



THE HENOD UPDATE

A Message from the President

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Spring greetings to HENOD members and friends.

We were privileged to have a wonderful annual conference on March 25th. Mel Anderson's committee did a terrific job planning and delivering. Betsy LaForge and Dr. Sam Weir provided a very effective workshop-style program on motivational interviewing. Those who attended were led through a participatory program that certainly enhanced their professional skills. The planning committee has met to analyze this year's efforts and will offer suggestions to the 2005 conference planning committee.

The '05 conference committee has, with the agreement of the HENOD leadership, decided to make the conference much more collaborative than those of past years. Conversations are in progress with agencies and organizations so that they can be brought in to increase the size of the conference and diversify its offerings. Tentatively, the plan is to alternate HENOD-only conferences with collaborative conferences. Of course, feedback from the membership will be sought on this plan.

The leadership met early in the year to address the focus of the network in 2004. Two

issues emerged. First, it was agreed that our Special Interest Groups (SIGs) have not completely fulfilled the promise that they hold. An *ad hoc* committee of volunteers was appointed to suggest a proposal designed to consider the future existence and/or form of the SIGs. This committee will report at our next membership meeting and provide a proposal for membership consideration.

Second, HENOD has been an effective way for health educators to share ideas and experiences. It has truly been a networking instrument, thanks to the efforts of my predecessors, Drs. Simmons and Peterson. However, I believe that it is time that the membership should take a more active role in advocating for our clients, students, and profession. To this end, an *ad hoc* committee has met and developed a proposed advocacy policy. This policy, if approved by the membership, would allow members to speak and write for HENOD, so that we can support and defend our profession. This policy would obviously not inhibit individual members from verbalizing their own

opinions, but would provide guidelines for invoking the network. It would also allow HENOD to become more visible by supporting issues that are important to our constituents.

For example, Senator Bunting has introduced a bill that would require daily physical activity in public

schools. Other issues include prescription drug coverage, environmental health, and uninsured children. A proposal will be presented at the next meeting.

The next HENOD membership meeting will be May 5 at 9:00 a.m. at the American Cancer Society offices in New Castle. One of the presentations will focus on the official health plan for our largest city, titled *Healthy Wilmington 2010*. Please try to bring one new or prospective member. It is anticipated that our new directory will be distributed at that time.

Tom Butler
President, 2004

An advocacy policy would allow members to speak and write for HENOD, so that we can support and defend our profession.

Do you have any news to share with fellow HENOD members?

If you know of an event, a new finding or program, a job opportunity, or any other piece of news that you would like to share in the HENOD newsletter, please send a brief description to Linda Tholstrup, newsletter editor, at:

ltholstrup@hotmail.com

For the summer issue, submissions are due by June 15th, 2004.

AgrAbility - Help for Disabled Farmers

Each year, a portion of our agriculture-related population is forced to give up their livelihood or restrict their farming activities by a disability. Disability can be described as any condition that prevents a person from doing the work or activities that they have been accustomed to doing. Disabilities can be caused by a wide range of injuries and health conditions, including amputations, arthritis, back pain, hearing loss, respiratory problems, stroke, and spinal cord injury.

An estimated 288,000 agricultural workers nationwide have a permanent disability that affects their performance of one or more essential farm tasks. A recent poll of Delaware and Maryland farmers on the Eastern Shore indicated that approximately 16% of farmers suffer from some kind of disability, the major cause being arthritis.

There is now help for people in the farming, fishing, and logging industries that have disabling conditions, but who wish to continue working in their chosen field. The Delaware - Maryland AgrAbility Project (DMAP) assists people in agriculture by:

- identifying farmers with disabilities or health conditions and referring them to local service providers
- assessing agricultural work sites and tasks
- recommending farm equipment adaptations and home modifications, and
- providing peer support from other farmers with disabilities.

DMAP's goal is to help agricultural workers adapt to their disability so they can focus on their abilities. In AgrAbility, the

emphasis is always on "ability."

DMAP is a cooperative effort of the University of Delaware Cooperative Extension and Easter Seals of Delaware and Maryland's Eastern Shore through a grant from the USDA.

To learn more about DMAP, contact Sally Van Schaik at the Delaware-Maryland AgrAbility Project at 1-877-204-3276 or go to www.De-MdAgrability.org.



Special Olympics - Healthy Athletes

Special Olympics Delaware provides a year-round program of quality sports training and athletic competition for children and adults with intellectual disabilities. A family of over 4,000 volunteers makes this program possible for the 2,200 athletes who compete in Special Olympics Delaware. The Special Olympics builds sports skills, confidence, strength, motivation and self-esteem ... not just for the athletes, but for everyone involved.

Healthy Athletes is a program of health screenings and education for Special Olympics athletes. The program's

goal is to improve each athlete's ability to train and compete in Special Olympics through better health and fitness. In Delaware, Healthy Athletes began at the 2001 Summer Games with two components – Opening Eyes (Vision) and Special Smiles (Dental). The program has expanded to include two more components of the global program – Healthy Hearing and Fit Feet – as well as five other wellness screenings. Local volunteers with professional expertise in each discipline administer all nine components.

For more information about the Healthy Athletes program, contact Special Olympics Delaware at 302-831-4653 or sode@sode.org or visit www.sode.org.



Special Olympics 2004 Summer Games

U of D Nelson Athletics Complex

Friday, June 11th,
12 p.m.-6 p.m.

Saturday, June 12th,
9 a.m.- 3 p.m.

Upcoming Professional Meetings ...

2nd National Steps to a Healthier U.S. Summit

**April 29-30, 2004
Baltimore, MD**

Come hear our own Marian Hay and Jeanne Chiquoine speak about the success of the Lt. Governor's Challenge.

For registration, information, and session topics, go to:

<http://www.healthierus.gov/steps/summit.html>

HENOD Quarterly Meeting

**May 5, 2004
9-11 a.m.**

**American Cancer Society
New Castle, DE**

Speakers:

Judy Dolinger of ACS will discuss Healthy Wilmington 2010
Rob Simmons will present on the Healthy Delaware Foundation.
Come pick up a new HENOD directory!

And don't forget...
Try to bring one new or prospective member!

The Future of Health Promotion & Health Education: Transforming Vision Into Reality

**May 5-7, 2004
Orlando, FL**

This conference will offer training, networking opportunities, and a wealth of information for all public health professionals.

For more information or to register, go to:

<http://www.dhpe.org/nationalconference/geninfo.htm>

... And Health-Promoting Events!

Skin Cancer Screening and Awareness Program

This free program offered by Christiana Care provides participants with a free skin exam and information about skin cancer prevention. At-

tendees will learn how to protect their skin from the sun, what factors increase the risk of skin cancer, how to perform self-exams, and when to

see a physician or dermatologist.

For more information or to register, call (302) 428-4100.

Skin Cancer Screening and Awareness Program

Tuesday, May 11

5:15-7:45 p.m.

Wilmington Hospital Health Center

Monday, May 17

5:15-7:45 p.m.

Helen F. Graham Cancer Center (Christiana Hospital)

Stroll for Stroke with Your Pet

The Delaware Stroke Initiative (DSI), Delaware's only non-profit association totally dedicated to stroke, is sponsoring the first ever "Stroll for Stroke with Your Pet" on June 5th. The goal of this benefit event is to raise awareness of the warning signs of stroke and to promote stroke prevention. Come stroll along the beautiful Riverfront in Wilmington to help raise awareness of the number three cause of death in Dela-

ware.

Activities begin at 11:00 a.m., with the stroll scheduled to start at 1:00 p.m. at Dravo Plaza along the Riverfront in Wilmington. Lt. Governor Carney and other special guests will lead the stroll, and prizes will be awarded at the end.

Volunteers are needed to help with Stroke Risk Screenings, and also to assist stroke survivors who would like to stroll but use a wheelchair,

walker or assistive device.

Health professionals are encouraged to bring a patient or client and offer to stroll with them and their family to help spotlight the importance of exercise and walking following a stroke, or for stroke prevention.

For more information, to volunteer, or to arrange an exhibit for your organization, contact the DSI office at 302.633.9313 or visit the DSI website at: www.destroke.org.



Health, Fun, & Fitness Fair

The WDEL/WSTW Health, Fun, & Fitness Fair is the perfect family activity. Kick off the day by participating in the WSTW/WDEL 5K for the United Way or the Kiddie K race for children. After the race, head over to the Bank One Center on the Riverfront for special per-

formances, health screenings, interactive displays, and games.

You won't want to miss special guest appearances by Mari Winsor, creator of Winsor Pilates, and Bart Conner, America's most decorated male gymnast!

For more information, visit <http://www.wstw.com/health.php>. To find out how your organization can participate, contact Chris Walus by email at Cwalus@DBC1.com, or by phone at (302)478-2700, ext 123.

Health, Fun, & Fitness Fair

Saturday, April 24, 2004

10 a.m.-3 p.m.

Bank One Center
on the Riverfront,
Wilmington

Health Education Network of Delaware

Enhancing the health of Delawareans through health education and promotion.



We want to hear from you!

If you have something you'd like to share with your colleagues, **The HENOD Update** is the place to do it! Submit news, events, or articles by June 15th to see them appear in the summer issue.

Send submissions to: ltholstrup@hotmail.com

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