

TRTA HEALTH CARE PROGRAMS

BEST PROGRAMS recommended by the District and Local Health Care Committee Chairmen at the 2009 Leadership Training sessions at the Dallas Convention:

“Improving Your Mind” from the Alzheimer's Association (“Maintain your Brain” pamphlet www.alz.org for copies for your members. *Ten Ways to Maintain Your Brain*

“Laughter is Good Medicine” - guest comedian

“Cancer Relay for Life” - spokesperson presents program and members participate

“Field Day to Whole Foods Market” - meet with dietitian who shows how to shop smart for healthy eating.

Texercise developed by Texas Department of Aging and Disability Services (DADS) materials and/or guest speaker www.Texercise.com

“Staying Sharp-Memory Loss and Aging” developed by the Dana Alliance for Brain Initiatives through NRTA www.dana.org

“Pharmacist review of conflict of medicines used by Seniors”

“Exercises for Non-Walkers” presented by local hospital wellness specialist

Visit from nurse provided by Methodist Health Care System who took free blood sugar and blood pressure test on all membership

“Safety Issues in our Home” presented by a local fireman

“How to tell if someone is having a stroke” See TRTA Web Site HCC articles

“Heat stroke and exhaustion dangers” - See TRTA web site, HCC under articles have a local person who has suffered or knows someone who has experienced a heat related crisis. Example: Herb Norris, Carolyn Vardeman

“Diabetes and its Effects” Local Health Care Units have employees who specialize in Diabetes Management. Also, a member who has experienced and attended training in diabetes management can share personal experience with the disease.