

Agenda for June Health Calendar

1. Alzheimer's & Brain Awareness Month

- a. Support Alzheimer Association by going "Purple" – click the link for resources and to register http://www.alz.org/stl/in_my_community_59856.asp
- b. Educate staff, patients, and members about the facts and myths of Alzheimer's disease using the link above to locate information. Post them in the gym/facility.
- c. Organize an Alzheimer's awareness walk/reception for family, caregivers, and survivors – dress in purple, distribute informational flyers on facts/myths and resources/support for family, caregivers, survivors, and have refreshments. Invite a guest speaker that has dealt with Alzheimer's up close and personal. This should be planned like a support group meeting.
- d. Develop "brain games" for staff, members, patients to participate in while working, exercising, or completing therapy session. (ST should have some great ideas for this! – example: instead of counting reps 1, 2, 3... count A – alligator, B – bird, C – cat, D- dog, E – elephant, etc).

2. Cataract Awareness Month

- a. Go to <http://www.preventblindness.org/cataract-remains-leading-global-cause-blindness> for information on cataract diagnosis, types, etc.
- b. <http://www.preventblindness.org/cataract-surgery> has information on surgery.
- c. <http://www.preventblindness.org/protect-eyes-uv-rays> has information on protecting your eyes from the sun
- d. Present all information to staff, members, and patients via flyers/informational handouts.
- e. Create glasses that mimic vision with cataracts and have staff, members, patients wear them to complete a simple task in order to show the complexity of living with poor vision.

3. National Aphasia Awareness Month

- a. <https://www.aphasia.org/aphasia-definitions/> has definitions of aphasia to be used as informational handout
- b. <https://www.aphasia.org/aphasia-resources/aphasia-factsheet/> has factsheet to be used as informational guide for staff, family, caregivers, etc
- c. <https://www.aphasia.org/category/i-am-a-professional/> check out the aphasia apps and books that can be utilized with patients and given to family for support

4. National Safety Month

- a. Sign-up to get free materials at <http://www.nsc.org/act/events/Pages/national-safety-month.aspx> and post flyers
- b. Week 1: stand up to falls – conduct a falls precaution in-service at the facility and be sure to screen all falls! At the Outpatient/Wellness clinic, conduct balance assessments to determine fall risk of any member or patient who reports a recent fall or near fall

- c. Week 2: Recharge to Be in Charge (focusing on fatigue) – conduct an in-service on energy conservation techniques for staff, members, and patients.
- d. Week 3: Prepare for active shooters (may just bring awareness by posting the flyer)
- e. Week 4: Don't just sit there (focusing on ergonomics) – conduct an in-service on safety and proper body mechanics when lifting/transferring patients, retrieving items from high/low surfaces, etc

5. Men's Health Week

- a. <http://www.menshealthmonth.org/> has tons of resources including facts, how to host Wear Blue event,
- b. Have "Wear Blue Friday" on the Friday before Father's Day to bring awareness about Men's Health & distribute blue ribbon pins
- c. Host a health fair with informational handouts including 10 leading causes of death in men, health charts, and typical screenings
<http://www.mhnhealthzone.com/manual/download>
 - i. Conduct screenings on blood pressure, weight/BMI, and body fat %
 - ii. Have informational handouts available on associated health risks
 - iii. Provide healthy snacks such as nuts, fruit, granola, yogurt, water

6. National Cancer Survivor's Day

- a. Celebrate Cancer Survivor's by honoring them with a special gift or have a reception with a guest speaker or have a balloon release!
- b. <http://www.ncsd.org/> has great theme ideas!

- For all clients of the fitness center and any active outpatients that participate with any of these events, put their name in a drawing. If they bring somebody with them, then they get one additional entry for every person they bring. Free gifts to be determined. (Post signs about the drawings in the fitness center/outpatient clinic).
- All Flyers, Emails, Newspaper ads should be done professionally and in enough advance that it can really generate participation.
- Use local businesses to advertise our events, you can do one flyer with events for the month so that you are not having to bother them multiple times.
- Don't forget to advertise at the nursing home, home health agency, MD's, etc.
- Go ahead and get started planning these events now to be prepared to advertise.