



# Healthy Aging

I N I T I A T I V E

A G L A N C E

*Yes, a few things have changed at C.H.E.F. and our newsletter readers are getting the first glimpse. The redesigned C.H.E.F. logo reaffirms our mission of providing health education for life—from early childhood through the school-age years and into older adulthood. And although our look has changed, our commitment to providing you with helpful, trustworthy information remains the same. We hope you enjoy our fresh face as you stay up to date on C.H.E.F.'s activities in healthy aging.*

Larry Clark  
President & CEO

## Fall Greetings!

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 at [karenl@chef.org](mailto:karenl@chef.org) or Julie Peterson at [juliep@chef.org](mailto:juliep@chef.org).

### Care for the Caregiver: Resources Available

*“There are only four kinds of people in the world:*

- *Those who have been caregivers*
- *Those who currently are caregivers*
- *Those who will be caregivers*
- *Those who will need caregivers”*

— Former First Lady Rosalyn Carter

This quote certainly rings true, as more than one quarter of the adult population in the U.S. has provided care to a family member or friend during the past year.

## Care for the Caregiver: Resources Available (continued)

And the number of caregivers is increasing, largely as a result of advances in medical technology that allow people to live longer.

On October 9 at 9:00 PM, PBS will be exploring this trend in a provocative two-hour special titled “And Thou Shalt Honor.” (Check your local listings for channel information.) This warm and caring documentary will feature the personal stories of several caregivers and examine the various aspects of caregiving. For more information on the program and a link to other resources, visit their Web site

at [www.andthoushalthonor.com](http://www.andthoushalthonor.com).

### Resources for the Caregiver

While caregivers face many unique challenges—ranging from added financial pressures to depression and increased risk of illness—many aren’t aware of the resources and support available to them. If you or someone you know is a caregiver, you may want to check out the following resources.

#### King County Resources:

***Aging and Disability Services of Seattle and King County*** funds a wide array of services, including information and assistance, caregiver training, counseling, respite, kinship caregiver support, and supplemental services. For more information, call **206-448-3110**.

***The Senior Services Caregiver Outreach and Support*** Web site ([www.seniorservices.org/caregiver/caregiver.htm](http://www.seniorservices.org/caregiver/caregiver.htm)) includes links to a wide



## C.H.E.F.® MISSION

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



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### Care for the Caregiver: Resources Available *(continued)*

range of community services and support agencies, from programs that offer affordable minor home repairs and meal service to caregiver message boards.

**1-800-4ELDERS** (or **www.4elders.org**), provided by the Healthy Aging Partnership (HAP), offers free and confidential professional assistance and information on virtually every topic of interest to older adults and the people who care about them.

**Crisis Clinic Caregiver Support** is a comprehensive information and referral service for people seeking assistance in King County. Support and crisis intervention is available 24 hours a day through the Crisis Line (**1-800-621-4636**). The Web site contains a database of community resources for caregivers ([www.crisisclinic.org/careframes.html](http://www.crisisclinic.org/careframes.html)).

#### **National Resources:**

**The Administration on Aging** Web site (<http://www.aoa.gov/caregivers/default.htm>) provides a wealth of facts on caregiving, including resource directories and an online guide titled *Because We Care*, which provides useful information on the many aspects of being a caregiver.

**The Family Caregiver Alliance** Web site (<http://www.caregiver.org>) includes specialized information on Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease, ALS, and other disorders and long-term care concerns. It also features a link to an online support group for caregivers.



### Next TOT for *Rx for Communication*<sup>™</sup> to be Held in Wenatchee

C.H.E.F.<sup>®</sup> and the Wenatchee Valley Senior Activity Center are teaming up to offer an *Rx for Communication* Training-of-Trainers (TOT) workshop on **October 18, from 9:00 AM to**

**4:00 PM, at the Wenatchee Valley Senior Activity Center.**

The *Rx for Communication* program empowers older adults to improve communication with their healthcare providers and take more control of their health. They learn skills

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**Next TOT for Rx for Communication™**  
*(continued)*

to better manage their medications, plan for medical appointments, and learn important assertiveness techniques that will enable them to work as a partner with their medical team.

The TOT workshop is designed for people who coordinate programs and training for older adults in settings such as senior and community centers, hospitals, churches, and retirement communities. While you don't have to be a health professional to teach this course, it would be very beneficial to have previous experience teaching or facilitating groups of seniors. You may also want to bring a colleague who can co-teach the course with you.

The registration deadline for the TOT workshop is October 4. The cost of the workshop is \$50, which also includes the entire curriculum and lunch.

A colleague (co-trainer) may attend with you at no cost, but they will not receive a copy of the curriculum. Scholarships are also available. Please call Karen Lewis at C.H.E.F. for more information: 206-824-2907 or 800-323-2433.



**WATCH FOR . . .**  
**our newly designed**  
**Web site at**  
***www.chef.org***  
**in late October!**



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

## **November Workshop to Explore Substance Abuse Among Older Adults**

Older adults are often overlooked when it comes to addressing the misuse and abuse of alcohol, medications and other substances. To explore this issue in greater detail, an all-day workshop will be held in Tukwila, Washington on **Wednesday, November 6**, titled **“Substance Abuse Among Older Adults: Prevention and Treatment Approaches.”**

This workshop will address the problems of substance abuse and misuse among older adults and the impact on individuals, families, the healthcare system, and society. It will also cover newer and more effective interventions and treatments that can lead to both reduced use and improvements in overall health among seniors.

Frederic Blow, PhD, will provide the keynote presentation about the scope of the problem, and he will also discuss treatment therapies for elders. Dr. Blow is a senior associate research scientist at the University of Michigan Department of Psychiatry and is the director of the National Serious Mental Illness Treatment Research and Evaluation Center for the Department of Veterans Affairs, Ann Arbor, Michigan. He has been widely published in the areas of substance abuse, screening, and treatment among older adult populations.

Other workshop topics include “The ‘Other’ Drug Problem: Understanding Medication and Herbal Remedy Misuse and Abuse in Older Adults,” “The Culture of Older Adults and Alcoholism,” “Prevention and Intervention Approaches with Older Adults,” and “Substance Abuse Resources and Services for Older Adults.”

The workshop is designed for healthcare providers, social service professionals, senior/community center staff, mental health workers, and caregivers. It is presented by the Healthy Aging Partnership (HAP), a coalition of 30 Puget Sound-area not-for-profit and public organizations dedicated to the health and well-being of seniors.

“Substance Abuse Among Older Adults” will take place from 8:00 AM to 4:00 PM at the Tukwila Community Center. The cost is \$75, and lunch and free parking will be provided. Continuing education units will be offered through the University

## November Workshop to Explore Substance Abuse Among Older Adults (continued)

of Washington School of Nursing and each participant will receive a certificate of attendance. Registration deadline is **October 25**.

If you are interested in attending the conference and haven't received a brochure, please contact Karen Lewis at C.H.E.F. (206-824-2907 or 800-323-2433).



### C.H.E.F.® Grant Guidelines

We have a new look to our grant guidelines and materials. However, the focus of our grantmaking efforts remains the same: to support leadership, collaboration, and program efforts that *strengthen health education for life* in Washington State.

At C.H.E.F., we believe strongly that health education is a tool that serves individuals throughout their entire lives and so we encourage the delivery of health education through a wide spectrum of organizations and approaches. We have a special interest in efforts that:

- Are collaborative or community-based
- Serve low-income, ethnically diverse, or rural populations
- Use new methods and avenues to deliver health education
- Make use of intergenerational or cross-age interaction

In the spring cycle of 2002, we funded the following organizations within our Healthy Aging Initiative area:

- **Prevention and Early Detection:** Senior Wellness Education Program (\$2,000)
- **Stanwood Senior Center:** Senior Wellness Transportation Pilot Program (\$5,000)

For more information about C.H.E.F.'s grant program, you may call Sue Haughton at **206-824-2907** or go online at **[www.chef.org/grants.htm](http://www.chef.org/grants.htm)**. Our deadline dates are September 30 and April 30.



## Physical Activity Workshop Held to Help Older Adults “Live Lively, Live Longer”

On June 20, the C.H.E.F.® co-sponsored seminar titled **“Live Lively, Live Longer: Promoting Physical Activity Among Older Adults”** drew a crowd of 50 healthcare practitioners and others interested in the health and well-being of older adults.



The seminar featured workshops by several well-regarded experts on physical activity in the senior population, including Robert Wood Johnson Clinical Research Scholar Ronald Ackermann, MD; Noelle Mestres, MSW, LICSW; Sabina Kane, RN; Eva Montee; and Anne Shumway-Cook, PhD, PT.

Co-sponsoring the workshop with C.H.E.F. were the Healthy Aging Partnership (HAP) and the University of Washington Health Promotion Research Center.

To read detailed write-ups of each workshop, go to the HAP Web site at [www.4elders.org/Workshoptips.htm](http://www.4elders.org/Workshoptips.htm).

## If the elevator to wellness is full . . . take the stairs!

This is the theme for the **2002 Northwest Wellness Conference for Seniors** to be held **October 20–25** in Seaside, Oregon. The conference is full with 375 participants and a waiting list! If you would like to find out more



about this week-long health promotion opportunity for older adults, please contact Beth Olenchek at C.H.E.F.® (1-800-323-2433). It is truly a week on which to build a lifetime.

We would like to recognize and thank our conference sponsors: American Cancer Society; American Heart Association, Northwest Affiliate; Boeing; Delta Dental, Washington Dental Service; Northwest Health Foundation; Cannon Beach Book Company; Len Tritsch; Bob Trigueros.