

# Live Healthy Georgia...Seniors Taking Charge Kick-Off Celebration

## Calendar of Events - September 2005

The DHR - Division of Aging Services, Area Agencies on Aging and Service Providers are partnering with the Division of Public Health and other public/private sector agencies to promote the "Live Healthy Georgia...Seniors Taking Charge" campaign.

The campaign messages are: **Be Active, Get Checked, Be Smoke-Free, Eat Healthy, and Be Positive**

The following is a listing of statewide events/activities planned for the month of September to celebrate the official Kick-off of the campaign.

Area Agency on Aging and Contact Information	Date and Time	Location	Estimated attendance	Types of Activities Planned to Promote the Live Healthy Georgia Messages	Partners Involved
<b>Legacy Link, Inc.</b>  Lisa Howard AAA Wellness Coordinator 770/538-2650 <a href="mailto:lshoward@dhr.state.ga.us">lshoward@dhr.state.ga.us</a>	Saturday, September 10, 9:00 am- 2:00 pm	Central Park 2300 Keith Bridge Rd (GA Hwy 306) Cumming, GA 30040	200	Health screenings, Fitness class, walking, Tai-chi, Pilates, Golf Clinic, Line dancing, Yoga, Tennis	Northside Hospital – Forsyth Co., Tugaloo Home Health care, Forsyth Co. Senior Center, Forsyth Co. Parks and Recreation
<b>Atlanta Regional Commission</b>  Mary Byrd, RD, LD AAA Wellness Coordinator 404-463-3289 404-463-3264 (fax) <a href="mailto:mbyrd@atlantaregional.com">mbyrd@atlantaregional.com</a>	Wednesday, September 14,  10:00am-1:00pm	Harriett Darnell Senior Multipurpose Facility 677 Fairburn Road, NW Atlanta, Georgia 30331	300	Diabetes risk screening Cooking demonstrations Basic foot care assessments Exercise demonstrations Mini workshops on nutrition and health, Diabetes, nutrition counseling/sample diets, prescription drug coverage, mini sessions on health and nutrition, health screenings  Vendor displays/literature including:  Georgia Cares – Prescription Drug Coverage	Fulton County Office of Aging, AARP/Georgia, Food & Drug Administration, Fulton County Health & Wellness Dept., Atlanta Foot Care Coalition, Atlanta Housing Authority, Kroger School of Cooking, Project Open Hands/Atlanta, Morehouse School of Medicine, Sysco Food Service, Pfizer, Inc., American Cancer Society American Diabetes Association Fulton County Health & Wellness Program, Georgia Cares, Food & Drug Administration
<b>Lower Chattahoochee AAA</b> Ilona Preattle	Thursday, September 15,	Georgia Cares Columbus Library	100	Games and activities, Cooking demonstrations,	Columbus Health Department and the Georgia Cares Program.

<p>AAA Wellness Coordinator 706-256-2939 Fax: 706-256-2940 <a href="mailto:ipreattle@dhr.state.ga.us">ipreattle@dhr.state.ga.us</a></p>	<p>10 am— 1 pm  Friday, September 16, 10 am— 1 pm  Friday, September 30, 10 am — 1 pm</p>	<p>Harris Co. Senior Center 10245 Highway 116 East, Hamilton GA 31811  Buena Vista -Marion County Senior Center 119 Baker Street Buena Vista GA</p>		<p>A "Fruit Walk", other fun physical activity programs, smoking cessation tips, information on AAA services including Georgia Cares, nutrition programs, diabetes screenings, depression screening and an introduction to the "Walk Across Georgia Challenge" event.</p>	
<p><b>Southeast Georgia RDC</b>  Lisa Whitley AAA Wellness Coordinator 912/285-6097  <a href="mailto:lcwhitley@dhr.state.ga.us">lcwhitley@dhr.state.ga.us</a></p>	<p>Friday, September 16, 10:00am – 2:00pm</p>	<p>Central Square Complex, 200 C South Madison Avenue, Douglas, GA 31533</p>	<p>350</p>	<p><b>Health Fair Carnival:</b> Local clown group, mental health display, massage therapy, food demonstration, healthy snacks, hearing checks, blood sugar checks, diabetes risk assessments and information, cholesterol screening, Fitness stations: yoga, PACE, stationary bikes with incentives; Hula hoop contest; GA "Cigarette Butt" will pass out smoke free literature.</p>	<p>Coffee Co. Extension Service Lanier Co. Extension Service McKinney Community Health Center Georgia Cares Coffee Co. Health Dept. Satilla Regional Medical Center Coffee Co. Parks and Recreation Brantley Co. Health Dept.</p>
<p><b>Middle Georgia RDC</b>  Brenda Kirkland AAA Wellness Coordinator 478-751-6411 Fax: 478-752-3243 <a href="mailto:bkirkland@mgrdc.org">bkirkland@mgrdc.org</a></p>	<p>Tuesday, September 20, 10:0 am- 2:00 p.m.</p>	<p>Methodist Home For Children and Youth, 304 Pierce Avenue, Macon, Ga. in the Rumford Building Gym</p>	<p>200</p>	<p>Cooking demonstration, fitness demonstration, track walking, body fat and B/P screenings; Health information including information on breast exam, immunizations, smoking cessation, information dissemination regarding Alzheimer's disease, and Medicare</p>	<p>Georgia Cares, Coliseum Health Systems, North Central Health District, Bibb County Extension Agent, Alzheimer's Assoc., and Vista Care</p>
<p><b>Coastal Georgia RDC</b>  Loreatha Jenkins AAA Wellness Coordinator 912/264-7363 Ext. 225  <a href="mailto:lfjenkins@dhr.state.ga.us">lfjenkins@dhr.state.ga.us</a></p>	<p>Tuesday, September 20, 10:00am-3:00pm</p>	<p>Temple of Glory Community Church, Multiplex Facility, 1105 Stiles Avenue, Savannah GA</p>	<p>100</p>	<p>"Take a Loved One to the Doctor Day" Diabetes screenings and information booths to include diabetes monitor demonstration, immunization information, exercise demonstration, cooking demonstration, Home safety, dental screenings, and foot assessments.</p>	<p>Health Vendors, Parks and Recreation, Fire Department, EMS, Health Department, County Extension Service, Georgia Cares</p>

<p><b>Coosa Valley RDC/ AAA of Northwest Georgia</b></p> <p>Noaleen Ingalsbe, Ed.D.RD, LD  AAA Wellness Coordinator  Tel. (706) 295-6485  Fax. (706) 802-5508  <a href="mailto:nigingalsbe@dhr.state.ga.us">ningalsbe@dhr.state.ga.us</a></p>	<p>Tuesday,  September 20,  10:00am – 2:00 pm</p>	<p>Downtown Forum  2 Government Plaza  Rome, GA</p>	<p>500</p>	<p>Morning stretch with a Certified Exercise Specialist, fruit &amp; veggie walk, fruit &amp; veggie bean bag toss, line dancing, craft demonstration, balance and hand grip screening, BINGO, interactive nutrition analysis of fast food, and educational sessions: Educational seminars on “Health, Happiness and You”, “Extra Help with Prescription Drug Costs”, 5 A Day the Color Way!</p>	<p>Ga Cares, Redmond Regional Medical Center, Bartow County Extension, Walker County Health Department, Northwest Georgia Public Health, BJ Apple House, Hillcrest Orchards, Pat-A-Cake Bakery, Kroger, Georgia on the Move, Coosa Country Store, Mercier Orchard, 5 A Day Georgia, Kellogg’s, Barnes and Noble Bookstore.</p>
<p><b>Legacy Link, Inc.</b></p> <p>Lisa Howard  AAA Wellness Coordinator  770/538-2650  <a href="mailto:lshoward@dhr.state.ga.us">lshoward@dhr.state.ga.us</a></p>	<p>Wednesday,  September 21,  10:00am – 2:00 pm</p>	<p>Anderson Music Hall,  1311 Music Hall Road,  Georgia Mountain  Fairgrounds,  Hiawassee GA 30546</p>	<p>200</p>	<p>Tai-chi demonstration, Resist-a-ball demonstration, smoking cessation, health screenings, safety/fall prevention, line dance demonstration, cooking demonstration, bone density screening, fire safety, diabetes awareness.</p>	<p>Georgia Cares, Towns Co. Park and Recreational Dept., District 2 Public Health, AARP-GA, Towns Co. Fire and Rescue, American Diabetes Association, American Cancer Society, United Health Care Home Health Agency.</p>
<p><b>Central Savannah River Area Regional Development Center</b></p> <p>Monique Hillman, LPN, BS, MPH  AAA Wellness Coordinator  (706) 210-2019  (706) 210-2024 - FAX  <a href="mailto:lhillman@csrardc.org">lhillman@csrardc.org</a></p>	<p>Wednesday,  September 21,  10:00AM – 2:00PM</p>	<p>Henry Brigham  Community Center  2463 Golden Camp  Rd, Augusta, Georgia  30906</p>	<p>300-500</p>	<p>Blood pressure, pulse, respiration and bone density, cholesterol screenings, cooking demonstrations, Nutrition education presentations, yoga demonstration, Tai Chi demonstration, Walking event; anti tobacco activities</p>	<p>Augusta Recreation and Parks Department, Public Health, Neighborhood Improvement Association, AARP, UGA Extension Service</p>
<p><b>Northeast Georgia RDC</b></p> <p>Elizabeth Speer or Heather Stevens at UGA Department of Foods and Nutrition  706-542-4838</p>	<p>Monday,  September 26,  10:00 am - 1:00 pm</p>	<p>Athens YWCO  562 Research Drive  Athens, Georgia</p>	<p>100</p>	<p>Outdoor walking, health screenings food tasting and serving healthy lunch, physical activity demonstrations, nutrition and health education and other health promotion activities.</p>	<p>YWCO  Lifeline Screenings  University of Georgia  Local Hospitals</p>
<p><b>Heart of Georgia Altamaha RDC</b></p> <p>Jennifer Crosby  AAA Wellness Coordinator  (912) 367- 3648  <a href="mailto:jucrosby@dhr.state.ga.us">jucrosby@dhr.state.ga.us</a></p>	<p>Wednesday,  September 28,  9:00am-3:00pm</p>	<p>Little Ocmulgee State  Park, Highway  319/441, P. O. Drawer  149, McRae, Georgia  31055, 229-868-7474,  <a href="http://www.gastateparks.org">www.gastateparks.org</a></p>	<p>500</p>	<p>Cardiovascular disease risk screening, blood pressure checks, diabetes screening, cholesterol screening, osteoporosis/heel scan screening, brown bag reviews, drive safely, personal safety, avoiding fraud/abuse, fire safety, electrical safety, and other</p>	<p>Public Health, Hospitals, Georgia Legal Services, McDaniel Vending, Local EMT/Fire/Sheriff/Police, Pharmacies, State Patrol post, Rural Electric company, 4-H Extension Service, Coca-Cola, Parks and Recreation, Georgia Peanut</p>

				health information dissemination.	Commission, American Heart Association, American Cancer Society, Arthritis Foundation, American Red Cross, USDA, Georgia Egg Comm.
<b>Southwest Georgia COA (SOWEGA)</b>  Jami Harper AAA Wellness Coordinator 229-432-1131 <a href="mailto:jlharper@dhr.state.ga.us">jlharper@dhr.state.ga.us</a>	Thursday, September 29th 9 a.m. – 12 noon	First United Methodist Church Fellowship Hall, 307 Flint Avenue, Albany, Georgia	500	Tai Chi demonstration, medications management seminars, Screenings: blood pressure, stroke, foot care, vision, hearing, Diabetes, Osteoporosis; Walking Depression; Dental. Education: 5-A-Day the Color way, Medicare Part D, Long term care options, eating healthy and stop smoking information dissemination.	Albany Community Health Center, Phoebe Putney Hospital Palmyra Hospital Local Pharmacists, Georgia Cares, SCOA nurses & retired nurses from RSVP program, American Heart Association, Phoebe Wound Care, American Cancer society DOCO Health Department, Bruno's, Winn Dixie, Publix, Sam's Club, DoCo Mental Health
<b>Southern Crescent AAA</b>  Lisa Hale AAA Wellness Coordinator 706-298-1441 <a href="mailto:ldhale@gdph.state.ga.us">ldhale@gdph.state.ga.us</a>	Thursday, September 29, 9:00am-2:00pm	Hogansville Senior Center Gym 304 Church Street, Hogansville, GA 30230	600	<b>Luau Theme:</b> Fun Walk Health Screenings Hula Dancing Hawaiian Music/Entertainment Tai-Chi Cooking demonstration & taste testing Games Pet therapy demonstration and other Community events	Newnan Hospital District 4 Health Services Nutrition Services Chronic Disease Prevention Initiative GA Cares Coleman Community Health Center Social Security Clark-Holder Clinic Tai Chi instructor GA Power Coweta Co Fire Dept