

Partnership for A Healthy McLean County Newsletter

Jennifer Tucker
Facilitator

January 2011

Focus Areas: Teen Pregnancy, Lack of Physical Activity, Services Available, & Overweight/Obesity

Happy New Year! As we start this new year, it is a good time to look at the past and plan for the future. This week, I have completed a one page report of 2010. It was so inspiring to look at that page.

In the details of preparing for each event, it is easy to lose sight of the big picture of improving health. Looking at the year at a glance, gave me a refreshing sense of accomplishment, that every poster hung, every health material distributed, every lunch and learn was a step in the right direction. Let's continue to take those steps together one after the other into 2011.

Jennifer

Partnership for a Healthy McLean County

*Good Choices
Good Health
Good for McLean*

The next Partnership meeting is Monday, January 24th at 12noon at the McLean Co. Cooperative Extension Service. Please call 302-4808 or email healthymclean@connectgradd.net by January 21st for the lunch count.

Showcase for Community Health Services

Partnership for a Healthy McLean County met on November 15th and introduced a new feature to our monthly meetings. A **Showcase for Community Health Services** will be provided each month with a presentation about health services available in McLean County. Following each meeting, an article will be submitted for Health Notes in the McLean County News, and a newsletter article will be written, as well. Hopefully, this feature will increase awareness about local health services in the county.

November's Showcase was Riverside Manor Rehabilitation Services which is a part of Kindred HealthCare. Special thanks to Sadie Majors at Riverside Manor for the wonderful informational packets that were distributed at the meeting, and for sharing with me that Riverside has been rated as one of the top nursing homes in Kentucky. Also, thank you to our guest speakers, Kathy Adkins, Occupational Therapist and Rehabilitation Manager and Phillip Embry, Physical Therapist. Kathy Adkins spoke to the group about the services provided, and Phillip Embry gave an interactive demonstration.

From the presentation, I learned that Riverside Manor is an 84 bed facility with inpatient and outpatient rehabilitation. **Did you**

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know that outpatient rehab is available in McLean County? Did you know that many patients at Riverside receive rehab to return to their homes? Therapies available include speech, physical and occupational. Some patients receive therapy after a stroke or heart attack or even after a knee replacement. A spot can be reserved in advance for those facing surgery. Therapy can be scheduled around the patient's schedule such as before or after work. This can even be scheduled on the lunch hour. Rehab is usually provided 5 days per week, but it can be available 7 days per week. Services include sports injuries, orthopedics, urinary incontinence program, wounds, pain management, transitional care, and a falls program.

The Falls Program is also for outpatient. Doctors refer some patients for weakness. Phillip Embry demonstrated the Falls test with a volunteer from the audience. He asked her to complete about 15 activities to assess her mobility. He told the group that Falls is the leading cause of death of those over age 65. Another interesting service that Kathy mentioned was a home evaluation relating to falls.

For more information about these services call Sadie or Kathy at Riverside Manor at 273-3783.

We Can! (Ways to Enhance Children's Activity and Nutrition)

We Can! Will begin again in March. More information to be announced next month. This will meet weekly for 4 weeks. Healthy snacks and childcare will be provided. Prizes will be awarded weekly with a grand prize at the end. This is limited to the first 15 guests.

Go Red for Women

Iron your red shirts ladies, as it is that time of year again! National Wear Red Day is February 4th.

Green River District Health Department has offered funding for a lunch and learn to be held later in February.

More information to come!