

Smart Aging: Healthy Futures Volunteer Newsletter



Volunteers Have Been Busy Sharing Health Messages

Smart Aging: Healthy Futures Volunteers have been working in Copiah, Lincoln, Oktibbeha, and Clay counties delivering health messages to the senior adult population. The volunteers have one year to give back twenty hours of community service in return for educational training they received. Most of them are well on their way to completing the volunteer agreement.

So, what has been happening in the past six months? The self-care health message has been shared in various locations. Kim Hodges shared with a group of seniors attending a free clinic, while Shari Gaddy spoke to a senior adult group at a local senior community center. June and Robert Holland shared about self-care with a senior adult church group.



Robert and June Holland shared the self-care health message at the New Prospect Baptist Church senior adult monthly meeting.

MISSISSIPPI STATE
UNIVERSITY
EXTENSION SERVICE

INSIDE THIS ISSUE:

- Volunteers Have Been Busy Sharing Health Messages
- Seniors Mix Fun With Learning
- Volunteer Visits Retirement Community
- *Healthy Futures* Volunteers In Lafayette and Calhoun Counties
- Adams, Covington and Wilkinson Counties Graduate Volunteers

For More Information Contact:

Ann Sansing
Community Health Coordinator
Department of Agricultural Economics
Box 9647
Mississippi State, Mississippi 39762
Phone: 662-325-4043
Fax: 662-325-8777
Email: asansing@ext.msstate.edu

Volunteers Have Been Busy (Cont'd)

With the prevalence of cancer today, it is most fitting that our volunteers remind seniors about breast and prostate cancer awareness. Again, Kim Hodges reminded seniors at a nursing home, clinic setting, and at several cancer support groups about the importance of mammograms and shared general breast cancer awareness education. Annie Kyles and Minnie Fox shared prostate cancer health messages with senior adult groups at two local churches in their communities.

Good bone health and the prevention of osteoporosis is essential to our overall health as we age. Ms. Kyles and Ms. Hodges were also active in their communities as they informed senior church groups and senior adults at senior centers about this disease.

Shari Gaddy attended a Medicare/Medicaid workshop which will allow her to assist seniors when completing forms at the local senior center in her community.

Research has shown that volunteering aids in healthy aging. After each presentation, many volunteers have indicated a renewed spirit within themselves. Staying active and experiencing that “feel good feeling” after helping someone else, even if it is just sharing information, makes for a better person and that is reason enough to serve as a *Smart Aging: Healthy Futures* Volunteer.



Point of Interest:

- We have certified
56 *Smart Aging:*
Healthy Futures
Volunteers

Seniors Mix Fun With Learning

Seniors at New Prospect Baptist church enjoyed role playing famous actors and actresses before learning about self-care. Acting involves creativity which stimulates the mind. Solemn faces quickly faded to smiles followed by outbursts of laughter as each depicted his/her role. Wow, its fun being a senior adult!



Volunteer Visits Retirement Community



Ms. Janelle Craig, pictured at left, is no stranger to the Henry Clay Retirement Community in West Point, Mississippi. She occupied an apartment there for several years enjoying the company of many friends before moving back to her home town. She is a warm and caring individual who enjoys people. In Mid-January, she gathered twelve friends in the dining room to share a health message on self-care. At

the close of the presentation, *Healthwise for Life* books were distributed to each individual.

Healthy Futures Volunteers in Lafayette and Calhoun Counties

Eleven Mississippi Homemaker Volunteers in Lafayette and Calhoun counties completed training in late January and are now certified as *Healthy Futures* Volunteers. The training was hosted in Lafayette County. Ann Sansing was assisted by Extension co-workers, Linda Wilemon, Area Health Agent and Reba Bland, Area Leadership Development Agent along with Janet Watson, Mississippi Health Initiatives Director with the American Cancer Society, Dr. Jo Ann O'Quinn, Professor with University of Mississippi and representative with MS Alzheimer's Association. Several of the ladies have already begun to schedule times to share health messages with friends, relatives and co-workers.



Seated left to right: Evelyn Halverson, Faye Lantrip, Lorene White, Daniele Duke, *Standing left to right:* Faye Walker, Rita Cole, Susan Beem, Fannie Evans, Linda Jo Doler, Millie Goforth, and Jean Crowe (not pictured).



Point of Interest:

- Volunteers have reached 410 seniors with health messages in a short six month period

Dear Readers:

If you would like for one of the *Smart Aging: Healthy Futures* Volunteers to share with a group of senior adults, caregivers, or at one-on-one settings, please contact me and arrangements can be made. Take advantage of an opportunity to gain valuable knowledge that may greatly impact your life or the life of someone you know.

Ann Sansing

Community Health Coordinator/Newsletter Editor
Mississippi State University Extension Service
Department of Agricultural Economics
Box 9647
Mississippi State, MS 39762
Phone: 662-325-4043
Email: asansing@ext.msstate.edu
<http://msucare.com/health/health04/mhev/index.html>

Topics that could be requested:

Osteoporosis	Breast Cancer	Oral Health
Self-Care	Prostate Cancer	Vision Care
Alzheimer's Disease	Colorectal Cancer	Heart Attack and Stroke Warning Signs

Adams, Covington, & Wilkinson Counties Graduate Volunteers

Congratulations to each of the three counties above. Twenty volunteers have now been trained to deliver health messages of importance to senior adults in these counties. They completed training in Mid-February and some volunteers were already outlining their action plans as they headed out the door for home. Assisting Ann Sansing with training were Extension co-workers, LaToya Selmon, Area Health Agent, Marilyn Bailey, Area Leadership Development Agent and Lorrie Davis, State Advocacy Director for the American Heart and American Stroke Association.



Seated left to right, first row: Inell Lyles, Carolyn Conger, Sara Johnson, Mae Stanton, and Joann Bennett, Second Row: LaToya Selmon, Ernestine Stanton, Joyce Ivery, Anne Giadrosich, Gerri Geyen, Frances Speed, John Kerwin, Rita Tebbetts, and Penny Rachal, Third row: Ann Sansing, Harvey Tebbetts, Ann Gray, Doris Sullivan, David Hoffman, Dee Hoffman, and Martha Leuenberger (not pictured).



*Promoting Smart Aging To Ensure
Healthy Futures*

This material is based upon work supported by the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture, under Award No. 2007461000395608010087. Any opinions, findings, conclusions, or recommendations in this publication are those of the authors and do not necessarily reflect the view of the U.S. Department of Agriculture.

Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran status is a violation of federal and state law and MSU policy and will not be tolerated. Discrimination based upon sexual orientation or group affiliation is a violation of MSU policy and will not be tolerated.