

# THE LEADER

COMING  
SOON



**Building Better Caregivers** is the newest research-based program developed through the Stanford Patient Education Research Center and NCOA (National Council on Aging). The program was piloted as an online program with a focus on caregivers of veterans with traumatic brain injury, post-traumatic stress disorder, dementia, and other memory impairments. It's now being expanded into a 6-week, 2 1/2 hour workshop in the communities. Two of Centralina AAA staff, Angel Stoy and Elisa Gregorich, were a part of the initial Lay Leader training and instructional video in Cleveland, OH in April 2017. They plan to offer this workshop in our region in the upcoming months and eventually train additional Lay Leaders. As in other Stanford programs, Building Better Caregivers (BBC) helps participants gain a sense of control over their lives through enhanced self-efficacy. This includes guided mastery experiences, acquisition of skills and enhancement of self-confidence through peer modeling, and social persuasion.

## Get Involved...

Make a difference...get involved in your local Falls Prevention Coalition. The Metrolina Falls Prevention Coalition is supported through Centralina AAA and is a diverse organization funded by members to reduce fall risk for older adults through education, advocacy, planning and community action across our 9-county region. MFPC members include representatives from non-profit organizations, health professionals, senior service providers, volunteers, and balance and physical activity instructors. Annually, the coalition hosts two Falls Prevention Awareness Expos which presentations and resource tables, attended by over 200 hundred older adults, caregivers and providers. Over 1,000 placemats with falls prevention information were distributed at local senior center and meal sites as part of the MFPC outreach. A PowerPoint presentation was developed by MFPC for older adults that's used by our speakers bureau in the community. These are a few examples of the MFPC accomplishments and YOU can be a part of it! Contact Annette Demeny at 704-348-2736 or [ademeny@centralina.org](mailto:ademeny@centralina.org) if you are interested in becoming a member, attend a meeting, or get additional information about the coalition!

Monthly meetings are held every third Wednesday from 9am—10am at various locations across the region.





## Become a Program Leader!

Many organizations are choosing to make evidence-based health programs (EBHP) an integral part of their services and ongoing mission. Preventative health and wellness and lifestyle management is not just a current trend—it's the future of overall healthcare.

Over the past 2 years, Centralina AAA has expanded the programs offered to include; **Chronic Disease Self-Management** (Living Healthy), **Diabetes Self-Management** (Living Health with Diabetes), **Tomando Control de su Salud** (Spanish CDSMP), **Manejo Personal de la Diabetes** (Spanish DSMP), **Diabetes Self-Management Training** (DSMT that includes 1:1 with Registered Dietitian), **Chronic Pain Self-Management** (Living Healthy with Chronic Pain), **Building Better Caregivers** (BBC), **A Matter of Balance** (MOB) in both English and Spanish. With this expansion, Centralina AAA is seeking individuals to become trained as Lay Leaders/Coaches.

### Criteria for Leaders ~

- ⇒ Responsible, respected, non-judgmental and trustworthy
- ⇒ Demonstrates good communication and interpersonal skills
- ⇒ Is enthusiastic
- ⇒ Is dependable
- ⇒ Respects confidentiality
- ⇒ Is willing to lead small groups
- ⇒ Committed to helping others
- ⇒ Is able and willing to follow a scripted manual
- ⇒ Able to lead one or more workshops annually

Please share this information with friends, family, church members, work colleagues, and neighbors who may be interested in becoming a certified leader.

***Upcoming trainings are listing on Page 3 of this newsletter.***



## August—November 2017

at the AAA

9815 David Taylor Drive, Suite 100, Charlotte, NC 28262  
Contact Annette Demeny at 704-348-2736 or [ademeny@centralina.org](mailto:ademeny@centralina.org)  
to register for trainings or events



### August Trainings / Events

#### **Chronic Disease Self-Management (CDSMP)**

##### **Lay Leader Training**

August 10, 11, 17, and 18, 2017  
9am—4pm daily

#### **Diabetes Self-Management (DSMP) 2-day Cross Training (must be CDSMP or CPSMP certified)**

August 21 and 22, 2017  
9am—4pm daily

### September Trainings / Events

#### **Tomando Control de su Salud Lay Leader Training**

September 7, 8, 14, and 15, 2017  
9am—4pm daily

#### **Metrolina Falls Prevention Expo**

Levine Senior Center, Matthews  
September 20, 2017

#### **Chronic Pain Self-Management (CPSMP) 2– day Cross Training (must be CDSMP certified)**

September 28 and 29, 2017  
9am—4pm daily

### October Trainings / Events

#### **Evidence-Based Health Programs (EBHP) Leader/Coach Retreat**

Location - COG's new office

**October 6, 2017**

9am—2pm



#### **Metrolina Falls Prevention Expo**

St. Mark Catholic Church, Huntersville  
October 18, 2017

### November Trainings / Events

#### **A Matter of Balance (MOB)**

##### **Coach Training**

November 2 and 3, 2017  
9am—4pm daily



**Fee** ~ No charge if teaching in Centralina's region. Outside our region, 4-day trainings are \$300 and 2-day trainings are \$150. This includes; manuals, snacks, supplies and training (2 Master Trainers).

\*\* All EBHP Leader trainings will be held at 9815 David Taylor Drive, Suite 100, Charlotte, NC 28262