

HEALTHWORD

Putting Health Promotion Back in Motion

June 2005

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HEALTHWORD is a monthly e-mail newsletter produced by the American Society on Aging's Live Well, Live Long project, funded by the Centers for Disease Control and Prevention. Live Well, Live Long provides education and resources to professionals in the field of aging to help them improve health promotion and disease prevention efforts aimed at older adults. Current and past issues of this newsletter are available on the Live Well, Live Long website at <http://www.asaging.org/cdc/HealthWord.cfm>.

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ASA's National Ventures in Leadership program builds the leadership potential of professionals of color in the field of aging -- benefiting their careers, their mentors, and their communities

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FEATURE:

ASA REACHES OUT TO HEALTH PROFESSIONALS FOR DIVERSITY PROGRAM

In March 2005, the American Society on Aging's New Ventures in Leadership (NVL) program graduated 18 participants, known as "partners." NVL is a program devoted to building the leadership potential of professionals of color in the field of aging. Partners take part in training activities and develop special projects focused on elders of color or communities of color; each is paired with two mentors, one local and one national, who encourage the partner's professional development and facilitate access to established networks of leaders.

The health and health promotion projects of NVL partners this past year included the following:

* Meyling Eliash-Daneshfar, manager of Latino Services for the Alzheimer's Association of Los Angeles, Riverside, and San Bernadino Counties, completed a project that led to the

collaboration between ethnic media outlets and the Alzheimer's Association to increase dementia awareness in the Latino community.

* Stanley Holbrook, president and CEO of Three Rivers Center for Independent Living in Pittsburgh, designed a project that promoted the long-term care services offered in the city.

* Tammy Nguyen, program director with Catholic Charities of San Jose, Calif., designed health promotion activities for monolingual and limited-English-speaking elders in multicultural settings.

Applications are now available for the 2006-2007 class of partners. "We invite professionals of color in the field of healthcare and health promotion who are seeking to develop their leadership skills in the field of aging to apply to New Ventures in Leadership," said Paul Takayanagi, ASA's director of diversity programs. "I encourage health professionals to spread the word about NVL and to urge their colleagues to apply."

Takayanagi also asked health professionals to consider supporting the program by serving as mentors for NVL partners. According to ASA board member Richard Gollance, both partners and members benefit from the experience. "I was a mentor for a recent NVL partner whose special project dealt with best practices for an AIDS program for elders," he says. "We met to discuss his project once a month. In the process, I learned a lot about a topic that is relevant for my work and my life. What's more, I developed a valuable professional relationship, an enjoyable personal friendship, and a satisfying feeling of contribution. I would recommend any professional who has an interest in the diversity of aging to get involved as an NVL mentor."

More information on NVL -- as well as applications for the program -- are available online at <http://www.asaging.org/nvl>. You may direct questions about NVL to Takayanagi at ptaka@asaging.org.

TOOLS YOU CAN USE:

TRAINING INSTRUCTORS OF PHYSICAL ACTIVITY FOR OLDER ADULTS

Active aging has spawned greater interest in physical activity classes for older adults in community settings. Are classes for older adults different than those for younger adults? Who is qualified to lead these classes? Does teaching them take particular skills?

The International Society for Aging and Physical Activity (ISAPA), together with the World Health Organization, have moved the dialogue forward by issuing standards for physical activity instructors and programs for older adults. The purpose of the "International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults" is to ensure safe, effective, and accessible fitness programs for older adults and to develop competency and consistency among instructors. Rather than recommending a specific certification or training program, the curriculum guidelines set standards ranging from program design to professional conduct.

The curriculum guidelines are available for free download at <http://www.isapa.org/guidelines/index.cfm>. Additional information is available at ASA's "Physical Activity for Older Adults: Exercise for Life!" module at http://www.asaging.org/cdc/module6/phase2/phase2_12.cfm. This module also gives suggestions for working effectively with older adults in physical activity programs, including older adults with visual, auditory, and cognitive problems, at <http://www.asaging.org/cdc/module6/phase6/index.cfm>.

WHCoA EVENTS

The dates of this year's White House Conference on Aging (WHCoA) have been changed to December 11-14, 2005; the conference will continue to be held in Washington, D.C. The bipartisan Policy Committee overseeing the event voted to make the change so that all the conference activities can be accommodated in a single hotel; four hotels would have been needed in October.

HEALTHWORD will continue to post websites listing WHCoA events and draft resolutions affecting health promotion until the date of the conference. To read more about the importance of participating in the planning process, read the December 2004 issue of HEALTHWORD (posted at <http://www.asaging.org/cdc/HealthWord.cfm>).

CALENDAR OF EVENTS

Event: American Association of Diabetes Educators (AADE) Annual Meeting
Dates: August 10-13, 2005
Location: Washington, D.C., Convention Center

AADE's 32nd Annual Meeting and Exposition, whose theme is "Monumental Opportunities: Diabetes Educators in Action," will offer the latest information on diabetes self-management training and care, with sessions on behavior change, nutrition, medication therapy, comorbid conditions, and prevention. For more information, visit <http://www.aadenet.org/AnnualMeetings>.

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Event: Florida Conference on Aging 2005
Dates: August 22-25, 2005
Location: Orlando, Fla.

This year's conference marks the 50th Anniversary of the Florida Council on Aging. The conference will energize and educate professionals in aging with creative programming,

networking opportunities, cutting-edge exhibits, and award presentations. Health promotion sessions include the following:

- * Mobility Challenges and Options for Older Adults
- * Senior Moments: Assessment, Intervention, and Treatment of Older Adults With Substance Use and Mental Health Disorders
- * Traveling Together on the Road to Driver Safety

For more information, visit <http://www.fcoa.org/Conf2005/conf2005.html>.

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Events: 2005 Autumn Series on Aging

Sponsor: American Society on Aging

East Coast Series: Philadelphia, September 12-15, 2005

West Coast Series: San Francisco, September 26-29, 2005

The American Society on Aging is turning over a new leaf, moving its popular Summer Series on Aging to fall. The Autumn Series offers regional training for the many types of professionals who work with older adults, their caregivers, and their families. It is an excellent opportunity to earn continuing education credits while gaining new knowledge and insights from experts in the field. Intensives focusing on health promotion include the following:

- * Holistic Health for Lifelong Wellness
- * Brain Health Across the Lifespan (East Coast)
- * Diabetes: At the HEART of the Matter (East Coast)
- * What's Hot in Health Promotion Today (West Coast)
- * Diabetes Care in Older Adults (West Coast)
- * Use It and You May Not Lose It: Breakthroughs for Healthy Aging of the Brain (West Coast)

For more information, visit <http://www.asaging.org/autumn-series/as05/index.cfm>.

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For more educational offerings in the field of aging, visit the searchable "Events in Aging" calendar on the ASA website: <http://www.asaging.org/calendar>.

Have an event related to health promotion and aging that you would like to tell your colleagues about? Please submit your event, call for papers, or grant announcements to Nancy Bui at nbui@asaging.org. Include the title, organization, date and time, location, contact information, and a short description of the event.

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