



**DEPARTMENT OF HUMAN SERVICES**  
**SENIORS & PEOPLE WITH DISABILITIES**  
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**AUTHORIZED BY:** \_\_\_\_\_  
Administrator

**INFORMATION MEMORANDUM**  
**SPD-IM-03-034**  
**Date: April 14, 2003**

**TO:** Area Agency on Aging Directors                      CHS SDA Managers  
CHS/AAA Field Managers and Staff                      CHS SDA Assistant Managers  
SPD Managers and Staff                                      CHS Central Office Managers

**SUBJECT:** Health and Wellness Information

**INFORMATION:** The purpose of this information memo is to inform Area Agencies on Aging, local SPD offices, and interested partners about upcoming events and resources pertaining to maintaining and improving the health and wellness of the senior population. Please pass this information on to case managers, providers, and community partners

**CONTACT:** Grace Hague                                      **PHONE:** 503-947-5165  
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### **Upcoming Events**

**The PACE Active Program:** Arthritis affects one in three or over 900,000 adult Oregonians. One effective management tool for people living with arthritis or a rheumatic condition is physical activity. Studies show that 30 minutes of moderate activity three or more days a week can reduce arthritis pain and help maintain mobility.

The Department of Human Service's Arthritis Program and The Oregon Arthritis Coalition invite your organization to send a staff member to attend the one and a half-day Instructor Workshop for:

**What:** The PACE (People with Arthritis Can Exercise) Active Program  
**When:** April 11: 8:30 AM-5 PM & April 12:8:45-2 PM  
**Where:** Portland State Office Building, 800 Oregon St. Portland OR, Rm. 120-C  
**Cost:** \$75.00 – SCHOLARSHIPS AVAILABLE, please call for more information.

**Contact:** Rebecca Khan at DHS Health Services. Phone: 503-731-4273  
E-mail: [Rebecca.e.khan@state.or.us](mailto:Rebecca.e.khan@state.or.us)

Note: PACE classes are also appropriate for individuals without arthritis, but who have not made a practice of physical activity.

### **Annual Oregon Diabetes Coalition Luncheon and Conference**

More than 53,000 Oregonians over age 65 have diabetes. Join the Oregon Diabetes Coalition annual meeting on May 9 in Wilsonville to learn ways to help reduce the impact of this serious disease. Breakout sessions will include a cooking demonstration and tips for meal planning, a clinical update, and a session for caregivers For more information on the meeting or to register, contact Danielle Meyer at The American Diabetes Association, 503-736-2770, ext. 7297. The meeting is free, but lunch costs \$5.00.

**What:** Annual Oregon Diabetes Coalition Luncheon and Conference

**When:** Friday, May 9, 12-4 PM

**Where:** Holiday Inn, Wilsonville. 25425 SW 9<sup>th</sup> Ave., Wilsonville OR

**Cost:** The conference is free; lunch costs \$5.00

**Contact:** Danielle Meyer at The American Diabetes Association, 503-736-2770, ext. 7297 for registration, lunch reservations, or for more information.

### **Save the Date: International Walk to School Day - Wednesday, October 8, 2003**

International Walk to School Day gives children, parents, school teachers and community members an opportunity to be part of a global event as they celebrate the many benefits of walking. Last year nearly 3 million walkers from 21 countries walked to school together for various reasons - all hoping to create communities that are safe places to walk. Please pass this information to seniors in your community. It's a great opportunity to participate in a healthy community event and to get some physical activity! For more information see the Oregon Walk to School website at: [www.walktoschooloregon.org](http://www.walktoschooloregon.org) Or call the Oregon Department of Human Services- Health Services at: 503-731-4273

### **Other News**

**CD Summary** is a bi-weekly newsletter produced by DHS Health Services. It is intended for health and social service professionals who work with vulnerable populations. Each issue covers a specific health topic. The CD Summary can be accessed at

<http://www.healthoregon.org/cdsummary/index.cfm> Some recent topics that may be of interest to the senior network include:

- *Oregon's Campaign to Promote Judicious Use of Antibiotics*
- *Preventing Falls in the Elderly*
- *Asthma—It's Nothing to Wheeze At*
- *Preparations for the 2002-2003 Influenza Epidemic*
- *Oregonians Getting Older (and Better?)*
- *Prostate Cancer: to Screen or not to Screen*

### **Robert Wood Johnson (RWJ) / National Council on the Aging (NCOA) Awards**

NCOA and RWJ have announced a national competition for NCOA Awards for Excellence in Physical Activity Programming. These awards have been established to bring national attention to best practices in physical activity programs operated by local public or non-profit organizations that serve older adults. NCOA will make ten \$1,000 awards with exemplary physical activity programs. The multiple awards are being offered in recognition of the diversity of strong programs that could be replicated in other communities. Strong programs are those that offer a variety of activities to improve the health and well-being of the older adults living in the community.

Applications must be submitted electronically. The application can be downloaded from <http://www.ncoa.org/content.cfm?sectionID=186#top> **Applications must be submitted no later than April 18, 2003.**

If you are interested in applying for an award and need assistance, please contact Grace Hague