

Neighborhood Health Advocate

West Hill

News of the Neighborhood Health Advocate Program

Volume 5, Issue 2

A Program of the Center of Excellence in Aging Services

October 2007

Carnival on the Hill 2007 is a great success

Held on Saturday August 18th, Carnival on the Hill 2007 turned out to be a great event filled with sunshine, blue skies, delicious food, fantastic entertainment, important information, and fun for many families in the West Hill neighborhood. The planning committee worked hard to organize the event. In addition to planning and running the event, the committee members along with Central BID came out with brooms and rakes and cleaned Second and Judson Streets on Friday before the event.

Many thanks to all the wonderful supporters of the event who made it so successful. The Carnival's gold sponsors were Senior Whole Health insurance and the Law Enforcement Officers Union. Silver Sponsors included Price Chopper (who provided a bouncy bounce for the kids), Center for Excellence in Aging Services, St. John's Evangelical Lutheran Church, and St. Peter's Hospital. In addition to the main sponsors many churches, social service and health agencies, local home improvement agencies supported the event.

Carnival on the Hill 2007 drew more than 2,500 people of all ages to celebrate West Hill's pride and empowerment. Co-chairs of the event, Rev. Beresford Bailey of the Star of Bethlehem Missionary Baptist Church and Mr. Ron Forde, West Hill community resident, were the masters of ceremony. Mayor Jennings and Police Chief Tuffey attended the event.

The participants proudly celebrated in West Hill and enjoyed free entertainment, delicious barbeque, and numerous giveaways. At the event West Hill residents had many opportunities to spend time with their neighbors and local agency providers. About forty vendors from local organizations participated at the Carnival and offered their information and insights to Carnival's participants. It was a great face-to-face opportunity to exchange information while having fun. Center of Excellence in Aging Services (CEAS) teamed up with Koinonia Health Center to launch their Healthy Hearts on the Hill program for cardiovascular health. There were free blood pressure screenings and lots of other health

information. Albany Medical Students were among West Hill volunteers who were instrumental in organizing and running the event. They helped with many children's activities, educated kids about nutrition and physical activity.

Times Union newspaper published the Carnival's picture and description in their Sunday edition of August 19th. The event was very successful due to the community's support and involvement. Every year, however, the planning committee struggles with having a small number of volunteers. If you would like to join the planning committee and to make a difference in West Hill, please contact 465-2703. We need people who could volunteer a couple of hours a month and who believe in West Hill's pride and empowerment.

Please mark your calendars for the **Carnival on the Hill 2008 which will take place on Saturday, August 16th, 2008**. We hope to see you next year to celebrate West Hill's pride and empowerment!

Healthy Hearts on the Hill

Are you heart healthy? Taking good care of our bodies is extremely important because the risk of Cardiovascular Disease and other chronic diseases can increase with age. If you are unsure about your own personal level of risk for Coronary Heart Disease, you might want



to consider getting a free screening through **Healthy Hearts on the Hill**. This is a new project developed by The Center for Excellence in Aging Services, Koinonia Primary Healthcare, and the Neighborhood Health Advocate Program.

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A program of the Center of Excellence in Aging Services

c/o Koinonia Health Care
553 Clinton Avenue
Albany, NY 12206

Phone: 518-465-2703 Fax: 518-465-6220
Email: advocateforseniors@yahoo.com



Healthy Hearts on the Hill (Cont'd.)

Healthy Hearts on the Hill is a comprehensive community health and wellness program that provides free cardiovascular screenings, health education, and information about health services and providers your area. **There is a Healthy Hearts on the Hill screening and program scheduled for Saturday October 27th from 9am-12 noon at 553 Clinton Ave hosted by Koinonia Health Care and Center of Excellence in Aging Services.**

Come join us for a free diabetes class held every second Thursday of each month from 1:30-3:00pm. The first class is on September 13th at Koinonia. There will be snacks, a free gift, and the opportunity for a free cardiovascular screening.

To register for Healthy Hearts on the Hill event on October 27th and/or for "Diabetes Days" please call Koinonia HealthCare at 689-0282.

Workshops

Diabetes Workshop

slated for October 16th

Last May our program and West Hill Improvement Corp. organized a wonderful pre-Mother's Day brunch and invited To Life! Fifteen women attended the brunch, socialized, and learned about breast cancer. The event was so educational and enjoyable that the participants requested to have more workshop brunches in West Hill.

We are proud to announce that Northeast Health Diabetes Center staff will educate West Hill residents on **Tuesday October 16th. The brunch will take place at 11 at West Hill Improvement Corp at 117 No. Lake Avenue.** The workshop will address issues about diabetes, its risks, nutritional and other health information. Neighborhood Health Advocate Program will provide a healthy brunch; give aways, and a great opportunity to socialize. Space is limited

so please call 465-2703 to RSVP.

Living Healthy Workshops

If you or your loved one suffers from a chronic disease (arthritis, heart disease, osteoporosis, or diabetes), you are not alone. You must know how challenging it is to have your condition under control and not to aggravate the symptoms.

New research shows that people with chronic conditions often share similar symptoms like fatigue, stress, pain, and difficult emotions. They can use similar techniques to maintain and improve their health. **Living Healthy** is a six week workshop for older adults and their caregivers. During these workshops participants learn techniques to better manage their health condition. Some of the techniques include developing skills to problem solve and to action plan, relaxation and pain management

techniques, improving communication skills, etc.

Jean Marks and Tanya Zelman of NHAP were trained and led two Living Healthy workshops for many residents of West Hill and South Mall Towers during this summer. The participants enjoyed the workshops very much and learned how to break the vicious symptom cycle of fatigue, disease, tense muscles, pain, stress/anxiety, difficult emotions, depression, and shortness of breath. They discussed how their conditions affect their lives and brainstormed on how to eat healthier, reduce their pain, and to communicate effectively with family and health providers. We shared many insights and enjoyed spending time with each other for six weeks.

We hope to bring you more health-related workshops in the future. If you are interested in joining our team for Living Healthy workshops, please contact us at 465-2703 or call Karen Revitt at 442-5530.