

HOW TO
TRAVEL
20,000
MILES
AND
NEVER
LEAVE
HOME

» SEE PAGE 2

Community Health Transmitter

MARCH / APRIL 2023

*Pictured: Courtland Smith, Mall Walker and
Cathy Manderbach, Healthy Ages Manager*

IN THIS ISSUE:

- » A Walk Around the Mall
- » Bone Health
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A Walk around the Mall – 20,000+ Times

BY Mary Lynn Merriman



Pictured:
Cathy Manderbach
and Courtland Smith

Twelve years ago, Courtland Smith took one of his first trips around the Columbia Center Mall, with the help of a nurse walking beside him. That started him on a walking journey, not across grand mountains or in faraway places, but around the mall again, and again, and again.

Courtland, 78, recently logged mile 23,875 with Kadlec Healthy Ages Mall Walkers, and he plans to keep going strong. Prior to COVID-19, he walked six days a week at the mall, often twice a day, logging 12 to 14 miles per day. During the COVID lockdown, he continued walking -- around his neighborhood, on walking paths, and around the outside of the mall -- even in the cold weather. He tracked his miles on his phone.

Since the reopening of the mall for walking, Courtland utilizes a combination of walking around the mall as well as outdoors, and sometimes both. He continues to walk nearly every day, with a goal of reaching at least 10 miles a day.

He always walks at a brisk pace, and with a big smile, often handing out candies as he goes.

"I like walking," he said, "and I will continue to walk until I can't walk anymore."

Starting with small steps

Courtland was diagnosed with chronic beryllium disease (CBD) in 1999. It's a disease that primarily affects the lungs, reducing the lungs' ability to function.

One of its symptoms is shortness of breath, particularly when exercising—even walking. For Courtland, it meant he needed supplemental oxygen.

Despite the difficulty, Courtland decided that exercise was important to keep his lungs and the rest of his body as healthy as possible.

During those first few trips around the mall, he carried his rescue inhaler and rested frequently. He kept at it, increasing his pace, distance, and frequency as he grew stronger.

"The walking has helped me so much," said Courtland. "I know it, and my doctors have told me so, too."

His life reflects that improved health, as well. Before COVID, he drove for Meals on Wheels and regularly volunteered at his church. Now, he continues his church volunteer work.

Benefits of walking

People living with lung disease can and should get regular exercise for all the same reasons as everyone else. It strengthens the lungs and increases lung capacity. Walking is also good for the heart, is a low-impact weight-bearing activity that is easy on the knees, and increases blood flow in the body reducing back and joint pain. It helps a person better perform the tasks of daily living and feel better in mind and body.

The minimum prescription for good health is 30 minutes of moderate-intensity walking, five days per week. More is better, but one can get a significant portion of the health benefits of walking even with just that moderate amount.

There are social aspects of walking regularly in the mall, as well. Studies have shown that walking groups, such as Mall Walkers, are effective and walking with others helps participants stay accountable, motivated, and connected.

"I love the people," Courtland said. "We wave. We talk. For some, they need someone to talk to everyday. That's important, too."

***"I like walking,
and I will
continue to
walk until I
can't walk
anymore."***

CONTINUED ON PAGE 4

Healthy Ages Mall Walker Fast Facts

Pictured: Courtland Smith



HEALTHY AGES MALL WALKERS

Healthy Ages Mall Walkers is for anyone and everyone who wants to walk in a safe, temperature-controlled environment. To become an official Mall Walker, sign up at the Columbia Center Food Court, Monday through Friday from 10-11:30AM.

During COVID, when the Mall was closed, Mall Walkers continued by encouraging members to log the hours they walked around their neighborhoods and on treadmills. It is a practice that continues today to recognize all types of walking. Members submit their hours to Healthy Ages weekly to be recorded in their Mall Walkers data.

Columbia Center Mall is open for walkers during regular business hours; hours have been reduced since reopening. The mall is now open Monday through Saturday, 10AM to 8PM and Sunday 11AM to 7PM.



MALL WALKERS MILESTONE

We celebrate these walkers
and their monumental
accomplishment.

20,000+ MILES
Courtland Smith 20,000

15,000+ MILES
Dixie Hutson 15,000
Lorna Steichen 15,000
Stacy Gaskins 15,000

10,000+ MILES
Jack Storm 10,000

5,000+ MILES
Jan Altergott 5,000
Norene Benton 5,000
Dennis Damschen 5,000
Julie Dowle 5,000



PULMONARY SUPPORT GROUP

As Courtland mentioned, he struggled with lung function from his diagnosis of chronic beryllium disease. In addition to exercise, taking care of your mental health is important as well. Participating in a support group can help you to better manage your physical and mental health and the everyday challenges of living with pulmonary fibrosis or lung disorders.

Our Pulmonary Support Group meets the first Thursday of every month from 10AM-11AM in the Kadlec Healthplex, Oak Room. Virtual participation available.

A Walk around the Mall – 20,000+ Times (cont'd)

BY Mary Lynn Merriman



Pictured:
Courtland and Linda Smith

CONTINUED FROM PAGE 2

Helping others with breathing issues get started

Courtland's berylliosis-related health care was initially handled through Jewish National Health in Denver, a leading center for the treatment of this disease; he now is under the care of a Tri-Cities physician with expertise in the disease. Courtland has passed his walking experience on to the doctors who have worked with him. His significant health improvement has been noted by all his doctors, who use him as an example for other patients.

"I want to help people understand how walking can help," said Courtland. "It's made such a difference for me."

However, for someone already dealing with shortness of breath, it can seem intimidating and even counterintuitive to think about increasing physical activity. Many are

reluctant, Courtland said, because taking those first few steps are difficult, even for someone without respiratory issues.

He remembers. Those first trips around the mall were, indeed, hard.

But the results are worth it, and the mall is a safe place to start, he said.

"There are always people who can help if you need it," he said, "and encourage you along the way, too."

So get started. Get walking. The Mall Walkers community is here to help, including Courtland. ■



For every 100 miles logged, Mall Walkers receive an embroidered shoe patch. Some Mall Walkers sew them to a vest or jacket. Courtland Smith uses those 'shoes' to spread joy in another part of the world – Guatemala.

"Our church does work in Guatemala, and I send those patches with the teams to give to children there," he said. "They love them. I tell them when they get a shoe patch that they are one step closer to God."

EXERCISE, FITNESS & BONE HEALTH RESOURCES

Be bonewise exercise
Lisa Hoffman

BoneSmart Pilates exercise
to prevent or reverse
osteoporosis
Teresa Maldonado Marchok

Dynamic aging: simple
exercises for whole-body
mobility
Katy Bowman



Having fun getting
fit: simple ways to
rejuvenate your mind
and body
Sharkie Zartman

Facing Osteoporosis: A
guide for patients and their
families
Marcy B. Bolster, MD

Just move! a new approach
to fitness after 50
*James P. Owen and Brigitte
LeBlanc*

Mayo Clinic on
Osteoporosis: Keep Your
Bones Strong and Reduce
Your Risk of Fractures
Ann E. Kearns, MD, PHD

Osteoporosis: A guide
to prevention and treatment
David M. Slovik, MD



Skeletal fitness a
workout for your
bones
Mirabai Holland

Walking meditation
Anh Huong Nguyen

Taking Charge of Your Bone Health



Although much of your bone health depends on genetics, you can benefit from a bone health road map to maintain the best of what you have. Here are some fundamentals to keep in mind.

GET A BONE DENSITY TEST that will help you determine where you stand. Whether your insurance company will cover this test—also called a DXA or bone mineral density test—depends on your age and certain risk factors. Speak with your primary care physician or gynecologist.

KNOW YOUR T-SCORE and keep it handy so you can compare to your next test.

DAILY CALCIUM from food + supplements = 1,000 – 1,200 mg. Read nutrition labels for calcium!

- ❑ On days that you eat 2 servings of dairy or calcium-rich foods you may not need a calcium supplement. On days you don't eat 2 servings of calcium rich food, you may need a supplement. But probably only 1 500–600 mg supplement.
- ❑ If you do not eat dairy foods, you need to find other calcium-rich foods or take a calcium supplement to meet your daily requirement (only 500–600 mg at a time).

VITAMIN D is needed for calcium to be absorbed. Few foods provide vitamin D. Although sun exposure is a source, it is not reliable. Take a vitamin D supplement to get 1,000 – 2,000 IU per day.

QUIT SMOKING—Smoking increases fracture risk.

MODERATE ALCOHOL—More than 2 drinks a day affects vitamin D levels, nutrition, and fall risk.

MODERATE SUGAR, SALT AND CAFFEINE—Excess sugar can increase your chance of diabetes and diabetes can increase your risk of breaking bones. Try to limit sugar to 25 grams a day (6 teaspoons). Salt causes calcium to leave the bones. Try to limit salt to 2,500 milligrams a day (1 teaspoon). More than six cups of caffeine can also cause calcium loss. Try to keep intake under 6 cups a day.

ENGAGE IN CONSISTENT PHYSICAL ACTIVITY that challenges your bones to stimulate bone building. This means applying a variety of weights and movements to the bones. Weight bearing activity loads the skeleton and prevents bone loss.

WORK ON GREAT POSTURE, BALANCE AND USE PROPER BODY MECHANICS to protect your bones. Modify certain activities (strength training, yoga, Pilates, etc.) to avoid forward flexion (rounding your back), extreme twisting and extreme side bending. Do posture, strength and balance exercises daily.

PREVENT FALLS as you get older by watching your step, keeping a clear path at home, using good lighting and hand railings. P.S.—be mindful, stay off of ladders and stop multitasking!

Source:



AMERICAN
BONE HEALTH™

VIRTUAL HEALTHY BONES FOR LIFE

March 23, 2023 | 12:00PM - 1:00PM (Virtual)
<https://AmericanBoneHealth.org/HBL0323KNRC>

Osteoporosis is often silent until someone breaks a bone; but then, a fracture can change their life. Every 20 seconds someone in this country will have a preventable fracture.

YOU WILL LEARN ABOUT:

- Why bone health matters to you now and what you can do to keep your bones strong.
- What is osteoporosis, how we diagnose it, and how to slow bone loss.
- The factors that contribute to bone loss and osteoporosis.
- How to prevent falls that lead to fractures and;
- Treatment options available.

COMMUNITY HEALTH PROGRAMS

REGISTER ONLINE @ [HTTPS://BIT.LY/COMMUNITYHEALTH](https://bit.ly/communityhealth) (link is case sensitive).
OR CALL (509) 943-8455.

ATTEND & LEARN



VIRTUAL ALZHEIMER'S EDUCATION

Living with Alzheimer's: Younger On-Set

March 14, 1:00PM-2:00PM

Younger-onset Alzheimer's, sometimes referred to as early-onset, is when symptoms occur before age 65. Those diagnosed can be in any stage of the disease — early, middle or late (may be referred to as mild, moderate or severe, respectively).

VIRTUAL Understanding & Responding to Difficult Behaviors

April 11, 1:00PM-2:00PM

Alzheimer's disease and other dementias can cause people to act in different and unpredictable ways. Some individuals become anxious or aggressive. Others repeat certain questions or gestures. Many misinterpret what they hear.

VIRTUAL SPANISH ALZHEIMER'S EDUCATION

10 señales de advertencia de la enfermedad de Alzheimer

(Translation: 10 Warning Signs of Alzheimer's)

April 6, 1:00PM-2:00PM

Actualmente, una cantidad estimada de 55 millones de personas en todo el mundo viven con demencia, incluidos más de 6 millones de estadounidenses.

En colaboración con expertos en la materia, la Alzheimer's Association® creó una lista e señales de advertencia para ayudar a las personas a identificar los síntomas que pueden estar relacionados con la enfermedad de Alzheimer u otra demencia.

Translation:

Currently, an estimated 55 million people worldwide are living with dementia, including more than 6 million Americans.

In collaboration with experts in the field, the Alzheimer's Association® created a list of warning signs to help people identify symptoms that may be related to Alzheimer's disease or another dementia.



IN PERSON

AUTISM EDUCATION - Neurodivergent Advocacy and Acceptance

Speaker: Elizabeth (Liz) Vossenkemper, MSN, ARNP, CPNP-PC (She/Her)

April 10, 3:00PM-4:30PM

Richland Public Library

Liz has been practicing as a pediatric nurse practitioner with Tri-Cities Community Health for 4 years. In 2018, she became certified as an Autism Center of Excellence (COE) through the Health Care Authority and began an autism clinic within her practice. Liz regularly participates in opportunities to further her ADHD and autism knowledge and understanding. Liz is now a third-year member of Project ECHO Autism, a learning collaborative led by University of Washington Autism Center and Seattle Children's Autism Center.

HEALTHY AGES PROGRAMS

Call Cathy at (509) 942-2700 or register online at <https://bit.ly/COMMUNITYHEALTH> (link is case sensitive).

Programs subject to change as we follow Benton Franklin Health District guidelines.



Healthy Ages

Supported by Kadlec Foundation

FOR HEALTHY AGES PROGRAMS: CALL (509) 942-2700



IN PERSON

Medicare Class

Kadlec Healthplex (Maple/Oak Rooms)

April 3, 2023 | 1:00PM – 2:00PM | IN PERSON

Will you be new to Medicare in 2023 or considering retirement and eligible for Medicare?

Registration is required to join our IN PERSON class. Virtual classes available. Call (509) 942-2700 to register.

March Wellness

IN PERSON A Gift of Organ & Tissue Donation- Life Center Northwest

Central United Protestant Church (CUP)

<https://bit.ly/MARCHWELLNESS2023>

March 22, 2023 | 1:00PM – 2:00PM

Organ and tissue donation is one of the greatest gifts a person can give. Laurie Rost will discuss how the gift of donation offers a second chance at life for transplant recipients and patients on the transplant waiting list.

April Wellness

IN PERSON Hearing Loss, Curtis Woolf, AUD

Central United Protestant Church (CUP)

<https://bit.ly/APRILWELLNESS2023>

April 19, 2023 | 1:00PM - 2:00PM

If you've had vertigo or hearing loss, you know how vital audiologists are. Join us to as Dr. Curtis Woolf explains how he helps patients with hearing and balance needs.

End of Life

IN PERSON April 12, 2023 | 1:00PM - 3:30PM

Kadlec Healthplex (Maple/Oak Rooms)

<https://bit.ly/EOLAPRIL12>

According to The Conversation Project National Survey in 2013, 90% of people say that talking with their loved ones about end-of-life care is important, but only 27% have actually done so.

Planning and making decisions about the end of your life can be a positive experience. It is a good opportunity to reflect on the things that are important to you, and to make arrangements that suit you.

It also makes it easier for your family, as they can follow your directions rather than trying to guess what you want.

Healthy Ages' End of Life Planning Seminar will walk you through laws and taxes, asset protection, financial planning, and funeral planning.



Join Healthy Ages

Healthy Ages is a FREE membership program expressing Kadlec's commitment to the health care needs, safety and concerns of the older adult.

Your membership includes the Community Health Transmitter, monthly invitations to wellness programs, connections to community resources, and an invitation to the annual Holiday party.

Join Healthy Ages by visiting our website at www.kadlec.org/healthyages. Call Cathy Manderbach at (509) 942-2700 to register for End-of-Life, schedule Medicare classes or an appointment to have your prescription drug plan reviewed.

CALENDAR: MARCH 2023

MARCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
See side bar for abbreviations		1 TBI Support Group (M-IP) 3:00 PM	2 Pulmonary Support Group (O-IP) 10:00 AM	3
	6	7 MS Support Group (O-IP) 2:00 PM	8	9
10				Chronic Pain Support Group (M-IP) 1:00 PM
13 FTD Support Group (O-IP) 1:00 PM	14 Alzheimer's Education (V) SEE PAGE 6	15 Stroke Support Group (M-IP) 11:00 AM	16	17
20 Parkinson's Support Group (RPL-IP) See sidebar for speaker* 1:30 PM	21 Caregivers Support Group (O-IP) 1:00 PM LWI Support Group (V) 7:00 PM	22 Healthy Ages Wellness Program (V) SEE PAGE 7	23 Bone Health Education (V) SEE PAGE 5	24
27 Caregivers (Men's Only) Support Group* (CG-IP) 10:00 AM	28 Caregivers (ALZ/DEM) Support Group* (CG-IP) 6:00 PM	29	30	31



National Prescription Drug Take Back Day is April 22, 2023 – 10AM to 2PM

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Search by zip code to find closest disposal site at <https://bit.ly/DRUGTAKEBACK>

CALENDAR ABBREVIATIONS:

- ALZ/DEM**
Alzheimer's & Dementia
- AMHFA**
Adult Mental Health First Aid
- C**
Cedar Room at Healthplex
- CG**
Calloway Gardens
- CUP**
Central United Protestant Church
- FTD**
Frontotemporal Dementia
- IP**
In-Person
- LWI**
Living While Immunocompromised
- M**
Maple Room at Healthplex
- MS**
Multiple Sclerosis
- O**
Oak Room at Healthplex
- QPR**
Question, Persuade, Refer
- RPL**
Richland Public Library
- S**
Sycamore Room at Healthplex
- TBI**
Traumatic Brain Injury
- V**
Virtual

*PLEASE NOTE:

ALZ/DEM and Men's Caregiver Support Groups meet at Calloway Gardens, 5505 W. Skagit Ct., Kennewick. As Alz/Dem is starting back up in-person at Calloway Gardens, we will continue to meet only on the 4th Tuesday of the month as the group grows. Please call Calloway Garden to confirm your attendance at (509) 783-5433.



*PARKINSON'S SUPPORT GROUP

Don't miss March's meeting which will include a presentation on Deep Brain Stimulation (DBS) from Boston Scientific.

CALENDAR: **APRIL 2023**



Please call (509) 943-8455 for any questions. Be sure to check the calendar carefully for any changes to dates, times or locations.



You can also reach us by email at knrc@kadlec.org



Register for programs at <https://bit.ly/COMMUNITYHEALTH> (link is case sensitive)

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Medicare Class (C-IP) SEE PAGE 7	4 MS Support Group (O-IP) 2:00 PM	5 TBI Support Group (M-IP) 3:00 PM	6 Pulmonary Support Group (O-IP) 10:00 AM Spanish Alzheimer's Education (V) SEE PAGE 6	7
10 FTD Support Group (O-IP) 1:00 PM Neurodigerent Education (IP-RPL) SEE PAGE 4	11 Alzheimer's Education (V) SEE PAGE 6	12 Healthy Ages End-of-Life (MO-IP) SEE PAGE 7	13	14 Chronic Pain Support Group (M-IP) 1:00 PM
17 Parkinson's Support Group (RPL-IP) 1:30 PM	18 Caregivers Support Group (O-IP) 1:00 PM LWI Support Group (V) 7:00 PM	19 Stroke Support Group (M-IP) 11:00 AM Healthy Ages Wellness Program (CUP-IP) SEE PAGE 7	20	21
24 Caregivers (Men's Only) Support Group* (CG-IP) 10:00 AM	25 Caregivers (ALZ/DEM) Support Group* (CG-IP) 6:00 PM	26	27	28

IN MEMORIAM REMEMBERING BOB DELORENZO

Recently, Kadlec Community Health lost a stalwart supporter and dear friend in Bob DeLorenzo. Bob first came to the Kadlec Neurological Resource Center in 2001 when his wife Nancy was diagnosed with early-onset Alzheimer's disease. After Nancy's passing in 2011, Bob continued to stay involved with the KNRC by becoming a board member as well as facilitating the men only caregiver support group and the Alzheimer's and dementia caregiver support group.

We are grateful for the time and dedication that Bob voluntarily gave the KNRC. He freely shared his lived experience as a caregiver with others in hopes that they would feel less alone on their caregiver journey. He also carried business cards on him at all times with his contact information so anyone he met who might need his help could reach him again, and to direct them to the KNRC for additional resources and support.

Bob will be dearly missed by those who knew him, and whose lives were touched by him.



New Library Materials



Pictured:
Jay Hungerford, Resource Specialist

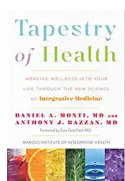
AGING/FUNCTIONAL MEDICINE

Ageless: the new science of getting older without getting old

Andrew Steele

STORRIE™: creating the functional medicine revolution

Christine Manukyan, DNM, PHARM D



Tapestry of health: weaving wellness into your life through the new science of integrative medicine

Daniel A. Monti, MD

What patients say, what doctors hear

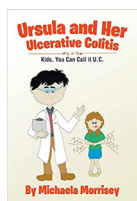
Danielle Ofri, MD

Optimal men's health

Myles D. Spar, MD

The wisdom of menopause: creating physical and emotional health during the change

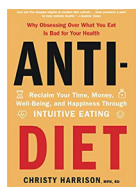
Christiane Northrup, MD



CHILDREN'S

Ursula and her ulcerative colitis: kids, you can call it U.C.

Michaela Morrissey



HEALTHY COOKING & NUTRITION

Anti-diet: reclaim your time, money, well-being, and happiness through intuitive eating

Christy Harrison, MPH, RD

DASH diet cookbook for two: healthy, delicious recipes to enjoy cooking for two

Samuel Hayes

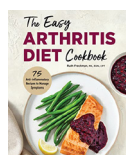
Food and nutrition: what everyone needs to know

PK Newby, SCD, MPH, MS

HEALTHY COOKING & NUTRITION (CONT'D)

The easy 30-minute cookbook: 100 fast and healthy recipes for busy people

Taylor Ellingson

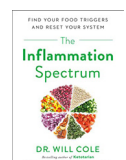


The easy arthritis cookbook: 75 anti-inflammatory recipes to manage symptoms

Ruth Frechman, MA, RDN, CPT

The easy low-sodium diet plan & cookbook: quick-fix & easy slow cooker meals to start (& stick to) a low-salt diet

Christopher Lower



The inflammation spectrum: find your food triggers and reset your system

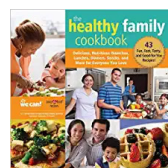
Will Cole, DNM

The truly easy heart-healthy cookbook: fuss-free, flavorful, low-sodium meals

Michelle Routhenstein, MS, RD, CDE, CDN

Healthy cooking for one cookbook: 74 delicious recipes made simple

Lauren O'Connor, MS, RDN



The healthy family cookbook: delicious, nutritious brunches, lunches, dinners, snacks, and more for everyone you love

National Heart, Lung, and Blood Institute

HEARING

The way I hear it: a life with hearing loss

Gael Hannan

Hear & beyond: live skillfully with hearing loss

Shari Eberts

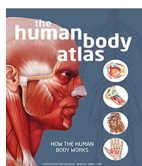
NEW LIBRARY HOURS

See calendar for occasional KNRC and Library closures.

MON - FRI 9:00AM-4:00PM

We would love to see you!

*Visit the library in person at 1268 Lee Blvd, Richland.
Feel free to call to reserve your items at (509) 943-8455.*



REFERENCE

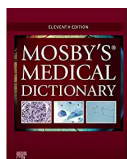
The human body atlas: how the human body works

Professor Ken Ashwell

Medical abbreviations pocket guide
Coventry House Publishing

Medical terminology in Spanish: English-Spanish medical terms

José Luis Leyva, PhD



Mosby's medical dictionary

Marie O'Toole

Your script for hope: overcome a devastating diagnosis

Petra Frese

SPECIAL EDUCATION

Adaptive teaching: a comprehensive approach to accommodation teaching in the inclusive classroom

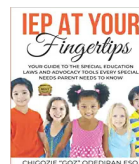
Gilat Trabelsi, PhD



Am I invisible?: things I wish teachers knew

Murphy Lynne

SPECIAL EDUCATION (CONT'D)



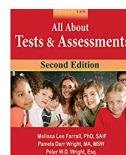
IEP at your fingertips: your guide to the special education law and advocacy tools every special needs parent needs to know
Chigozie "Goz" Odediran, ESQ

Special education guidebook series: need-to-know laws, policies, and procedures for parents and teachers of children with disabilities

Rolanda Fabien, PhD

Special education - plain and simple: a quick guide for parents, teachers, advocates, attorneys, and others

Patricia L. Johnson Howey



Wrightslaw: all about tests & assessments

Melissa Lee Farrall, PhD, SAIF

Health-related materials are added to the library throughout the year, and we welcome your recommendations.



Browse library catalog online for other topics:
<http://bit.ly/kadleclibrary> (link is case sensitive)

COMMUNITY RESOURCE DESK IS HERE TO HELP



Kadlec Community Resource Desk (CRD) can help connect you to a variety of resources including housing resources, food banks, utility costs, clothing, transportation, employment assistance, legal, dental care, medical equipment, eye care, alcohol/drug recovery, health insurance, counseling, and establishing with a primary care provider.

Call (509) 942-2956 for assistance or stop by the CRD located in the Library at the Healthplex.

CONNECT WITH US

CONTACT INFORMATION

- 📍 1268 Lee Blvd. Richland, WA 99352
- 🕒 Monday-Friday, 9:00AM-4:00PM
- 📞 (509) 943-8455
- ✉️ knrc@kadlec.org
- 🌐 kadlec.org/knrc

REGISTRATION FOR CLASSES

<https://bit.ly/COMMUNITYHEALTH>
(link is case sensitive)

HEALTHY AGES

- 📞 (509) 942-2700
- @ catherine.manderbach@kadlec.org

COMMUNITY RESOURCE DESK

- 📞 (509) 942-2956

PHOTO CREDITS:

Kim Fetrow Photography, Page 3, 7, 9
Megan Fullmer, Cover, 2, 3, 4, 10

KADLEC FOUNDATION

Support Community Health programs by donating to Kadlec Foundation online at kadlec.org/foundation or mail your gift to:

Kadlec Foundation
888 Swift Blvd. Richland, WA 99352

Kadlec Foundation is a 501(c)3 not-for-profit organization.

KADLEC

1268 Lee Boulevard
Richland, Washington 99352

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PASCO, WA
PERMIT No. 117



Please call (509) 943-8455 or email knrc@kadlec.org if you have any corrections to your name or address, or if you would like to receive this newsletter by email.

COMMUNITY CONNECTIONS

Alzheimer's Association Online Classes

To register for March or April virtual trainings, please visit https://www.alz.org/alzwa/helping_you/education

WSU Cognitive Aging Research Lab

WSU Cognitive Aging Research Lab develops proactive, preventative and compensatory interventions and smart technologies that support the everyday independence and quality of life of older individuals.

We work with healthy adults and individuals over the age of 50 who are experiencing cognitive changes. Participants may be provided with a cognitive report detailing performances in areas like attention, memory, language, and problem solving relative to others of the same age, a beneficial intervention, and/or monetary compensation.

For more information regarding our current research projects and intervention studies call (509) 335-4033 or visit: <https://bit.ly/WSUAGINGSTUDY>

Stroke Survey Study

Relationships Between Participation, Socioeconomic Status, Environmental Barriers, Impairments, and Functional Limitations in People Who Have Had a Stroke.

To qualify for this study, you must have been diagnosed with a stroke, live in your community (not in a nursing home or assisted living facility), and be able to complete the survey by yourself (without assistance from someone else).

The questions will cover your ability to move and communicate, how you feel, what barriers exist in your environment, your level of participation in your community, and how you feel about it are based completely on your perceptions.

For more information:
<https://bit.ly/39v8q00>
Password: stroke2022

*This research project has been approved by the University of Indianapolis Institutional Review Board (IRB). Approval date 7/20/2022
Approval number 01668.*

STAFF HIGHLIGHT

Karen Hayes, Manager Community Health Investment Programs

Community Health Focus:

Oversees Kadlec's Community Health programs, responsible for Community Health Needs Assessments, Community Health Improvement Plans, and community benefit for Kadlec and Providence St. Mary Medical Center.



Background:

Karen grew up in New York state and moved to the Tri-Cities in 1981. She holds a bachelor's degree in Social Science from WSU/TC and master's degree in Applied Behavioral Science from City University/Leadership Institute of Seattle. She maintains Washington state licensure as a mental health counselor.

Favorite pastimes:

Yoga, reading, walking, and hiking.

Most impactful books:

Breath by James Nestor, Keep Sharp by Sanjay Gupta, Being Mortal by Atul Gawande