

THE LEADER

Evidence-Based Health Programs....UPDATES and REVISIONS!!!!



Maine Health has recently revised manuals for both Master Trainers and Coaches. The participant booklet will also reflect a few changes. Even though the updates were minimal, your manuals need to reflect these changes. Over the next few weeks, Annette will mail these new pages and a list of changes to each of the coaches. Please insert the pages into your manual when you receive them. Any questions should be forwarded to Annette at ademeny@centralina.org.

CDSMP Revision ~ Stanford recently made revisions to the Master and Lay Leader manuals. Since it is such a small revision, we are asking that you manually change the wording in your manual in lieu of us printing new pages. The change is wording of "*Portion Size and Serving Size*". Those of you who were recently trained in CDSMP (Fall 2016), these changes were already made in your manual. Others, I will be emailing the list of revisions to you.



DSMP Updated Manual ~ Stanford has rewritten the Diabetes Self-Management Program manual to be in line with the new ADA guidelines along with changes to the nutritional facts label. Since this is a complete update to the program, ALL certified leaders MUST participate in a one-day training. Two training dates have been set (February 22nd and 23rd, 2017). At this training, leaders will receive a new manual and updated information. Please email Annette Demeny at ademeny@centralina.org to let her know what day you would like to attend. We are limited to 20 leaders each day so let her know as soon as possible.

Program Happenings at CAAA

New Program Added to the CDSME Suite!!!!

Centralina AAA recently supported both Annette Demeny and Angel Stoy to be trained as Master Trainers in the Chronic Pain Self-Management Program (CPSMP). They both are very excited to get this program off the ground in 2017 and have scheduled a Lay Leader training in March (see *second page of this newsletter for training dates and Information*). This program has the same format as all of the other Stanford models but additional content was inserted specifically for chronic pain. One other difference this program has in comparison to the Chronic Disease Self-Management Program (CDSMP), the Moving Easy Exercise Program is used, therefore, participants will exercise during the workshop.

We are so excited about this addition and hope that you are too!! Please let Annette or Angel know if you are interested in hosting a CPSMP workshop or want to be trained as a certified lay leader.

HomeMeds, home medication review program addresses medication problems among older adults. Several AAA staff members have been trained in this program and work with a consulting pharmacist to verify the accuracy and appropriateness of the client's current medications. If you are interested in knowing more about this program or would like to partner with the AAA, please contact Angel Stoy at 704-348-2735 or astoy@centralina.org.





Centralina Area Agency on Aging is moving!!!!

On January 27th, Centralina will be moving from Uptown Charlotte to the Mallard Creek area. We are super excited about this for many reasons but one in particular is the easy access and free parking for our visitors/staff.

Please note our new address:

**9815 David Taylor Drive
Charlotte, NC 28262**

Visit the Healthy Aging website to:

- ⇒ Find an EBHP workshop in your community or across the state
- ⇒ Tools & Resources for programs supported by CAA and MANY OTHERS!
- ⇒ Refer seniors in your community to website for classes or volunteer opportunities



www.healthyagingnc.com

Provided by NC Center for Health & Wellness at UNC Asheville

February—October 2017

at the AAA

9815 David Taylor Drive, Charlotte, NC 28262

Contact Annette Demeny at 704-348-2736 or ademeny@centralina.org to register for trainings or events



February Trainings / Events

Diabetes Self-Management (DSMP) Update Training
February 22 and 23, 2017

March Trainings / Events

Nutrition Summit
Levine Senior Center, Matthews
March 10, 2017

Chronic Pain Self-Management (CPSMP) Lay Leader Training
March 14, 15, 16, 17, 2017

Diabetes Self-Management (DSMP) 2-day Cross Training (must be CDSMP or CPSMP certified)
March 23 and 24, 2017

April Trainings / Events

Centralina COG Conference
Charles Mack Citizen Center, Mooresville
April 6, 2017

A Matter of Balance (MOB) Coach Training
April 27 and 28, 2017

September Trainings / Events

Metrolina Falls Prevention Expo
Levine Senior Center, Matthews
September 20, 2017

October Trainings / Events

Metrolina Falls Prevention Expo
St. Mark Catholic Church, Huntersville
October 18, 2017