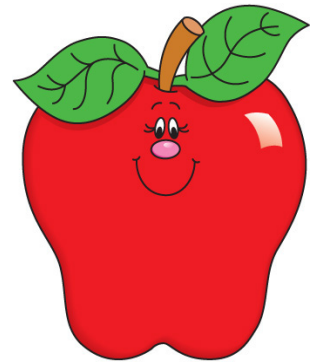


Telephone Wellness Classes in February

Wellness classes provided by the Area Agency on Aging District 7 (AAA7) continue over the telephone due to the coronavirus pandemic. Classes will be offered in February, including Chronic Disease Self-Management, Chronic Pain Self-Management, and Diabetes Self-Management.



The telephone conference classes will be facilitated by AAA7 staff through a toll-free call-in number. Classes will be held weekly during the following times:

Chronic Disease Self-Management on Tuesdays from February 15th through March 22nd from 1:30 pm – 2:30 pm. Pre-registration is required by February 1st.

Chronic Pain Self-Management on Wednesdays from February 16th through March 23rd from 10:30 am – 11:30 am. Pre-registration is required by February 2nd.

Diabetes Self-Management on Mondays from February 28th through April 4th from 10:30 am – 11:30 am. Pre-registration is required by February 14th.

Participants in the programs gain needed support in addition to a number of other benefits surrounding additional knowledge and education about self-management techniques for their condition.

Those who are interested must pre-register for the class by the dates mentioned beforehand. Once registered, participants will receive a kit in the mail and the conference call information prior to the start of the class. Contents in the kit will be used for the weekly calls. Participation in the weekly telephone conference calls is required to receive the kit at no cost. Calling prior to the deadline is important in order to receive the kit in time; however, interested individuals are still encouraged to call if the deadline has passed in the event the deadline has been extended or to learn about opportunities to participate in future classes.

Residents age 60 and older in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton counties are eligible to register at no cost. To register for one of the classes, please call the AAA7 at 1-800-582-7277 and ask for Carla at extension 284, or e-mail info@aaa7.org. In order to receive the materials in the mail in time for the start of the class, interested individuals need to register before the deadline.

A little attention to the safest way to move your body—and the person in your care—will keep you from unnecessary injury. Most muscle strain injuries to both the caregiver and care receiver are preventable if you follow some simple rules. Answer True or False to the questions below.

1. *Body mechanics involves standing and moving in ways that prevent injury, avoid fatigue, and make the best use of strength. T F*
2. *Use your back muscles to do most of the work. T F*
3. *If the person in your care does not move often, they may become lightheaded with a change in position. T F*
4. *Have the person PUSH off rails, chair arms, etc. (No pulling) T F*
5. *A smoking habit increases the risk of back pain. T F*
6. *Keep your spine in a neutral (normal arched, not stiff) position while lifting. T F*
7. *If, during a transfer, you start to “lose” the person, lower them slowly to the floor. T F*
8. *Never use ice on a sore back muscle. T F*
9. *Always check with the doctor before starting an exercise program. T F*
10. *Obesity is one of the biggest risk factors for developing back pain and arthritis because it speeds the destruction of joint-cushioning cartilage. T F*

KEY: 1. T 2. F 3. T 4. T 5. T 6. T 7. T 8. F 9. T 10. T