



@ a glance

Welcome to the spring 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).

C.H.E.F. to Offer Rx for Communication™ Booster Workshop

Nearly 80 people have been trained to facilitate *Rx for Communication: Working Effectively With Your Doctor* with groups of older adults. Through this interactive course, Washington seniors receive the support, skills and information they need to communicate more assertively with their health care providers.



C.H.E.F. is proud to sponsor a **Trainers Booster Workshop on April 16**, and all *Rx for Communication* trainers are invited to attend. The workshop will address topics such as program successes and struggles, solutions to

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C.H.E.F. to Offer Rx for Communication™ Booster Workshop (continued)

implementation barriers and course evaluation results. The workshop will be held at C.H.E.F.® from 11 a.m. to 4 p.m., with lunch included. If you are a trainer and have not yet received your invitation, please contact Karen Lewis at 206-824-2907 or 800-323-2433.



If you are interested in partnering with C.H.E.F. to offer an *Rx for Communication* Training of Trainers workshop in your area, please contact Karen.

Healthy Aging Partnership® Plans Workshop on Physical Activity for Seniors

Health professionals, activity directors and others who work with seniors can improve their knowledge and skills in a half-day seminar scheduled for June 5.

Sponsored by C.H.E.F., University of Washington Health Promotion Research Center and the Healthy Aging Partnership, the workshop brings together leading experts in geriatric medicine and senior fitness. Participants will gain insights into the benefits of physical activity, techniques to motivate

and guide seniors in an activity program, how to prevent injuries, and more.

***Live Lively, Live Longer:
Promoting Physical Activity
Among Older Adults*** will be held from 8 a.m. – 12:00 p.m. at the Tukwila Community Center. The cost is \$50.

For more information or to register, contact Karen Lewis at **206-824-2907** or e-mail **karen-l@chef.org**.



Get Your Team Ready for the Northwest Wellness Conference for Seniors!

With Spring coming into bloom, it's time to start organizing your team for the 13th Annual Northwest Wellness Conference for Seniors. The 2002 conference theme is "If the elevator to wellness is full...take the stairs!" and it promises to be as exciting and educational as past years' programs.

This popular conference takes place **October 20-25** in Seaside, Oregon, and the cost is \$295 per person (which includes meals and lodging!). **The registration deadline for teams is May 17, 2002.**

Past conference participants have considered keynote sessions a major highlight of the weeklong conference. This year we are fortunate to host a group of very talented speakers, including:



- **Joe Piscatella:** *"Staying Healthy in a Double-burger.com World"*
- **Violet Malone:** *"Joyful Living Requires a Lot of S.O.A.P. and a Little More D.I.R.T.!"*
- **Chris Himes, M.D.:** *"Become the Best You Can Be...In Body, Mind and Heart"*
- **Linda Edgecombe:** *"Batteries Included – Lessons to Energize and Balance Your Life"*

We are very pleased to acknowledge our newest conference sponsors: the Northwest Health Foundation and the American Cancer Society. C.H.E.F. is looking forward to bringing the talents and valuable information of these well-regarded organizations to the conference.

Other 2002 sponsors include The Boeing Company, the American Heart Association – Northwest Affiliate, Washington Dental

Service, Len Tritsch, and Cannon Beach Book Company. We're very grateful to our sponsors for their ongoing support!

To request a registration brochure, contact Beth Olenchek, conference coordinator, at 206-824-2907 or 800-323-2433.



Moderate Physical Activity Promotes Healthy Living for Seniors

Say the word "exercise" and many of us picture tough workouts in sweaty gymnasiums. But recent health studies have shown that physical activity doesn't need to be strenuous to be good for us. Older adults who take part in even moderate daily physical activity can live longer, healthier lives.



Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States, such as heart disease, diabetes, colon cancer or high blood pressure. It reduces feelings of depression and anxiety, while helping control weight and maintain healthy bones, muscles and joints.

Any activities or exercises that make your heart beat faster—equivalent to brisk walking—are considered moderate. To get health benefits, moderate physical activities should be done 30 minutes or more each day, five days a week, for at least 10 minutes at a time. **(Check with your doctor first if you are currently inactive.)**

**“Clearing the Clouds: Depression Among the Elderly”
Workshop provided several models to improve treat-
ment within this population**

On January 16, 60 people attended a workshop titled “Clearing the Clouds: Depression Among the Elderly” in Seattle, presented by the Healthy Aging Partnership and co-sponsored by C.H.E.F.

Wayne Katon, M.D., professor of psychiatry at the University of Washington School of Medicine, provided the keynote address about the causes, consequences and treatment of depression among the elderly. Two breakout sessions covered the art and science of treating elderly depression and proactive approaches to depression.

Key learnings from the three presentations include the following:

- Depression is among the top three illnesses that cause the most detriment to quality of life in our elderly population. Among the medically ill, there is a two- to three-fold increase in prevalence of depression. In nursing homes, about one of four residents is depressed.
- The elderly frequently have a very chronic form of depression that is less severe but lasts longer. Fewer than 15 percent of depressed older adults receive any specialty medical care.
- Late-life depression is associated with poorer health-related quality of life, higher cost of medical care, and increased mortality and morbidity. People who are depressed are three times more likely not to follow through on medical advice.
- One way to screen older adults for depression is to ask them two questions: During the past month, have you been bothered by feeling down, depressed or hopeless? During the past month, have you had a loss of interest or pleasure in doing things?

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“Clearing the Clouds: Depression Among the Elderly” Workshop (continued)

- Treatment with antidepressant medications is just as effective in the elderly as in the rest of the population. When depression is treated, medical symptoms are relieved, function is improved and quality of life increases. People who need treatment with antidepressants may also need psychotherapy or another form of “talking therapy,” such as behavior therapy, cognitive therapy, or problem-solving therapy.
- Research shows that people who begin pharmacological treatment for depression often do not complete it. This inhibits effective treatment because the therapeutic effects of most antidepressants don’t start kicking in until the third or fourth week. Also, because older people’s bodies break down the drugs less quickly, their brains are more sensitive, and they are more likely to experience side effects.
- In addition to medical intervention, peer interaction, socialization and exercise are keys to treating depression among older adults.



To see a more detailed synopsis of the workshop sessions, please visit the **Healthy Aging Partnership® Web site** at www.4elders.org/ConferenceResult.htm.



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

C.H.E.F.[®] provides grants within the state of Washington to nonprofit organizations that provide programs for seniors. C.H.E.F.'s program specifically targets work within three strands which:

- support behavior change programs
- foster psychosocial programs aimed at improving and maintaining positive mental health
- promote improved communication between health care consumers and providers.

For the grant cycle ending September 2001, C.H.E.F. funded the following Washington State organizations:

- **Senior Services for South Sound:**
Peer Mentor Program (\$5,000)
- **Swedish Medical Center, Seattle:**
Senior-Related Stress and Health (\$5,250)
- **Tri-Cities Chaplaincy:**
Parish Nursing Project (\$5,000)

For more information about C.H.E.F.'s grant program, call Sue Haughton at 206-824-2907 or go online at www.chef.org/grants.htm.

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