Los Angeles County - Commission for Women

COMMUNITY EVENT REPORT

District 3-Commissioner Veda Ward

On Saturday February 11, 2012 the Woodland Hills United Methodist Church Caring and Sharing Outreach Ministry (social action team) co-hosted *"A Very Happy, Healthy, Heart-felt, Valentine's Day Happening"* from 12-noon to 4 pm as one of several community events co-sponsored by the LA County Commission for Women. The event was divided into four components to attract community members with diverse interests. Valentine's Day provided an over-arching theme for the four components.

The first component, **Love Yourself ,** focused on Fit 2 a T, a nationally designed program promoting bone health and reducing osteoporosis. A *Powerpoint* presentation along with speaker training protocols, posters, flyers and informational literature to be taken home by participants were provided by the Bone Joint Initiative. This was led by Commissioner Ward followed by a question-and-answer period.

The second component, **Love Your Heart** was held in the Fellowship hall, where participants made healthy tacos from whole wheat tortillas and vegetable filling. Side dishes of fresh fruit and vegetables were provided along with juices and water. This also reinforced February as Women's Heart Month.

The third component, **Love Your Community** was a community service award recognizing the outstanding contributions of Leo T. Fong, creator of the Chi Fung exercise program and video for mature adults which is offered seven times each week at 5 different locations throughout the San Fernando Valley. This routine, which combines light weights, breathing and modified T'ai Chi movements, and can be done standing or seated, attracts male and female participants with a wide range of physical ability, spanning almost 3 decades in age. Fong brought several family members and participants from classes to see him receive his award.

The final component, **Love Others**, was a self-directed activity to make a Valentine's Day card or craft for a family member or friend.

The activity was attended by visiting scholar from Korea, Dr. Nankyoung Cho and a student volunteer both associated with Commissioner Ward's *Women, Leisure and Ethnicity* course offered by CSU Northridge in the Recreation and Tourism Management department. Approximately 20 people attended one or more components throughout the gloomy afternoon. The community newspaper, *Valley Vantage,* the church website and flyers were used to promote the event. Several community members had also participated in the June 25, 2011 *Community Health Chat* which was co-sponsored at the same location with the

Santa Barbara District United Methodist Women. This event featured a guest speaker from Africa who spoke about women's health issues in her country, yoga instruction and conversation about local women's health concerns.

Photos were taken at the event, one forwarded to Commission staff and several emails were sent following the event, and are attached to the report, for example:

"I participated in the Fit to a T program this February. I foujnd it to be very informative and well presented. I think it would be of value to many groups.

Sylvia Kay"

The next event will be held in late April, focusing on the topic "Healthy Planet, Healthy Families"; and will build on the Earth Week theme.

(Hard copy attachments)

WOODLAND HILLS UNITED METHODIST CHURCH

5650 Shoup Avenue 91367

"A Very Happy, Healthy, Heart-Felt VALENTINE'S DAY Happening"

A Community Service and Education Outreach Event

Saturday February 11, 2012

12 noon-4 pm

12 noon- 1 pm ***Love Your Self!*** Fitness Activities Fit2T (Fit to a T) Osteoporosis and bone health education seminar; Women's Heart Month information; Exercise videos, T-shirts door prize drawing for participants

1 pm -2 pm ***Love Your Heart!*** (Create your own healthy tacos and nutritious snacks) Beverages and fixings are provided!

2 pm-3 pm ***Love Your Community!*** *Service* Recognition Awards for those who "heart" Woodland Hills in mission and service

3-4 pm ***Love Others*** *(Options for the Entire Family)*

- Human Trafficking and Slavery Event (for adults) Presentation and Open Dialogue re: ballot initiative
- Valentine's Day card making and crafts for Children
- Used Book Sale (50 cents to $1.50 each)

Donation: $3.00 individual, $5.00 per family – Free Parking

Sponsored by the Caring and Sharing Outreach Social Action Team at WHUMC and LA County Commission for Women, District 3

For more information and *RSVP* contact Veda Ward veward5201@gmail.com

2012 COMMUNITY SERVICE AWARD

LEO T. FONG

Chi Fung Senior Exercise Program

Woodland Hills United Methodist Church

Caring and Sharing Outreach Ministry

www.fit2t.org

GUIDELINES FOR ORGANIZING A "Fit to a T" SESSION

The United States Bone and Joint Initiative (USBJI) is delighted to partner with you to offer the *Fit to a T* program. Thank you so much for your participation. Highlighted below is a suggested timeline of activities as well as general information and talking points as you organize the session.

Please contact the USBJI Office (847-430-5054/5052, usbji@usbji.org) with comments or questions as you move forward. Many thanks and here's to a wonderful and "healthy" event!

A. Registration Form

Complete and return the Registration Form to the USBJI (>4 weeks prior to session). The key elements to setting up a program are confirming the date, time, location and presenter. If you do not have a presenter the USBJI will find and confirm one with you. If you do not have a location, the USBJI may suggest approaching the local public library, or have other suggestions.

B. Event Promotion, Press Material & Distribution

1. Let us know how you intend to promote the event (flyers, bookmarks, posters, notices, emails, mailings, etc.). Many organizers/venues have a system and in-house or available resources.

2. The Initiative can provide you with a promotional notice (flyer/poster) with the main elements of the program and speaker names you can use to promote the *Fit to a T* session. We have templates developed for flyers/posters and bookmarks and just need to know what you need, and when. We will make up the flyers/posters for you, but you print them out on your office printer or locally, the bookmarks we will make up and print for you. (For libraries using the program: *Fit to a T @ your library)*. We can provide a media alert for you to complete and distribute to local media.

3. Depending on the nature of the venue, you might wish to consider the following:
   a) Distribution of a flyer to members of your community group, public library, church, company employees, at other community venues 2-4 weeks ahead of the event
   b) Distribution of bookmarks (ex. at libraries, inserted in all books taken out of library one week prior to session). The USBJI can provide bookmarks.
   c) Poster display at host venue and other community venues
   d) Letters of invitation to employees, members, patrons
   e) Having employees wear *Fit to a T* T-shirts prior to event

4. If you are doing proactive outreach to media, we have found it best to send the media alert three weeks in advance and follow up accordingly with health, lifestyle, sports media at local print outlets and news directors, assignment editors, health and sports producers and assignment editors at local TV and radio. Also we have found it worthwhile to contact your local Associated Press bureaus to encourage their coverage. We can provide a press release template for dissemination on-site the day of the event and to media who were not able to attend.

5. The host organization and any other partnering organization for the event should consider sending out special invitations to the session and to promote the session to key local health officials, offices, civic leaders or organizations.

B. Pre and On-Site Logistics/Hand-Outs

1. Having set the date and time for the session and confirmed the presenter, USBJI will coordinate arrangements with you. Most venues allow 45-60 minutes for a session. The introduction and presentation is designed to be given in 45 minutes, but at many sessions there have been plenty of questions.

2. Confirm all A/V equipment (laptop, LCD projector, screen, podium, microphones, signage.)

3. Confirm with USBJI that all relevant collateral material to be handed out at the session has arrived and is in your possession. These materials should be placed on a table for participants to pick up as they come in. It is fine for them to complete the risk Assessment Questionnaire before the session. The T-shirts are best used as a door prize.

- Fit to a T handouts, from USBJI:
    - Fit to a T handouts (3)(risk assessment sheet, bibliography, resource list, t-shirts)
    - Vitamin D handout
    - Fit to a T Booklet (Blue, with Fit to a Logo on front cover)
- Surgeon General's materials from National Resource Center:
    - "What it Means to You" booklet
    - 4 posters to put up on wall
- Evaluation Form: Copy enough for all participants

You can also consider distributing:
- Materials from Regional Medical Libraries, or other suitable materials
- If you are a library, a collection of your bone health and osteoporosis resources

4. Review additional on-site needs including skirted tables for collateral material, a podium sign.

5. Please arrange for photos to be taken during the session, for you and for the USBJI.

6. Consider inviting your local Arthritis Foundation Chapter or other community groups or clubs to participate in promoting the session and having a display of their materials at the event.

Timing: Confirm quantities and review on-site logistics 4 weeks prior to event or earlier.

C. Speaker Selection

1. The presenter of a Fit to a T session must be a healthcare professional (HCP) able to present and answer questions on bone health and osteoporosis. An Organizer can also be the presenter, as long as they are a healthcare professional. If you do not have a presenter, the USBJI will identify and confirm one for you.

2. Confirm the representative/s from the host organization.

3. The HCP presenter may wish to identify a local osteoporosis patient to "put a face" on this condition and encourage their participation. The presenter and organizer may wish to research and contact local sports, political or entertainment celebrities who have a known commitment to exercise and bone health to participate.

4. The HCP presenter will represent the Bone and Joint Initiative, unless someone else from the Initiative is especially invited to attend and make a few introductory comments.

D. Program scenario

1. Host representative introduces session. Timing ~ 5 minutes

2. Healthcare professional takes over and presents program with brief introduction about the Initiative. He/She may include a patient or caregiver in the program. Timing ~ 35 minutes

3. Questions and answers. Timing ~15 minutes

4. Thanks and adjournment. Collect evaluation forms.

To respect published session timing, presentations should be given within 45 minutes, allowing another 15 minutes for questions. Most presenters manage to take some questions during the presentation which provides for a more lively interactive session, but care should be taken not to allow questions to run on. Allowing questions to run on can mean participants have to leave before it is over, or the main presentation has to be cut short, or the following speakers are unable to fully make their presentations. This is unfair to the presenter, the audience, and to the following speakers.

It is advisable to officially close the session after one hour, and if time allows invite those that wish to, to stay on and continue discussions with presenters.

E. Speaker Comments

Here are brief suggestions for comments from each of your speakers as you develop content and formal programming. These are suggestions for your consideration. Should you have other speakers or prefer a varied order, please implement the event as you see "fit"....you will know your local market best! See also "Guidelines for Presenter" document (at end of this document).

a. Host Organization/Library representative (2 minutes):

- Welcomes everyone for attending and reinforces how excited the host organization/venue is to participate in the *Fit to a T* bone health and osteoporosis program.

- Introduce Initiative representative (if on-site). Otherwise introduce the healthcare professional presenting the program who will also represent the Initiative.

b. Initiative representative/Healthcare Professional (2 minutes):

- Reiterates his/her excitement at attending this timely and important event. Stresses the fact that 50% of women over 50 and 20% of men will have osteoporosis and that this is a disease that can affect the young and old. Communicates the importance of good diet, exercise and bone health to remain fit and healthy through all stages of life.

- Explains very briefly goals of Initiative; that musculoskeletal conditions are still the No. 1 reason for visiting the doctor; and explains *Fit to a T* is the Initiative's response to the Surgeon General's report and call to action.

- Thanks the host organization, and other participants. Introduce the healthcare professional who takes over session.

c. Healthcare professional followed by osteoporosis patient (35-40 minutes):

- Greets the audience and proceeds with program (using PowerPoint). He/She will involve the osteoporosis patient/s (if they have chosen to include a patient/caregiver) who will tell their story and what they have learned from their own experience. He/she comments on how important this *Fit to a T* event is to educate others on this condition.

d. Presenter or Local Host Organization Representative

- Leads Q&A. Representative requests evaluations be completed and placed in a designated location before attendees leave, then ends event and thanks everyone for coming.

If a local celebrity or personality has agreed to participate and tell their story or to provide a message underlining the importance of *Fit to a T*, this may fit best at the beginning after host introduces session, or during time when HCP presenter has taken over.

F. Photographs, evaluations, and short write-up

If photographs are taken during the event, the USBJI would very much appreciate a copy as well as a short write up on the session to include on www.Fit2T.org, and in the Initiative's Newsletter.

Please return participant evaluation forms to USBJI, along with completed for from yourself as the organizer.

G. Guidelines for Presenters

Below are the guidelines the USBJI will send to Presenters. These are provided for your information.

Guidelines for Presenters

Fit to a T is a program of the United States Bone and Joint Initiative.

The Bone and Joint Decade is a global campaign. President Bush officially proclaimed the Decade in the U.S., to raise awareness about the significant financial burden and human cost of musculoskeletal diseases including arthritis, back pain, many childhood conditions, osteoporosis and trauma, including trauma resulting from sports injuries and from motor vehicle collisions. In October 2004 the U.S. Surgeon General released a report on Bone Health and Osteoporosis.
Fit to a T is the Initiative's response to the Surgeon General's call to action. The nation's bone health is placing an increasing burden on the quality of life of Americans. In the next few years as baby boomers age, that burden is expected to escalate.

Sessions are designed to be delivered in 45 minutes, and the suggested program is as follows.

1) Introduction by host organization representative (5 minutes)
2) Healthcare professional (HCP) delivers PowerPoint presentation, beginning and ending with acknowledging supporters. The HCP may wish to arrange for a patient or caregiver to provide a testimonial, or the host/organizer may wish to propose someone. The HCP might invite short interventions from among participants. (35 minutes)
3) Questions and answers (15 minutes)

The PowerPoint presentation, which includes slides and speaker notes, covers:

1) Why is bone health important?
2) What is osteoporosis?
3) Who is at risk for developing osteoporosis?
4) What are the symptoms and warning signs; how is it diagnosed and treated?
5) How do you avoid developing osteoporosis?
6) Where can you learn more?

Around 60 slides are provided. To deliver the presentation in 35 minutes, you will need to decide which slides to omit or gloss over as you review the presentation. The prepared ***Fit to a T*** PowerPoint presentation can be modified to suit the presenter.

Collateral materials for hand-outs to each session participant:

1) Fit to a T booklet (blue) (matches main points in presentation)
2) Self Risk Assessment Questionnaire
3) National Resource List
4) Bibliography from library
5) Surgeon General's "What it means to you"

The host venue will promote the session with flyers, posters, bookmarks, notices in newsletters, community media calendars, media releases, etc. The presenter or their institution is welcome to add to the promotion by distributing flyers or invitations.

Logistics: The host venue will provide a laptop, LCD and screen for the ***Fit to a T*** PowerPoint. The USBJI will coordinate this with the host/organizer.

If you have any questions please contact the USBJI at (847-430-5054/5052), or usbji@usbji.org. Thank you for your participation in this program.

Bone and Joint Initiative USA

Presentation suggestions

The following suggestions may seem obvious to accomplished presenters, but worth reviewing in planning the *Fit to a T* session.

- The presentation includes speaker notes. These are guidelines, but not meant to be read out verbatim. We suggest you cover the points, but in your own words. *Fit to a T* is an information session for the general public. The language you use must be suitable for a lay audience. Consider this an enjoyable evening, lunch-time or weekend talk. You might want to consider it more as telling a story, and bring it to life as much as possible, while highlighting important facts as you go along.

- The points on each slide are presented as the highlights of the presentation you are making. It is generally not a good idea to read them out, line by line. This can make for a rather dull presentation. The audience can read the points on the screen. They want to hear your personal explanation on those points.

- The general public may glaze over if you start to bring too much science into your presentation. You are not speaking to healthcare professionals.

- There are more slides in the prepared presentation than you may wish to use, and you may want to cut some out, or skip them, to maintain the flow you want, as well as to keep the presentation within the promised time – 35 minutes for the main presentation.

  For example if an introduction on the Initiative is given at the beginning by the host or other person, and the genesis of Surgeon-General's report and thus the *Fit to a T* program explained in that introduction, before the healthcare professional presenter begins, the first few slides become irrelevant.

  Likewise, your style and the order of points you cover, may make it logical to skip some slides to avoid repetition.

- While you don't want questions from participants to slow up the time you have allocated for your presentation, if you can provide a short answer and move on, they can provide a pleasant way to engage the audience.

- Adjust your style of presentation to the size of the audience. For a large group you will tend towards a more formal style. For a small group a more informal style may work best and be most engaging.

- To engage the audience consider:

  - Bringing along a spine model for participants to see and feel
  - Bringing along examples of a calcium fortified diet (i.e. milk, cheese, yogurt, broccoli)
  - Inviting participants to stand and practice some weight-bearing exercises
  - Inviting questions about what dietary items are not calcium fortified, or what are not weight-bearing exercises
  - Discuss the risk assessment questionnaire with them, and at what point they should visit their primary care physician or a bone health and osteoporosis specialist to discuss their situation.

Dear Veda,

Thank you so much for facilitating "Fit 2 aT" this past February. Your presentation made all of us much more aware of bone density and what we can do to make our bodies stronger and last longer. And what better example than Leo Fong! The luncheon following not only provided fellowship but examples of healthy, delicious food.

Veda, you continue to lead us in so many innovative and informative ways which are practical, fun and responsible.

Thank you so much for your service to our church and our community.

Sincerely,

Joane Franks, Chairperson

Staff/Parish Relations Committee

Woodland Hills United Methodist Church

Are you Fit to a T?

Do you know your...

Blood pressure?

Cholesterol level?

Weight?

T-score?

That's right, T-score. If you had to think twice about what a T-score is, and no, it's not a golf term; chances are you're not alone.

It's all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 – knowing that your bones won't let you down – here's what you need to know.

FREE – OPEN TO THE PUBLIC

Fit to a T

WHAT: ***Fit to a T*** bone health and osteoporosis education program, for men and women of all ages

SPEAKER: **Veda E. Ward, PhD**

WHEN: Saturday, February 11, 2012
At 1:00 pm

WHERE: Woodland Hills United Methodist Church
5650 Shoup Ave
Woodland Hill, CA

Bone and Joint Initiative USA

Los Angeles County Commission for Women

NN/LM National Network of Libraries of Medicine

www.fit2t.org

Osteoporosis Risk Assessment Questionnaire

- ❒ I have a close relative with osteoporosis
- ❒ I have a close relative who broke a bone after the age of 45
- ❒ I have lost more than one inch from my tallest height
- ❒ I weigh less than 125 pounds
- ❒ I smoke
- ❒ I drink more than 2 servings of alcohol several times a week
- ❒ On average, I do fewer than 3 weight-bearing activities, such as walking, running, dancing, or tennis, each week (at least 20 minutes each time)
- ❒ I avoid the sun or use sunscreen every time I go outside
- ❒ I don't eat at least 2 servings a day of dairy or green leafy vegetables or calcium-fortified foods (such as 1 cup of milk, yogurt, or calcium-fortified orange juice or soy milk, 1 ½ ounces of cheese)
- ❒ I don't take a calcium or vitamin D supplement
- ❒ I have a serious medical condition, such as chronic lung disease, kidney disease, rheumatoid arthritis, Cushing's disease, liver disease, inflammatory bowel disease, thyroid disease, cancer
- ❒ I take or have taken medications such as oral glucocorticoids (steroids, such as prednisone), cancer treatments (such as chemotherapy or hormone treatments for breast cancer or prostate cancer), thyroid medicine, anti-seizure medicine, immunosuppressive medicine (for such conditions as rheumatoid arthritis or inflammatory bowel disease)
- ❒ Since I was 45 years old, I have broken a bone while falling from a standing or sitting height
- ❒ I am of Caucasian __, Asian __, Hispanic __, African American __, other __ origin.
- ❒ I am older than 65

For Women:

- ❒ I went through menopause (either naturally or due to surgery or other treatments) before the age of 45

National Resource List
on Good Bone Health to Prevent Osteoporosis

General Information

**MedlinePlus*
http://medlineplus.gov/bonesjointsandmuscles
MedlinePlus includes links to carefully researched websites, interactive slideshows, drug information, a medical encyclopedia, and the latest news on osteoporosis, from the National Library of Medicine (NIH) (in English and Spanish).

**healthfinder*
http://healthfinder.gov
healthfinder® links to carefully selected information and Web sites from over 1,500 health-related organizations (in English and Spanish)

**NOAH (New York Online Access to Health)*
http://www.noah-health.org/
NOAH provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased (in English and Spanish).

U.S. Government Resources

**National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH)*
http://www.niams.nih.gov/
NIAMS is the primary NIH organization for research on osteoporosis and other musculoskeletal health issues. The section called "Health Information" provides consumer and patient information.

**Osteoporosis and Related Bone Diseases—National Resource Center (NIH)*
http://www.osteo.org
The National Resource Center is dedicated to increasing awareness, knowledge and understanding about the prevention, early detection and treatment of osteoporosis and related bone diseases.

**Bone Health and Osteoporosis: A Report of the Surgeon General*
www.surgeongeneral.gov/library/bonehealth/
The Surgeon General issues the first-ever report on the nation's bone health.

**Centers for Disease Control and Prevention: Bone Health*
http://www.cdc.gov/nccdphp/dnpa/bonehealth
Information for both adults and children about bone health and osteoporosis from the Centers for Disease Control and Prevention.

National Institute on Aging
http://www.nia.nih.gov/
The National Institute on Aging leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

ClinicalTrials.gov
http://clinicaltrials.gov
ClinicalTrials.gov provides regularly updated information about federally and privately supported clinical research in human volunteers. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details.

Organizations

**United States Bone and Joint Decade*
http://www.usbjd.org/
The Bone and Joint Decade is a global, multi-disciplinary initiative targeting the care of people with musculoskeletal conditions--bone and joint disorders. Its focus is on improving your quality of life as well as advancing the understanding and treatment of those conditions through research, prevention and education.

**National Osteoporosis Foundation*
http://www.nof.org
The goals of this organization are to prevent osteoporosis, to promote lifelong bone health, to help improve the lives of those affected by osteoporosis and related fractures, and to find a cure.

Selected Bibliography from Public Libraries on Good Bone Health to Prevent Osteoporosis

BONING UP ON OSTEOPOROSIS:
A Guide to Prevention and Treatment
National Osteoporosis Foundation, 2008
(616.716)

EXERCISES FOR OSTEOPOROSIS:
More Than 100 Exercises To Build Bone Density And Muscle Strength
Dianne Daniels, 2004 (616.716)

BEAUTIFUL BONES WITHOUT HORMONES:
The Revolutionary New Diet And Exercise Program to Reduce The Risk of Osteoporosis And Keep Your Bones Healthy And Strong
Leon Root, 2004 (616.716)

YOGA FOR HEALTHY BONES:
A WOMAN'S GUIDE
Linda Sparrowe, 2004 (613.7046)

OSTEOPILATES:
Increase Bone Density Reduce Fracture Risk Look And Feel Great!
Karena Thek, Lineback, 2003

OUTWITTING OSTEOPOROSIS:
The Smart Woman's Guide to Bone Health
Ronda Gates, 2003 (616.716)

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT OSTEOPOROSIS:
Help Prevent And Even Reverse The Disease That Burdens Millions Of Women
Felicia Cosman, 2003 (616.716)

GREAT HEALTHY FOOD FOR STRONG BONES
Fiona Hunter, 2003 (641.5632)

MAY0 CLINIC ON OSTEOPOROSIS, 2003
616.716 MAYO

I'M NOT SLOWING DOWN:
Winning My Battle With Osteoporosis
Ann Richards, 2003 (616.716)

EXERCISE FOR STRONG BONES
E. Joan Bassey, 2002
ESPANOL 616.716

OSTEOPOROSE-GYMNASTIK
Mia Schmidt, 2002
ESPANOL 616.716

VENCER LA OSTEOPOROSIS: El Colágeno, Clave de La Descalcificación Y La Artrosis
Ana María Lajusticia Bergasa, 2000
ESPANOL 616.716

PERFECT BONES:
A Six-Point Plan For Healthy Bones
Pamela Levin, 2002 (616-7105)

PREVENTING AND MANAGING OSTEOPOROSIS, 2002
616.716 PREVENTING

THE SILENT THIEF: OSTEOPOROSIS,
Exercises And Strategies For Prevention And Treatment
Karine Bohme, 2001 (616.716)

BETTER BONES, BETTER BODY: Beyond Estrogen And Calcium: A Comprehensive Self-Help Program For Preventing, Halting, And Overcoming Osteoporosis
Susan Brown, Ph.D., 2000 (616.716)

YOGA BUILDS BONES: Easy, Gentle Stretches That Prevent Osteoporosis
Jan Maddern, 2000 (613.7046)

Disclaimer: These books may not have been approved by healthcare professionals and the information they offer should not be used without consulting your own physician.