seniors to two other important components of the Senior Wellness Project:

- **The Lifetime Fitness Program** offers specially designed senior exercise classes.
- **The Chronic Disease Self-Management** six-week workshop, designed by Stanford University for seniors with chronic conditions.

Snyder would like to integrate C.H.E.F.'s *Rx for Communication*™ curriculum into the Senior Wellness Project. Seniors don't have to be enrolled in HEP to attend these

other programs.

"Health promotion for seniors is growing. In four years we've gone from five sites in the Puget Sound region to 34," says Snyder. "Of the 1,800 people enrolled in the Senior Wellness Project, 700 are enrolled in HEP. Participants in the project are happier, less depressed, function better physically and are better able to manage their chronic conditions, like diabetes, arthritis and heart problems. It's very satisfying for project staff to work with motivated seniors and see them make positive changes in their health."

So successful is the Senior Wellness Project, it has become a model program, now replicated in parts of California, Michigan, Virginia and Maryland. The end of 2001 will see similar projects in New York, Maine and Sweden. The project has received an additional RWJF

grant to help evaluate HEP, disseminate the program to other states, create a Web site for data collection, and convene a national advisory committee.





Rx for Communication™ Training of Trainers Workshops

Do you often hear older adults voice their concerns about the quality of their health and health care and wish there was something you could do to help their situation. Now you can!

C.H.E.F.® has developed a new program titled *Rx for Communication: Working Effectively With Your Doctor*. The course teaches assertiveness, communication, and planning skills to assist older adults in working with their doctors, pharmacists, and other health care professionals to get the best care possible.

To get this new program out to seniors, C.H.E.F. offers training-of-trainers (TOT) workshops at a variety of Washington locations. The TOT will prepare senior service providers and/or volunteers to offer the course to groups of seniors. TOT participants receive a step-by-step trainer's guide, a video, and all other supplemental materials to make the participant workshop a success. We are seeking local sponsors to help us offer a TOT. All you need to do is provide a location for the six-hour training and help us promote the workshop in your region to sign up at least 10 participants.

Comments from participants at our September TOT workshop include:

"The whole seminar was pulled together and very well presented."

"The trainer was excellent, kept the pace moving—good personality and easy to listen to."

"The video and manual – well done!"



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**Rx for Communication™
Training of Trainers
Workshops** (continued)

If you are interested in co-sponsoring a workshop, please call Karen Lewis at C.H.E.F. (206-824-2907 or 1-800-323-2433) or e-mail her at karen-l@chef.org.



**DON'T FORGET . . .
C.H.E.F.'s Next Grants
Cycle Deadline is
April 30, 2002!**

C.H.E.F. is pleased to announce that in the first two cycles of our new grants program, we funded the following organizations within our Healthy Aging Initiative:

- City of Seattle: ADS Diabetes Registry Project (\$7,500)

- Community Health Centers of King County: Outreach and Community Health Education for Low-Income Diabetics (\$5,000)
- Orcas Island Senior Center (\$1,205)
- Port Gamble S'Klallam Tribe (\$6,000)
- University of Washington Medical Center: Strong and Steady (\$6,000)
- Walla Walla General Hospital (\$3,500)

We have two grant cycles that close on April 30 and September 30. Guidelines and applications are available on our Web site (www.chef.org/grants.htm) or you can request a grant application packet by contacting Sue Haughton at 206-824-2907, or via e-mail at sue-h@chef.org.

"A spiritual life of some kind is absolutely necessary for psychological 'health.'"

– Thomas Moore, 'Care of the Soul'

**Healthy Aging
Partnership presents:
“Clearing the Clouds:
Depression Among
the Elderly,” a Half-
day Workshop**

Health professionals, caregivers, and others who work to promote the health and well-being of older adults in our community will gain valuable information and benefit from the upcoming workshop *Clearing the Clouds: Depression Among the Elderly*.

Depression affects people of all ages, but as we grow older stressful life changes can hit harder and arrive more frequently. Featured speaker, Wayne Katon, an internationally known speaker, will review the prevalence of depressive disorders in elderly populations and the common stressful life events such as loss, social isolation, caregiver strain, and medical illness that contribute to depression. Several exciting models to improve the treatment of elderly depres-

sion will be described. The program will also offer breakout sessions by local experts in the areas of depression prevention, identification, and pharmaceutical and non-pharmaceutical treatment approaches.

The cost for the workshop is \$45 for professionals and agency representatives, and \$25 for volunteers and senior consumers.

For more information or to register, contact Karen Lewis at C.H.E.F., 206-824-2907 or 1-800-323-2433.

**MARK your
CALENDAR!**

January 16, 2002
University of Washington
Center for Urban
Horticulture, Seattle
8 AM –12 PM

If you can't join us, you can read the notes from the presentations on Healthy Aging Partnership's Web site, after January 25, 2002, at www.4elders.org.

Depression is Serious and Treatable

Depression is a serious illness that often leads to premature death. Suicide is one potential result of untreated depression, and is particularly common among the elderly. For example, of those people who commit suicide at age 75 years or older, 60–75% are experiencing a diagnosable depression. Researchers at Harvard University and the University of Cincinnati found that more than 80% of 57 premature, depression-related deaths were the result of worsened chronic conditions, smoking, alcohol abuse, poor self-care, or accidents.

More than 80% of people who are depressed respond quickly and positively to treatment. However, in a survey of over 1,200 men and women from the U.S., nearly two out of three with symptoms of depression reported waiting at least four years before seeking treatment. Common barriers to treatment include denial, shame, lack of money or insurance, and fear.

Source: National Academy on An Aging Society

Web site: www.agingsociety.org

Depression Resources

National Mental Health Association (NMHA)

Consumer Supporter Technical Assistance Center
1021 Prince Street, Alexandria, VA 22314-2971
1-800-969-NMHA or 6642 • Web site: www.nmha.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

Center for Mental Health Services
Call 1-800-SUICIDE to find the phone number for the crisis center in your area • Web site: www.samhsa.gov

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