

**NEW YORK STATE OFFICE FOR THE AGING**

2 Empire State Plaza, Albany, NY 12223-1251

David A. Paterson, Governor                      Michael Burgess, Director  
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**INFORMATION MEMORANDUM**

**Number 08-IM-06**

**Supersedes**

**Expiration Date**

**DATE:**            July 29, 2008

**TO:**                Area Agency on Aging Directors

**SUBJECT: A Report entitled "A Summary of Good Practices on Health Promotion and Disease Prevention Programs: Results of a Statewide Survey."**

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**PURPOSE:** This Information Memorandum contains a report entitled "A Summary of Good Practices for Health Promotion and Disease Prevention Programs" based on a fall 2007 survey of Area Agencies on Aging (AAAs). It summarizes the use of evidence-based practices and other innovative programs and services used by AAAs to improve and to sustain the physical, emotional and social health of older adults that can be considered for replication in other communities.

**BACKGROUND:** In the fall of 2007, a survey was sent to all AAA Directors and Nutrition Coordinators requesting that recipients return one completed survey per AAA. The survey collected information on the types of health promotion and disease prevention programs being funded or subcontracted through the AAAs. It also collected information on the use of evidence-based practices and asked AAAs to describe programs they considered the most successful, innovative or effective. Follow-up phone calls were made to all respondents to further clarify information or collect more information. Sixteen programs, from fifteen different counties, are included as particularly "good practices" in the Report attached. The Report also includes the original survey, frequency responses for the survey questions and contact information for the AAAs.

**PROGRAMS AFFECTED:**

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| <input type="checkbox"/> EISEP       | <input type="checkbox"/> NSIP        | <input type="checkbox"/> CSE         | <input type="checkbox"/> SNAP          | <input type="checkbox"/> Energy        |
|                                      |                                      | <input type="checkbox"/> Title V     | <input type="checkbox"/> HIICAP        | <input type="checkbox"/> LTCOP         |
- Other

**CONTACT PERSON:** Florence Reed  
Nutrition Unit Director

**TELEPHONE:** (518) 473-6951

# **A Summary of Good Practices for Health Promotion and Disease Prevention Programs:**

## **Area Agencies on Aging in New York State**

*Results of a Statewide Survey*

*July 2008*

Survey designed and administered, and final report prepared by:

Kate Bliss

NYSOFA Intern (through the Internships in Aging Project)  
School of Social Welfare  
State University of New York at Albany

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## **INTRODUCTION**

This report summarizes information about New York's Area Agencies on Aging (AAAs) good practices in health promotion and disease prevention for older adults. "Good practices" are defined as those that stand out as needed, innovative, and successful programs. Sixteen examples of AAA good practices in New York State are described.

This report includes examples of programs that both promote healthy living, such as exercise and cooking programs, and those that prevent disease, such as immunization clinics. These categories overlap somewhat, since programs that promote healthy living also serve to prevent seniors from becoming at-risk for certain diseases or conditions. We hope that this report will be shared widely and that AAAs will learn from one another about their work in health promotion and disease prevention.

## METHODS

We developed a survey through “Survey Monkey,” which was sent to the fifty-nine AAAs in New York State. Forty-three AAAs returned the survey.\* Ten of these returned surveys were incomplete, and not used in the study. This survey had a fifty-two percent response rate.

We made two rounds of follow-up telephone calls to each of the thirty-two final respondents. Twenty-six of these calls resulted in clarification about the programs identified as “most innovative, effective and successful.” Six AAAs could not be reached for a telephone interview. The initial data from these six were included in the survey, without additional explanation.

This report provides summaries of sixteen good practices from fifteen different counties, based on innovation, effectiveness, success, and participant satisfaction.

Comments about the report should be addressed to:

New York State Office for the Aging

Attn: Florence Reed

2 Empire State Plaza

Albany, NY 12223-1251

[www.aging.state.ny.us](http://www.aging.state.ny.us)

(518) 473-6951

\*One AAA submitted two completed surveys. Because of their duplicative information, the quantitative data from the later survey was discarded. The qualitative data was saved, however, because it told of separate examples of good practices existing within the county.

## EVIDENCE BASED PRACTICES

In competitive processes, funders increasingly favor evidence based practices, or EBP. EBP are practices that are proven to work. These practices are tested and often serve as models for other programs to adopt. Examples of EBP for health promotion and disease prevention for the elderly include Stanford University's "Chronic Disease Self-Management Program" and "Active Choices," as well as Tufts University's "Strong Women Stay Young."

The National Council on Aging cites the following advantages for using an evidence based approach:

- Increases likelihood of successful outcomes when agencies move away from decision making that relies too heavily on history, anecdotes and pressure from policy makers.
- Enhances the ability to use common health indicators and match health programs to those needs.
- Makes it easier to defend or expand an existing program.
- Increases effective use of resources.
- Provides reliable data to advocate for new programs.
- Generates new knowledge about "what works" and "how to do it" that can help others.

Forty-four percent of responding AAAs said that their best program was evidence based, while forty-four percent said that their best program was not. The remaining twelve percent of respondents were unsure. Because both the evidence based programs and those that are not may be useful for review, both will be included in this report.

**Suffolk County** Office for the Aging  
Contact: Anna Prencipe, 631-853-8227  
Email: [Anna.Prencipe@suffolkcountyny.gov](mailto:Anna.Prencipe@suffolkcountyny.gov)

Stonybrook University Occupational Therapy students work with Retired Senior Volunteer Program (RSVP) and the Suffolk County Office for the Aging to offer fall prevention programs to seniors at meal sites. This program, "Reducing Fall Risks," is an adaptation of the evidence based program, "Lifestyle Intervention for Elders," or LIFE. This program encourages participants to understand their capabilities and acknowledge health changes. The program links three generations or groups. College students train Retired and Senior Volunteer Program (RSVP) volunteers in the program and then both groups lead groups of older seniors at the meal sites. The students train the RSVP volunteers to create sustainability. A mutually beneficial relationship exists as college students gain experience and RSVP volunteers are able to continue leading this program at meal sites after the college semester ends. Recently, the students finished six different four-session classes at meal sites in the county. The students intend to return when the new college semester begins.

Good Practice Summary:

- Creates an intergenerational program.
- Training of volunteers enables program longevity.

**Niagara County** Office for the Aging  
Contact: Nancy Smegelsky, 716-428-4033  
Email: [Nancy.Smegelsky@niagaracounty.com](mailto:Nancy.Smegelsky@niagaracounty.com)

The Niagara County Office for the Aging with the DeGraff Adult Day Care, McLaughlin Center, Niagara County Health Department and the Mental Health Association operates the program named "Stay Well," a six week educational program. Each week, a speaker presents a different topic, including "Growing Old Gracefully," "Exercise...For The Health Of It!," "Stress Less, Live Longer," "You Are What You Eat," "Less Talk—Let's Eat," and "Stay Well...Now You Are in Charge!"

At each session, participants receive incentives, such as pedometers, Stay Well tumblers, collapsible water cups with pill keepers, canvas bags, tape measures, weekly pill containers, Files of Life, lunch bags, wrist wallets, neck wallets, water bottles and a “Feel Good Bag” with cologne, candy, lip gloss, hand sanitizer, etc. The refreshments served are consistent with this program’s healthy message, offering vegetable wraps, low-fat yogurts and cheeses.



Participants have reduced blood pressure, lost weight and increased physical activity evidenced by weekly weigh-ins, blood pressure checks and evaluations. The program’s final week is set up as a “Jeopardy” style game that tests participants’ knowledge of the information covered by the program. While this program is still relatively small – at four sites with two additional programs currently scheduled – because of participant satisfaction and response the AAA will continue the program, with the goal of reaching all nineteen nutrition sites in the County.

#### Good Practice Summary:

- Uses incentives to encourage participation.
- “Stay Well, Now You Are In Charge” promotes self-management of health conditions.
- Tracks participant weight loss and change in blood pressure.

#### **Dutchess County** Office for the Aging

Contact: Jean Curlee, 845-635-5038

Email: [curleejean@hvc.rr.com](mailto:curleejean@hvc.rr.com)

In 1999, Dutchess County Office for the Aging implemented the Tufts University exercise program named “Strong Women Stay Young” to study its effectiveness in fall reduction. There were 250 participants then. In 2008, there are more than 1,300 Dutchess County residents age 60+ participating in the program at 52 sites. This hour-long exercise program is offered twice a week. A \$25 (per year) suggested contribution

is asked of participants. Meeting places include churches, town halls, community centers and senior centers available free-of-charge.

The exercise program follows three modules each session – (1) warm up and balance; (2) the use of leg weights; and, (3) arm strengthening. Numerous people who were once participants in these classes are now leading them. One-hundred volunteer leaders attend two trainings per year and meet with other leaders to discuss program successes and improvements.

Once a week, following some of the exercise classes, another program is held, called “Brain Games.” During a 45 minute session, seniors play fast paced games that encourage participants to think quickly and use brainpower. Both programs provide physical and mental strengthening and opportunities for socialization. Participants form strong bonds with each other and with the programs, as evidenced in the biannual evaluations.

Specific feedback from participants shows their appreciation of this program:

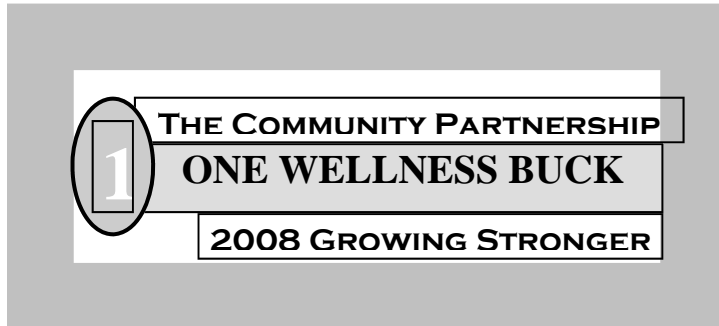
- “I feel much stronger and my balance is improved.”
- “I feel safer on stairs. I do not start to falter when picking up items from floor.”
- “I am recovering from a broken hip and program has allowed me to walk without cane.”
- “Able to carry heavier loads and more strength in legs for dancing.”
- “I enjoy the social part of the meetings – It lifts my outlook and my day.”
- “We are a good group, work hard, laugh hard and have fun!”

Good Practice Summary:

- Reduces cost by using donated space in the community.
- Keeps participants involved by encouraging them to become leaders.
- Offers both physical and mental strengthening programs.
- Keeps detailed and conclusive documentation of participant results and satisfaction.

**Allegany County** Office for the Aging  
Contact: Cheryl Czworka, 585-268-9390  
Email: [CzworkCA@alleganyco.com](mailto:CzworkCA@alleganyco.com)

Allegany County offers a program based on Tufts University's "Strong Women Stay Young." It differs from Dutchess County's in their use of incentives to attract participants. This Office for the Aging altered the model program to offer motivation for



older adults in the program.

Participants gain "wellness bucks" for each class they attend, each time they increase the amount of weights they lift, each month they have perfect attendance, and for completing both the initial and

yearly assessments. The "wellness bucks" can be spent on things like water bottles, weights, exercise mats, pedometers, exercise equipment, DVDs, CDs and gift certificates to healthy eateries. Participants who earn 90 wellness bucks can even purchase a massage. Participants have indicated that they would come even if wellness bucks were not offered, however, they do serve as an extra incentive.

Program participants track their progress throughout the program. Every person has a folder to record each session's activities and the pounds lifted. At the end of the year, each participant gets a report comparing their abilities to others their age. Although the program is free, participants do pay for any weights they need exceeding the 3 pounds that are provided. This program has been successful since its creation about 3 years ago.

Good Practice Summary:

- Uses health promoting incentives to maintain participation.
- Motivates participants by asking them to document their progress, while also collecting information for a program evaluation.

- Educates participants about the normal capabilities of someone their age and uses comparisons as a motivator.

**Broome County** Office for the Aging  
Contact: Dee Dee Camp, 607-778-2411  
Email: [DCamp@co.broome.ny.us](mailto:DCamp@co.broome.ny.us)

The Broome County Office for the Aging works with Aging Futures Partnership to coordinate two notable programs. The first is called “Strike out Stroke,” a program modeled after a Stanford University evidence-based practice. The program’s objective is to reduce blood pressure in seniors with hypertension through the self-management of chronic conditions. Office for the Aging staff compared local chronic disease rates to NYS rates, identified higher local hypertension rates and implemented this program.

In the pilot year, the AAA screened older adults at senior centers and community events, and identified 100 people to participate in the program.

The participants were mailed literature on several topics including diet, exercise, stress and salt reduction. Then nurses telephoned all participants, reading from a script about each session’s topic. Participants were encouraged to ask



questions to make sure they understood the messages in the materials. Nurses made eight calls to each participant. The results – an 11% drop in systolic blood pressure among all participants. To date, 130 persons have been served. The average age of participants is 77.

Good Practice Summary:

- Implements a program tailored to local needs.
- Promotes self-management.
- Reduces training time by using scripts.

The other program recognized is called “SMILE” (Senior Mood Improvement through Lifestyle and Education). The Broome County Office for the Aging estimated that 4,000 older county adults have depression and that those living in senior housing are more likely to be depressed and implemented this program. Counselors from another agency screened seniors living in senior housing sites. Individuals who were depressed were asked to take part in this program, which offered six weeks of cognitive behavior therapy with either a male or female therapist.

Offering this program at senior housing units was cost-effective since therapists could reach many people on a specific day of the week. After the six week program, participants improved their scores on the Geriatric Depression Scale or were no longer depressed or less depressed. Based on follow-up telephone calls, participants said they enjoyed the program and would seek this kind of assistance again if they became depressed.

Good Practice Summary:

- Counselors assess older persons at their housing sites.
- Service efficiency.
- Older persons are comfortable with MH counseling services.

# TRADITIONAL GOOD PRACTICES

**Nassau County** Department of Senior Citizen Affairs  
 Contact: Sandee Thames 516-227-8937  
 Email: [Sandee.Thames@hsnassaucountyny.us](mailto:Sandee.Thames@hsnassaucountyny.us)

In June and July of 2007, the Nassau County AAA created a good practice by utilizing existing resources to promote preventive health among seniors. As a part of the “Healthy Nassau” campaign – a campaign to make Nassau the healthiest county in the nation – this AAA created an educational, one-time program to inform Medicare beneficiaries about chronic disease screening available. They used an existing “Senior Health Check,” as a placemat on one side and included the Medicare preventive benefits to encourage older adults to stay healthy through regular health screenings. Nassau County uses these checks as disposable placemats at senior centers and also provides presentations on the preventive benefits listed. Presentations are given either immediately before or after meals. Participants received brochures with a tear out section on preventive benefits to keep track of when to schedule their screenings. These placemats see continued daily use and remind older adults of available Medicare benefits long after the presentations concluded.

<p>Eat well. Exercise regularly. Ask your doctor about screening tests that can keep you healthy.</p> <p>Be Part of a <b>HEALTHY NASSAU</b></p>	<p><b>COUNTY OF NASSAU</b>                  DEPARTMENT OF SENIOR CITIZEN AFFAIRS                  60 Charles Lindbergh Boulevard, Suite 260                  Uniondale, NY 11553 (516) 227-8900</p> <p style="text-align: right;">2007</p> <p style="text-align: right;">Date <u>TODAY</u></p> <p>PAY TO THE ORDER OF <b>YOU!</b>       \$ <b>Priceless!</b></p> <p><u>Preventive Medicare Screening Benefits 00/xx</u> DOLLARS</p> <p><b>Thomas R. Suozzi</b>, County Executive  <b>Sharon Mullen, D. Min.</b>, Commissioner</p> <p><i>MEMO</i> Deductible, coinsurance and/or co-payment may apply.</p>														
	<p><b>Protect your Health with Medicare's Preventive Benefits</b></p> <p><b>Ask your doctor which preventive benefits are right for you:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Flu Shot</td> <td><input type="checkbox"/> Smoking Cessation</td> <td><input type="checkbox"/> Glaucoma Test</td> </tr> <tr> <td><input type="checkbox"/> Pneumonia Shot</td> <td><input type="checkbox"/> Hepatitis B Shots</td> <td><input type="checkbox"/> Pap Tests/Pelvic Exams</td> </tr> <tr> <td><input type="checkbox"/> Cardiovascular Screenings</td> <td><input type="checkbox"/> Bone Mass Measurement</td> <td><input type="checkbox"/> Mammograms</td> </tr> <tr> <td><input type="checkbox"/> Colorectal Cancer Screenings</td> <td><input type="checkbox"/> Diabetes Screening</td> <td><input type="checkbox"/> Prostate Cancer Screening</td> </tr> <tr> <td><input type="checkbox"/> "Welcome to Medicare" Physical Exam</td> <td><input type="checkbox"/> Diabetes Self-Management Training</td> <td><input type="checkbox"/> Medical Nutritional Therapy Services</td> </tr> </table> <p><small>You may need to meet certain criteria for coverage. Medicare Advantage Plans may offer coverage for additional preventive benefits. Questions about coverage? Contact the Health Insurance Information, Counseling, and Assistance Program (HICAP) at 516-485-3754.</small></p>	<input type="checkbox"/> Flu Shot	<input type="checkbox"/> Smoking Cessation	<input type="checkbox"/> Glaucoma Test	<input type="checkbox"/> Pneumonia Shot	<input type="checkbox"/> Hepatitis B Shots	<input type="checkbox"/> Pap Tests/Pelvic Exams	<input type="checkbox"/> Cardiovascular Screenings	<input type="checkbox"/> Bone Mass Measurement	<input type="checkbox"/> Mammograms	<input type="checkbox"/> Colorectal Cancer Screenings	<input type="checkbox"/> Diabetes Screening	<input type="checkbox"/> Prostate Cancer Screening	<input type="checkbox"/> "Welcome to Medicare" Physical Exam	<input type="checkbox"/> Diabetes Self-Management Training
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<input type="checkbox"/> "Welcome to Medicare" Physical Exam	<input type="checkbox"/> Diabetes Self-Management Training	<input type="checkbox"/> Medical Nutritional Therapy Services													

Good Practice Summary:

- Increases exposure of an educational piece by using it functionally.
- Combines informative presentations and useful materials.

**Yates County** Office for the Aging

Contact: Pam Strong, 315-536-5515

Email: [StrongP@rochester.twcbc.com](mailto:StrongP@rochester.twcbc.com)

The Yates County Office for the Aging (OFA) runs immunization clinics in October and November, in accordance with the Department of Health Schedule. The OFA staff encourages older adults to receive immunizations by advertising in the local newspaper, radio station, and the Office for the Aging Newsletter. These clinics are held in local service organizations, including the Moose Club, American Legion, fire department and town hall. Though it may seem that this is a standard practice, it was chosen as good practice because this county offers both influenza and pneumococcal vaccines in the same visit, encouraging well seniors to receive one vaccine in each arm. This increases the use of the pneumonia vaccine, which is underused, particularly in comparison to the flu vaccine. Seniors who would typically receive an influenza vaccination each year are being offered the chance to receive the pneumonia vaccine (Note: the pneumonia immunization only needs to be taken once in a lifetime for individuals aged 65 and over).

Good Practice Summary:

- Brings services to locations frequented by the elderly.
- Combines a popular service with a less popular service to increase visibility and use of the less popular vaccination.

**Orleans County** Office for the Aging  
Contact: Melissa Jewell, 585-598-2843  
Contact: [Jewellm@orleansny.com](mailto:Jewellm@orleansny.com)

The Orleans County OFA health promotion initiative includes a nutrition education program, staff who provide meal site participants with information on osteoporosis, exercise and reminiscence. Also notable, Orleans County provides free home safety inspections for their clients.

Upon a client's request, they inspect the homes for grab bars, dangerous electrical outlets, smoke detectors, unsteady furniture and more and produce a report. One copy is given to the client, one is mailed to the family member of their choice and another copy is sent to their physician – with the client's consent. The report includes a "wish list" of items that the client needs to make their home safer. If clients and their families are unable to install the items on the wish list, for example, a grab bar, the County Senior Support Volunteer program will install it for free. If clients and their families cannot afford the items on the wish list, a request is submitted to Last Resort, which may pay for the home upgrades that are not paid for by other state programs. Clients are given a checklist of items that need to be periodically tested, like smoke detectors.

Orleans County Office for the Aging staff make presentations on its home safety assessment program at senior centers and physician offices to increase program use. Often times, physicians urge their patients to use this free service to increase safety in their homes. Although the AAA staff would like to see greater program use, they consider it successful because it has made the lives of its beneficiaries safer and promotes independence by allowing seniors to remain safely in their homes.

Good Practice Summary:

- Utilizes Senior Support Volunteers and other local programs to ensure that the suggested safety measures are carried out.
- Asks for the aid and involvement of clients' families in creating safer homes.
- Utilizes doctors as resources in order to increase program visibility.

**Tioga AAA** (Tioga Opportunities, Inc.)

Contact: Karen Harriell, 617-687-4120 x324

Email: [KHarriell@tiogaopp.org](mailto:KHarriell@tiogaopp.org)

Tioga Opportunities, Inc. in Tioga County provides relevant and informational educational workshops to senior citizens on topics of their choice. A dietician makes monthly visits to congregate meal sites providing educational workshops on different nutrition topics. Initially, the dietician conducted a survey of congregate and home-delivered meal clients and identified topics participants were interested in learning more about. In response to the survey findings, the dietician provided presentations during her monthly visits and mailings on topics such as weight loss, diabetes, how to read nutrition labels, and preventing weight gain. The presentations are made while older adults eat lunch and the dietician remains available for questions and personal counseling.

Visuals and incentives are used to create interest. For example, in one workshop on healthy snacking, the dietician prepared healthy home made snacks and brought them to the meal sites for people to sample. In response to fears of undercooking meat, the dietician gave free meat thermometers to people who participated in the workshops. Other small, useful and informative incentives like magnets with information about where to get vitamin C are also distributed. Pairing these workshops with the Health Insurance Information, Counseling and Assistance Program (HIICAP) trainings produce larger audiences, a tactic they employ when the workshops contain particularly important information.

Good Practice Summary:

- Uses health promoting incentives to hold the interest of participants.
- Plans incentives around the needs and interests of the older adults.
- Includes isolated adults who receive home delivered meals.
- Combines health education with HIICAP training to increase interest.

**Onondaga County** Department for Aging and Youth  
Contact: Maria Mahar,  
315-435-2362 x136  
Email: [MMahar@ongov.net](mailto:MMahar@ongov.net)



The Onondaga County Department for Aging and Youth created a fun, educational program that promotes socialization. Three cooking classes are offered by Maria Mahar, (second from the left in the front row of the featured picture), a registered dietician. The classes focus on cooking for men, cooking for diabetics, and cooking for Latina women. The costs of these classes are minimized by hosting them in a church meeting room. “Men Can Cook” was the first of these classes and offered four to six sessions for men of various ages and ethnicities looking to become better and healthier cooks.

A diabetic participant from that group suggested that a class specifically for diabetics be offered, resulting in “Cooking with Diabetics” course. This course consisted of three sessions in which the dietician educates people with diabetes about new foods that lower blood sugar. Mahar cooked for the class and had them sample the diabetic-friendly fare – dishes with barley, grains, and whole wheat. Though the class was offered for people with diabetes, spouses and caregivers joined as well. An Adult Day Care chef was also in attendance, seeking new meal and ingredient ideas for adults participating in the Day Care Program.

Maria Mahar is planning a new class called “Salud,” the Spanish translation for “good health.” Latina women will all bring a meal dish and discuss the “good” or “not-so-good” nutritional qualities of each dish. The goal is to expand the idea of healthy eating from “just vegetables.” Existing program participant feedback identified both socialization and healthy eating. “Cooking for Diabetics” participants said it has helped them in controlling their glucose levels. Although participant glucose levels, cholesterol and blood pressure changes were not formally recorded, this AAA intends to keep track of health changes

to document this as an evidence based program in upcoming sessions. Plans to continue these classes are underway.

Good Practice Summary:

- Implements suggestions from participants in forming new programs.
- Tailors each program for its diverse audience.
- Brings interaction and socialization to education and health promotion.

**Ontario County Office for the Aging and Ontario County ARC**

Contact: Helen P. Sherman (OFA), 585-396-4040

and Jody Thomas (ARC), 585-394-7500

Email: [Helen.Sherman@co.ontario.ny.us](mailto:Helen.Sherman@co.ontario.ny.us) or [JThomas@OntarioARC.org](mailto:JThomas@OntarioARC.org)

Abbey Industries (the vocational component of Ontario's ARC) conducts an education and fitness session once a week before meals are served at the Salvation Army congregate meal site in Canandaigua. This fitness program includes older people from the congregate meal sites and from the Ontario ARC. A grant from a local hospital funded this program. When the grant ended the Ontario County Office for the Aging partnered with Ontario ARC and the Salvation Army to continue this program. Congregate meal site participants and developmentally disabled older adults now participate in meals, nutrition program activities and the fitness program once a week. A registered dietician provides the educational instruction and a registered nurse provides the fitness instruction.

The program begins with a thirty minute educational session, with a different topic each week. One topic example is diet soda – whether it is detrimental to health or not. Topics are tied to events too such as the health benefits of eggs during the time of Easter. At the end of each session, participants sample food from a recipe book that features healthy dishes, prepared by a registered dietician. Again, samples are consistent with the class topic – a salmon casserole and the health benefits of fish. Participants get the recipe of the food they sampled and handouts on the information presented.

An exercise routine follows the educational session and is typically linked to that day's topic. A nutritionist leads the group in strength, balance and related fall prevention exercises and includes music, props or weights. The program follows a designated theme each week. For example, after discussing water-based products that say they increase energy, the nutritionist plays aquatic themed music and conducts exercises and dances for participants consistent with water movements. The instructor has distributed maracas in place of weights to create a fun atmosphere for participants.

Although participant satisfaction is not measured, a loyal following of participants is one indication of success.

Good Practice Summary:

- Integrates non-disabled and developmentally disabled individuals.
- Coordinates an educational and exercise component to create a comprehensive program.
- Strives to create a fun and energetic atmosphere for participants.

**Clinton County** Office for the Aging  
Contact: Crystal Carter, 565-4624  
Email: [CarterC@co.clinton.ny.us](mailto:CarterC@co.clinton.ny.us)

The Clinton County Office for the Aging subcontracts with the YMCA to offer "Swim and Gym" programs. Participants do not have to be YMCA members, but there is a suggested program contribution of \$1. The gym program includes alternative exercise programs like line dancing and traditional exercise programs such as weight lifting and bone building exercises. The swim programs offer two classes for seniors – "Senior Swim," an aerobic exercise class lead by an 85-year-old instructor and "Senior Splash," (offered for a \$3 fee), provides opens lap lanes for older persons. These swim programs are offered three days a week. Through the same contract, YMCA staff offer free shuffleboard activities at 10 AM at a local senior center. In response to advertising in the Office program directory, newsletter and informational events, participation in the "Swim and Gym" program has been steady during the past decade.

The Sherriff's department has donated two Nintendo Wiis and has set up a gym with treadmills and other equipment, which is available to seniors every day, to motivate participants at senior centers to become more physically fit.

Good Practice Summary:

- Partners with local YMCA to form exercise programs.
- Offers recreational programs at senior centers to enhance convenience.
- Uses new and innovative exercise techniques to generate interest.

**Onondaga County** Department for Aging and Youth  
Contact: Joanne Spoto Decker, 315-435-2362 x134  
Email: [JoanneDecker@ongov.net](mailto:JoanneDecker@ongov.net)

This Onondaga County Department for Aging and Youth uses CSI funds to operate "Totally Fit for the Next 50!" This program offers people age sixty and older the use of weights, yoga, flexibility and other exercises to increase physical and mental stamina as well as to increase socialization during the most isolating winter months. This program is used to also connect participants with other services the AAA provides. Instructors meet with groups of participants one to two times a week for twelve to sixteen weeks through the most isolating time of year – December through March. More than 350 seniors have participated and the numbers are increasing.

Good Practice Summary:

- Offers program during months when older adults tend to be isolated.
- Offers a variety of exercises.
- Connects seniors to other useful programs.

## Oswego County RSVP

Contact: Ellen Wahl, 315-312-2317

Email: [wahl@oswego.edu](mailto:wahl@oswego.edu)

The Retired and Senior Volunteer Program in Oswego County created an innovative program in their “USOswego Swing Dance Nightclub,” held once a month. Over 200 seniors attend each month, paying a three dollar cover charge. The RSVP director consulted with older persons about what nightclubs in the 1940’s were like, and built their club around that concept. An hour-long dance class is provided before the dance. Mostly baby boomers and younger people who want to “keep up” with the boomers participate. The night club operates from 6:00 PM to 9:00 PM and uses a live 17- piece band. This is also an intergenerational program with the participation of college students. The Psi Phi Gamma Fraternity volunteers to attend. And, they met a 70 year old Psi Phi Gamma brother at the event! Work study students also attend, one dressing as a “cigarette girl” in 1940’s costume to bring authenticity to the program. The program has reminiscent and physical properties which help in its success. The program started in September 2006 and is



currently funded by the New York State Music Fund. RSVP staff are transitioning to make the event self sustaining.

Good Practice Summary:

- Consults with seniors to plan an authentic program.
- Combines reminiscent and physical activity.
- Creates intergenerational activities.

**Schuyler County** Office for the Aging  
Contact: Roxanne Stanko, 607-535-7470  
Email: [RStanko@stny.rr.com](mailto:RStanko@stny.rr.com)

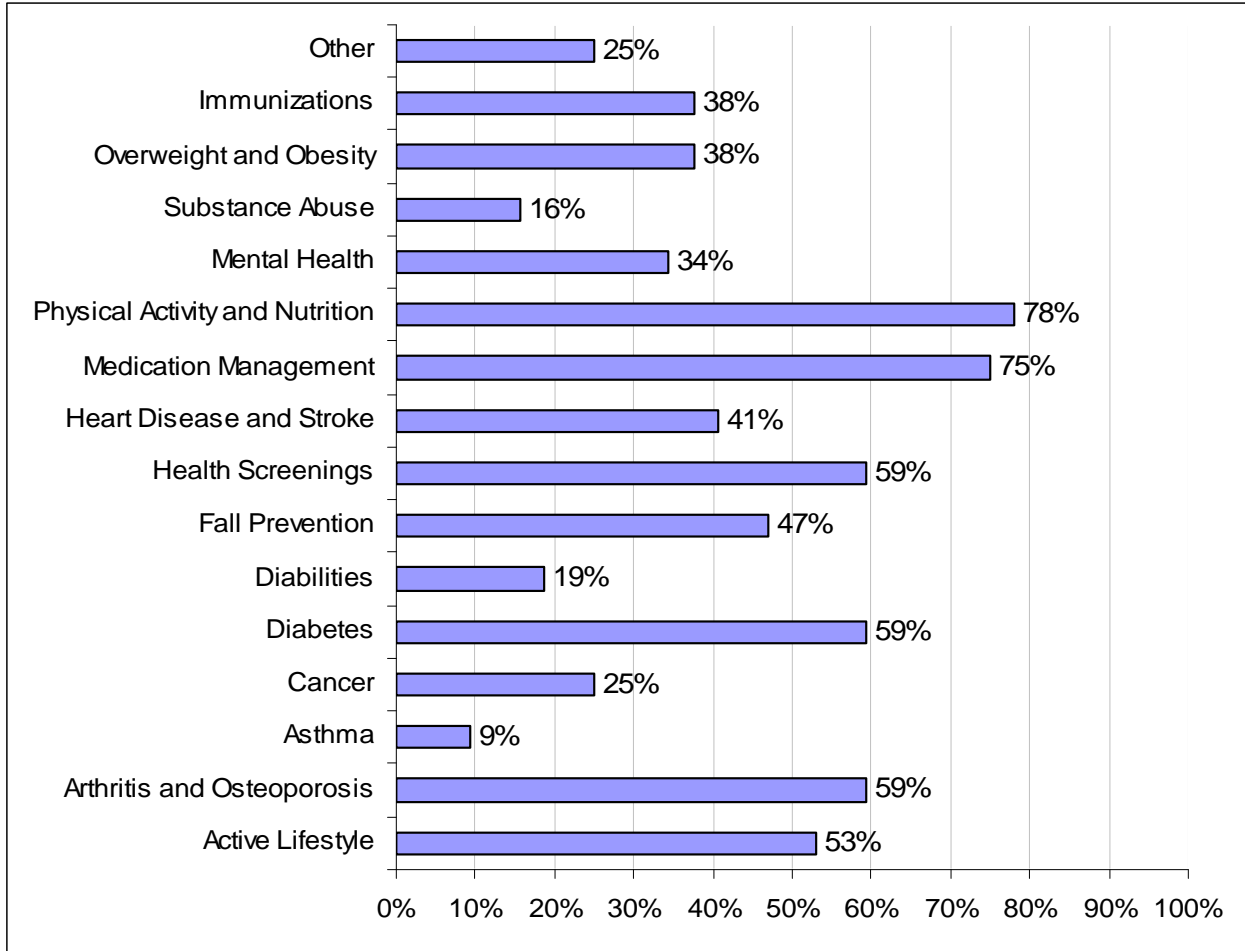
The Schuyler County Office for the Aging provides a program inspired by its physical relocation. The Office for the Aging's new building is located near nature trails, which sparked interest in offering weekly nature hikes for seniors, free of charge. One trail is level and winds along marshes and is appropriate for wheelchairs. The other trail is a valley trail and more hilly and suitable for people who want, and are capable of, greater physical activity. Trails do not operate in winter and reopen in April. This AAA plans to use a nature expert to accompany older people on lectured walks including identifying birds and environmental instruction.

Good Practice Summary:

- Uses natural setting as program inspiration.
- Offers wheelchair appropriate physical programs.

APPENDIX A: Health Promotion and Disease Prevention Survey Response Summary

**1. Which types of Health Promotion or Disease Prevention programs do you fund (through all funding streams, including IID), provide for, or subcontract for? Choose all that apply.**



Examples of responses in the “other” category were:

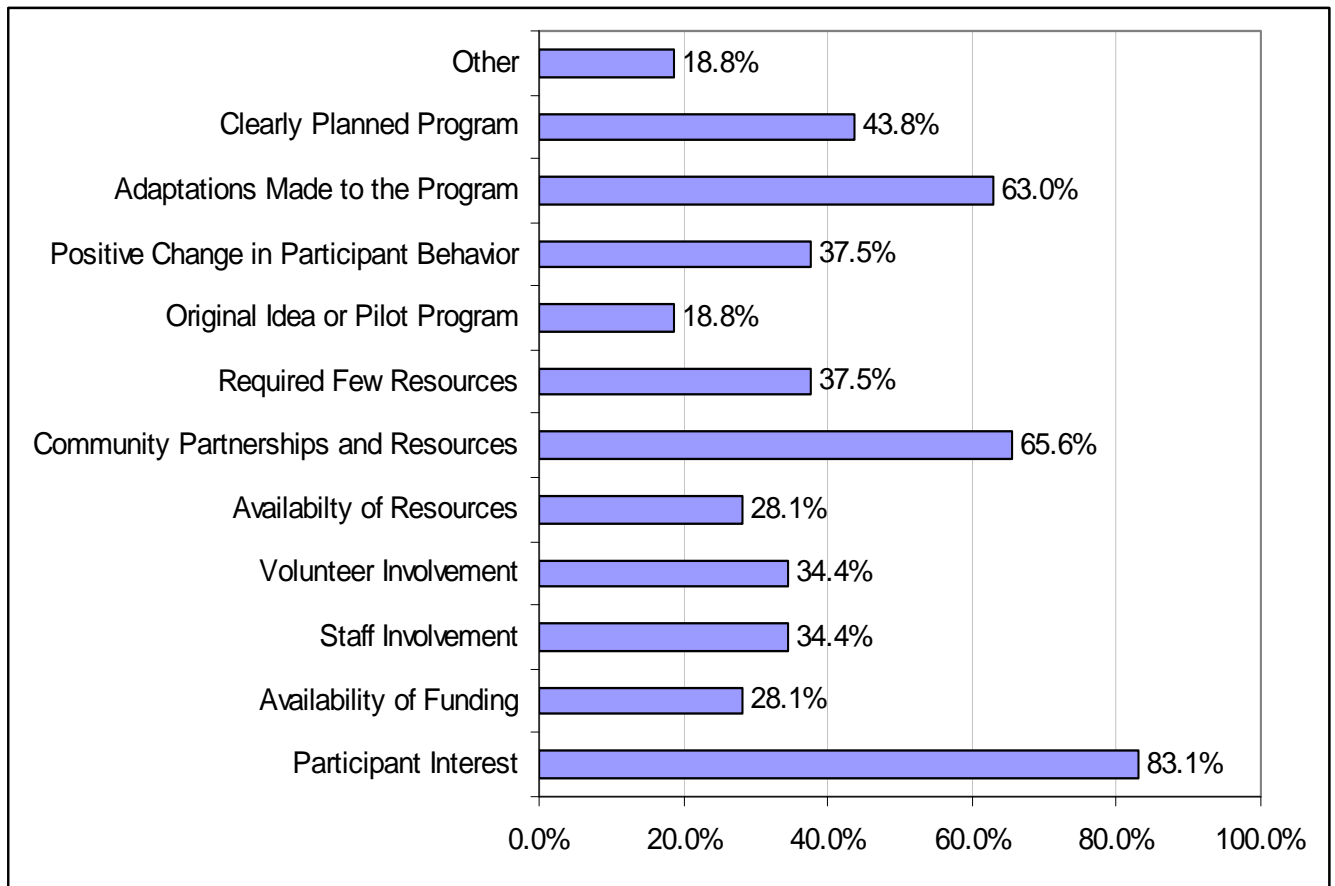
- Parkinson's Disease Support Group and Education
- Vision Health, Stress Management, Communicating Effectively with Your Doctor
- Alzheimer's Disease Program
- Chronic Disease Self Management Program
- Medicare Preventive Benefits

**2. Which health promotion or disease prevention program do you consider to be the most innovative, effective, successful, etc?**

Examples of responses were:

- Stroke prevention and Mental Health services
- Bone Builders/ Osteo Busters (*named by six respondents*)
- Fitness program
- Nutrition
- Walking Program utilizing local nature trail/history
- Partner with YMCA for Med Mgt Workshop
- Body Movement and Active Older Adults
- Swim and Gym program with YMCA
- Physical Activity and Nutrition
- Medication Management
- Nutrition/exercise bringing developmentally disabled together with seniors
- Exercise Program
- Medication Management
- Diabetes
- Flu clinics/immunizations
- Active Lifestyle, Medication Management
- Arthritis exercise
- Low impact exercise class, home safety assessments, nutrition program
- Offering mobile screening and adding satellite services
- Nutrition Newsletter
- Arthritis Self-Help programs, Blood Pressure/Blood Sugar Screenings, Flu/Pneumovax Clinics, Low Impact Aerobics and Tai Chi
- Fall Prevention
- Arthritis
- Immunization Clinics
- Medicare Preventive Health Screenings

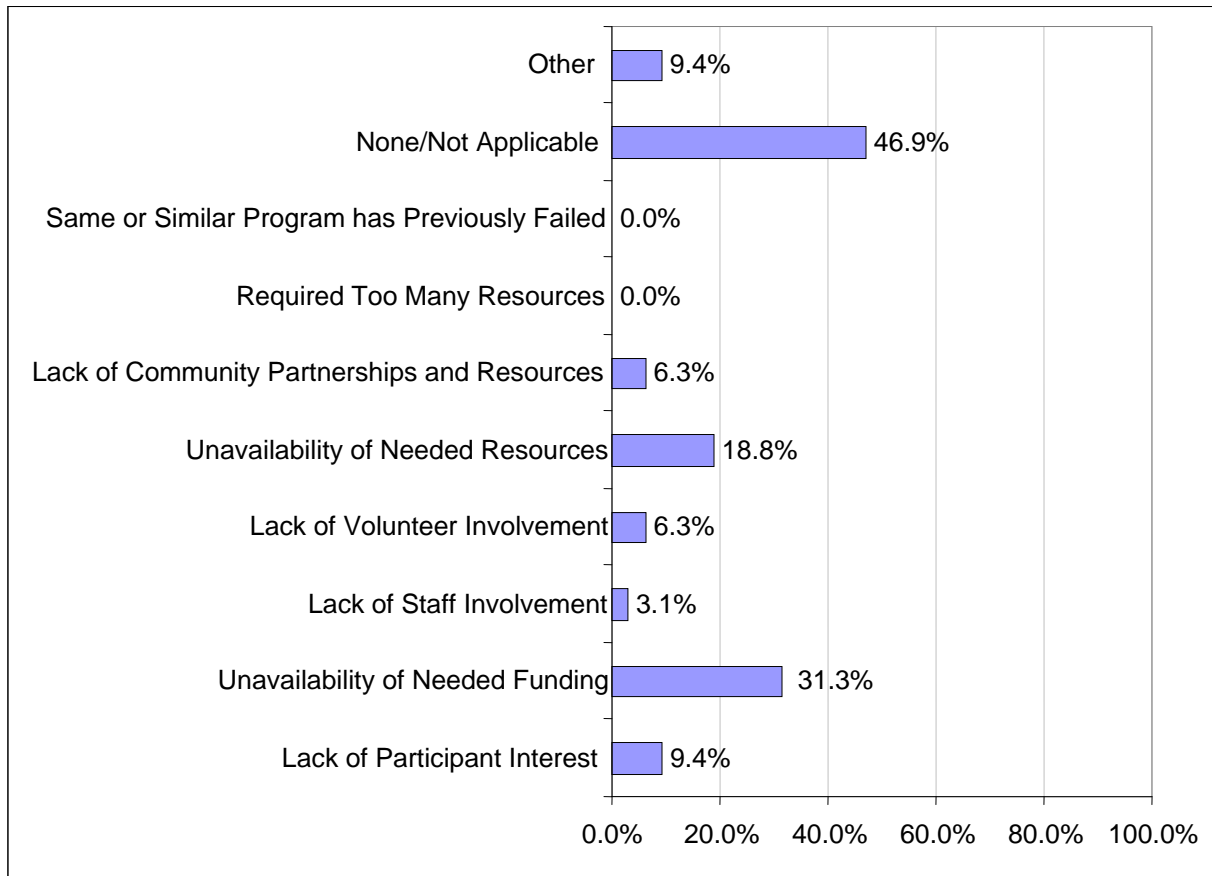
**3. Why is this the most innovative, effective, successful, etc? Choose all that apply.**



Examples of responses in the “other” category were:

- Based on Evidence-Based programs.
- Incorporates different aspects including education, nature and wellness/exercise. Also addresses modifications for disabilities.
- Wellness incentives for participants.
- The program has won national award from NACO - National Association of Counties.
- Increasing number of seniors that can access programs.
- Use of student marketing intern to develop resources.

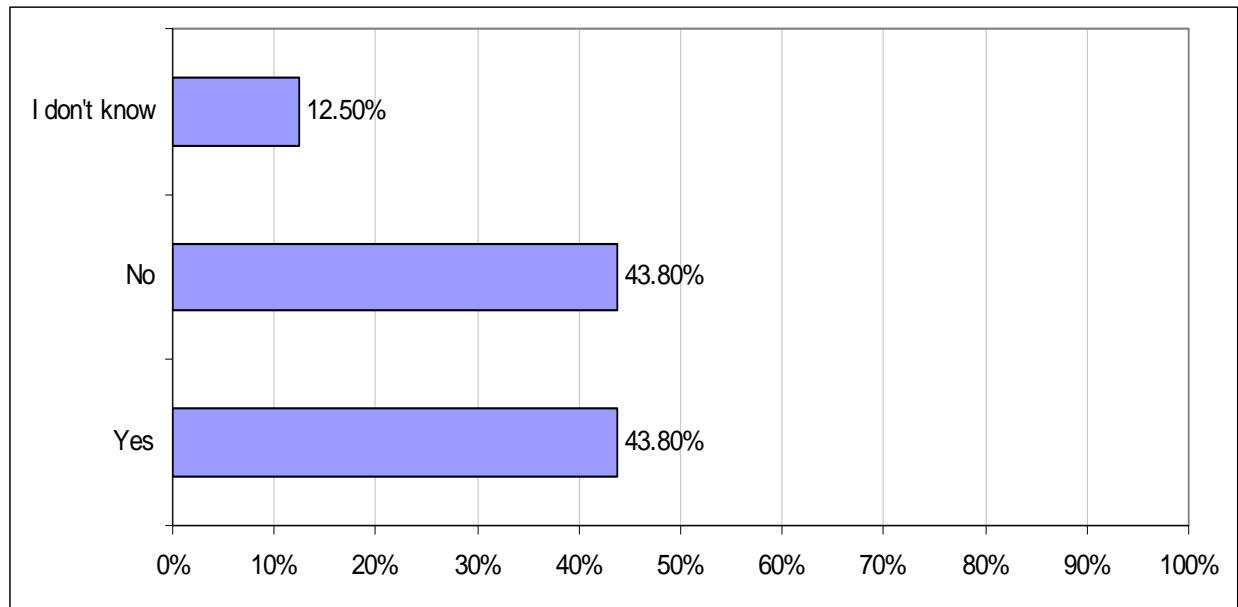
#### 4. What are some barriers to running this program?



An example of responses in the “other” category was:

- Limited in some areas of the trail due to individual participant physical limitations. Weather/seasons are also factors.

## 5. Is this an Evidence Based Practice?



## 6. Briefly describe how this program was developed.

- SMILE program was based on a Houston model program.
- At the request of the Office for the Aging, one of our subcontractors set up the program based on a national model.
- Canton College contacted us about their new (at that time) fitness center and was looking at ways to increase community usage.
- Based on physical move of OFA. Now located close to nature trail. Discussed ideas for expanding services and trail suggested. Grew from there.
- We contacted the YMCA to see how we could collaborate on a joint function.
- RSVP created it.
- WCDSPS subcontracted with Mainstream, an older adult education and training institute at the local Community College to hire certified exercise instructors. The program was titled "Body Movement" and was designed to strengthen muscles and remain flexible to prevent falls. The goal of the weekly 1 hour exercise classes is to keep the seniors limber and physically fit.
- Through mandates.
- Expressed interest in drug interactions.
- Coordination between staff at ARC and OFA. Joint venture. Combined funding.
- Replicated program from Dutchess and Steuben counties based on Tufts University strengthening program.

- Following 1996 Aging Concerns Unite Us (ACUU) Conference held in Poughkeepsie where the Tufts University research and program were presented, a handful of classes were started, led by volunteers. Following successful outcomes, a NYSDOH grant was applied for and received. The program was expanded to around 13 classes and physical therapist conducted outcomes measurements. After grant, program was expanded to 50 classes, all led by volunteers. IIID and CSI funding is used to pay the Coordinator, a key piece of the program's ongoing success.
- Based upon a book and program developed by Dr. Miriam Nelson of Tufts University.
- Written contract with Public Health provider, no funding involved.
- Class is called cooking with diabetics. Three sessions, through the caregivers resource program.
- Developed in collaboration with area congregate centers in order to reduce loneliness and depression during winter months by encouraging socialization and physical and mental activity.
- The Arthritis Foundation provided an 8 week introductory course and then we were able to pay the costs associated with continuing the program.
- Need to reach home bound individuals that are unable to benefit from congregate nutrition education programs. Home delivered meals is the largest nutrition program.
- Local university received funding for pilot fall prevention program and worked with intergenerational, college occupation therapy students with RSVP volunteers at senior nutrition centers.
- It is run strictly by volunteers and it is a bone building weight training program.
- Train the trainer opportunity through a grant from the local Health Department.
- Partner with VNA for immunizations- collaborate on locations and times.
- Group presentations at two of our nutrition sites in an underserved area in the county. Presentation takes place prior to noon time meal. Participants given hand outs and "freebies" that pertain to the topic discussed.
- Through a contract.
- A brochure and large placemat for Medicare Preventive Health Screenings were designed and distributed at senior centers, lunch programs and community I & A Health Fairs. Individual educational presentations were made at those sites using the materials.

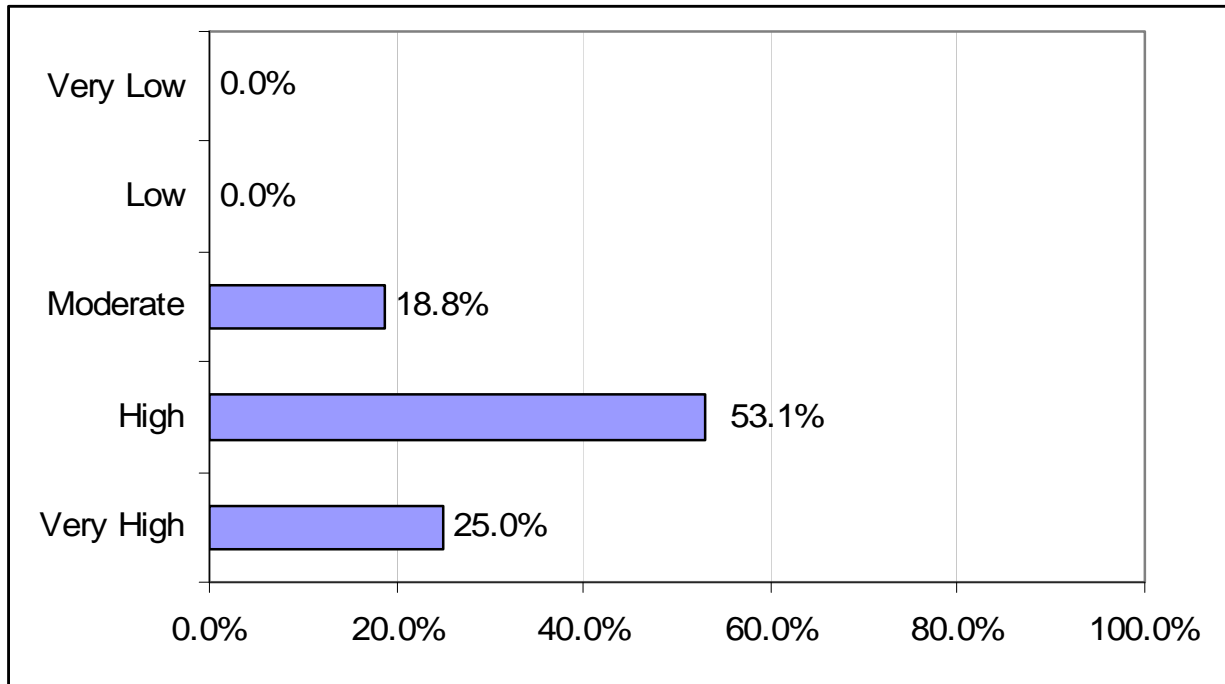
**7. How does this program operate? Choose all that apply.**

	<b>Face to Face</b>	<b>Over the Telephone</b>	<b>Online</b>	<b>Other</b>
<b>One to One Session</b>	31%	1%	0%	Less than 1%
<b>Group Sessions</b>	84%	Less than 1%	0%	Less than 1%
<b>Other</b>	0%	0%	0%	0%

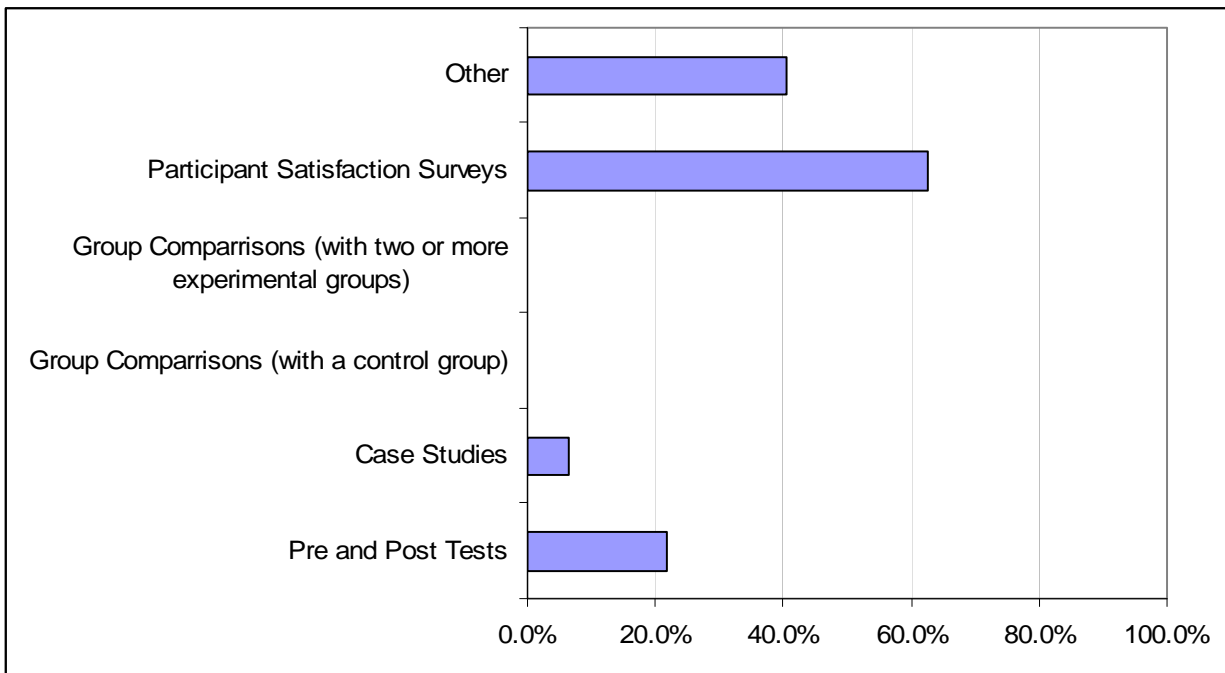
Examples of respondent comments were:

- 3 day/week group fitness sessions for 10 weeks offered twice a year.
- Use of DVDs for warm-up and education on importance of stretching, strengthening and body mechanics. Use of partnerships/buddy program.
- The "Y" planned a morning program for seniors with selected exercise classes and then a pharmacist from a local pharmacy to speak at a free "healthy" luncheon. The Department for the Aging set up a mini-health fair. The "Y" also got a couple of the local sponsors to help defray some costs.
- The Body movement classes are targeted to low income, minority senior groups at senior nutrition programs, clubs and senior apartment buildings.
- Presentations in 5 locations by AAA Registered Dietician on drug/food interactions.
- Also information sent to meals on wheels clients that is given at congregate meal sites.
- Newsletter delivery.

**8. How would you describe participant interest in this program?**



**9. How do you document outcomes? Choose all that apply.**



Examples of responses in the “other” category were:

- Mental health and blood pressure screenings as well as monitoring of weight/BMI.
- We considered it successful because of the number of people who showed up.
- We do not document outcomes. Have not documented outcomes yet.
- Beyond satisfaction, questions about their balance, strength, lifestyle changes, impact on loneliness, isolation.
- Bone mass.
- Units provided are reported to OFA.
- Immunization rates.
- VNA tracks numbers.
- Consumer focus group responses.

**10. Who should we contact for more information on this program?**

- SEE APPENDIX B

## APPENDIX B—Contact Information (Alphabetically by County)

Cheryl Czworka, Nutrition Services  
Coordinator  
“Growing Stronger” Program  
Allegany County Office for the Aging  
17 Court Street  
Belmont, NY 14813-1099  
Phone: 585-268-9390  
Email: [CzworkCA@alleganyco.com](mailto:CzworkCA@alleganyco.com)

Dee Dee Camp, Program Manager  
“Strike Out Stroke” and “SMILE” Programs  
Broome County Office for the Aging  
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Binghamton, NY 13902-1766  
Phone: 607-778-2411  
Email: [DCamp@co.broome.ny.us](mailto:DCamp@co.broome.ny.us)

Crystal Carter, Director  
“Swim and Gym” Programs  
Clinton County Office for the Aging  
135 Margaret Street  
Suite 105  
Plattsburgh, NY 12901-2966  
Phone: 518-565-4624  
Email: [CarterC@co.clinton.ny.us](mailto:CarterC@co.clinton.ny.us)

Jean Curlee, Program Development  
Consultant  
“Strong Women Stay Young” and “Brain  
Games” Programs  
Dutchess County Office for the Aging  
27 High Street  
Poughkeepsie, NY 12601-1962  
Phone: 845-635-5038  
Email: [curleejean@hvc.rr.com](mailto:curleejean@hvc.rr.com)

Sandee Thames, Community Services  
Administrator  
“Senior Health Check” and Healthy  
Nassau Campaign  
Nassau County Department of Senior  
Citizen Affairs  
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Uniondale, NY 11553-3691  
Phone: 516-227-8937  
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Nancy Smegelsky, Coordinator of Aging  
Services  
“Stay Well” Program  
Niagara County Office for the Aging  
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Phone: 716-428-4033  
Email: [Nancy.Smegelsky@niagaracounty.com](mailto:Nancy.Smegelsky@niagaracounty.com)

Joanne Spoto Decker, Director,  
Community Service Programs  
“Totally Fit for the Next 50!” Program  
Onondaga County Department for Aging  
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Syracuse, NY 13202  
Phone: 315-435-2362 x134  
Email: [JoanneDecker@ongov.net](mailto:JoanneDecker@ongov.net)

Maria Mahar, Nutrition Services  
Coordinator  
“Men Can Cook,” “Cooking with  
Diabetics,” and “Salud” Programs  
Onondaga County Department for Aging  
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421 Montgomery Street  
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Helen P. Sherman, RN, Director  
Nutrition and Fitness Program  
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Email: [Helen.Sherman@co.ontario.ny.us](mailto:Helen.Sherman@co.ontario.ny.us)

Jody Thomas, Aging Services Coordinator  
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Email: [JThomas@OntarioARC.org](mailto:JThomas@OntarioARC.org)

Melissa Jewell, Assistant Director  
Home Safety Inspection Program  
Orleans County Office for the Aging  
14016 Route 31 West  
Albion, NY 14411  
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Ellen Wahl, Director  
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Oswego County RSVP  
62C Mackin Hall  
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Phone: 315-312-2317  
Email: [wahl@oswego.edu](mailto:wahl@oswego.edu)

Roxanne Stanko, Nutrition Coordinator  
Nature Trails Program  
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Montour Falls, NY 14865-9625  
Phone: 607-535-7470  
Email: [RStanko@stny.rr.com](mailto:RStanko@stny.rr.com)

Anna Prencipe, Nutrition Program  
Supervisor  
"Reducing Fall Risks" Program  
Suffolk County Office for the Aging  
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H. Lee Dennison Bldg-3rd Fl  
100 Veterans Memorial Highway  
Hauppauge, NY 11788-0099  
Phone: 631-853-8227  
Email:  
[Anna.Prencipe@suffolkcountyny.gov](mailto:Anna.Prencipe@suffolkcountyny.gov)

Karen Harriell, Nutrition Coordinator  
Nutrition Counseling Program  
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Department of Aging Services  
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Blvd  
Owego, NY 13827-1062  
Phone: 617-687-4120 x324  
Email: [KHarriell@tiogaopp.org](mailto:KHarriell@tiogaopp.org)

Pam Strong, Administrative Assistant  
Immunization Clinics  
Yates County Area Agency on Aging  
417 Liberty Street, Suite 1116  
Penn Yan, NY 14527-1100  
Phone: 315-536-5515  
Email: [StrongP@rochester.twcbc.com](mailto:StrongP@rochester.twcbc.com)