



**Information
Memorandum**

Oregon Department of Human Services

Originating Cluster:

Seniors and People with Disabilities

Date:	June 23, 2003	IM Number:	SPD-IM-03-053
To:	Area Agency on Aging Directors AAA Program Managers and Staff CHS Central Office Managers CHS SDA Managers CHS SDA Assistant Managers	CHS/SPD All Staff CHS/SPD Line/Program Managers County DD Program Managers County Mental Health Directors SPD Central Office Staff	
From:	Pam Ruona		
Subject:	Health and Wellness Information		

Message: 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 and people with disabilities populations. *Please pass this information on to case managers, providers, and community partners.*

Our sincere thanks and gratitude is extended to Grace Hague who so aptly back-filled my position of chronic disease prevention and wellness coordinator while I was working on a job rotation. If you have any questions or need further information, do not hesitate to contact me.

Upcoming Events

**Oregon Society of Consultant Pharmacists
Infectious Disease Update: SARS, Shingles, TB, Flu, UTI & Pneumonia
Presented by: Pat Preston, M.S.**

When: Tuesday, June 24, 2003
Where: Portland Brewing, 2730 NW 31st Ave., Portland (503) 228-5269
Time: 6:00 p.m. Registration, 7:00 p.m. Dinner and Presentation
RSVP: oscpmail@yahoo.com or call Shari at 503-789-4789

**Chronic Disease Self Management
Program Leader Training and Certification**

When: July 10 & 11 and July 17 & 18

Time: 8:00 a.m. to 5:00 p.m. all four days

Where: TBA

Cost: FREE plus mileage provided at 36 cents/mile and accommodations for those coming more than 70 miles.

Participants must attend all four days of training.

Contact: Linda Dreyer, DHS Health Services, Diabetes Program, 503-731-4273 or Linda.K.Dreyer@state.or.us

2003 Annual Cascade Gerontology Conference

When: July 18, 2003

Time: 8 a.m. to 4 p.m.

Where: St. Charles Health and Learning Center, Bend, OR

Cost: \$75/person

Workshops Include: “The Many Faces of Caregiving,” **Vicki Schmall, Ph.D.**; “Scam Alert: Senior Fraud,” **Jan Margosian**; “Prevention and Delay of Dementia,” **Jeffery Kaye, MD**; “A Caregivers Guide to Appropriate Medication Use” and “Promoting Optimal Drug Therapy with the Elderly,” **William Simonson, Ph.D.**; “Taking Care of You: Powerful Tools for Caregiving,” **Holli Crown**; “Emerging Partners for Affordable Prescriptions,” **Clara Pratt, Ph.D., moderator with Ron Wyden, U.S.S., Van Ellet, AARP Advocate, William Simonson, Ph.D. and Tom Holt, Exec. Dir., OPA as panelists.**

For More Information: 541-548-6088, 1135 SW Highland Redmond, OR 97756

OGEC Summer Institute 2003

When: August 18, 19 and 20, 2003

Where: Oregon Health Sciences University, Portland, OR

Topics: “New Trends in Pain Management,” “Key Issues in Mental Health,” and “Enhancing Quality of Care for Long-Term Residents”

For More Information: 503-418-2174 or visit <http://www.ohsu.edu/ogec>

Diabetes & Vocational Rehabilitation: A Symposium on Disease Management & Employment For DHS Department Employees

When: Thursday, August 21, 2003

Time: 8:30 a.m. - 4:00 p.m.

Where: Central Oregon Community College Hitchcock Hall Pioneer Room 201
2600 NW College Way
Bend OR 97701

To Register: please use the following link: <http://dhstraining.hr.state.or.us>

For More Information: Contact Jamy Jones at (541) 388-6336 x 21 or by e-mail at Jamy.L.Jones@state.or.us If you have questions about registering, please contact: DHS Training & Development 503-947-5457.

Description: Nearly 2000 people receiving services from the Office of Vocational Rehabilitation Services in the State of Oregon last year, listed diabetes as a primary or secondary impairment to work. We will be addressing just some of the implications of this as it relates across disciplines and to employment.

Some of the topics to be covered include:

- Minimizing Barriers to Productivity and Maximizing Strategies for Quality of Life
- Diabetes and Voc Rehab: Developing a Client-Centered, Multi disciplinary Approach
- Self-Management Tools for Voc Rehab Consumers
- Employer Education
- Practice Improvement Through Education

In addition, there will be several break-out sessions on the technology and tools of diabetes management, neuropathies and blindness, diet management strategies, etc. The last part of the symposium will be a Multi disciplinary panel discussion regarding diabetes and vocational rehabilitation.

Northwest Wellness Conference for Seniors
October 19-24, 2003
Seaside, OR
\$350/person for registration,
five nights lodging and most meals

It's still not too late to register your community's team for this conference, but hurry, as slots are filling up quickly! This conference is an efficient and effective way for individuals to make a difference in the health of their community. It is a great opportunity for a local senior center or other sponsoring agency(ies) to begin an effective wellness program. Teams (consisting of 4 to 10 members) are required to develop an action plan they implement in their community after the conference. Not only is this conference informative and effective, it is a lot of fun. The conference includes nationally known speakers and workshops on a variety of subjects including: The TESA Project (Training and Encouraging Senior Activity), Women's Health Issues, Elder Abuse Prevention, Heart Disease and Stroke Prevention, Active Aging, Men's Health, Celebrating Sexuality, Oral Health, Working Effectively with Your Doctor and much more.

For more information contact: Beth Olenchek at Comprehensive Health Education Foundation (C.H.E.F.), 22419 Pacific Hwy. So., Seattle, WA 98198, 206-824-2907(phone), 206-824-3072 (fax), betho@chef.org

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: <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:

- SARS
- Lung Cancer
- Adult Immunization Schedule

If you have any questions about this information, contact:

Contact(s):	Pamela Ruona		
Phone:	503-945-6412	Fax:	503-378-8966
E-mail:	Pam.ruona@state.or.us		