



The Ashe County
Health Council

“A Healthy Carolinians
Task Force”

Ashe Memorial Hospital
200 Hospital Avenue,
Jefferson, NC 28640

CHATs UPDATE

COMMUNITY HEALTH ACTION TEAMS

JANUARY
2009

CHATs MISSION: To Join the Hands of the community to address wellness and to involve people in the planning and education necessary to meet their needs.

Inside this issue:

ACHC Steering Committee Meeting	2
Medication Assistance Program Information	2
Cholesterol Screening	2
American Red Cross Certification Programs	2
Free Car Seat Check	3
Act Against Cancer Coalition Meeting	3
Diabetes Self – management Program	3
Ashe Free Medical Clinic	3
Senior Calendar	4
www.healthyashe.com	

Reminder as of January 1, 2009, Ashe Memorial Hospital will become a Tobacco Free Campus
 These new polices will prohibit the use of tobacco product anywhere on the hospital property for employees, physicians, patients, visitors and any person on the properties. Over 90% of hospitals in North Carolina have a Tobacco Free Campus!



PLAN NOW TO ATTEND THE 2009 STATE OF HEALTH & QUALITY OF LIFE COMMUNITY FORUM– February 19, 2009

The forum will be held at Ashe Services for Ageing from 9am to 1pm. The focus of the forum will be on the 3 areas identified in the Community Assessments. They are Housing, Obesity and Mental Health.

The agenda will include, the results of the Air Quality monitoring of our public places, and resources, programs and projects that are in place or planned to address these 3 focus issues. Call 846-781 to RSVP

JANUARY IS RADON ACTION MONTH

Seatbelts. Sunscreen. Low-sodium diets. There are many actions that we can take to stay safe and healthy. Some of them, like cutting back on chocolate cake and carefree days under the sun, require a little bit of sacrifice. Others, like quitting smoking, can require a huge amount of effort. But there’s one big action we can take to help protect our health that requires very little effort or sacrifice: radon testing.

Radon exposure kills an estimated 20,000 people in the U.S. each year—a number that could be dramatically reduced by easy, inexpensive home testing and repair. Radon is a naturally occurring, radioactive gas that can accumulate in your home and can cause cancer in you and your children. Radon usually comes from the surrounding soil and can enter through cracks and openings on the lower levels of your home.

Many people don’t know about radon because you can’t see, smell, or taste it. But exposure to radon is the second leading cause of lung cancer in the United States and the number one cause of lung cancer among non-smokers. Although lung cancer can be treated, the survival rate is one of the lowest for those with cancer.

Radon levels vary around the country, but no home is free from risk. The only way to know if you are at risk for radon exposure is to test your home. Conducting a radon test is as easy as opening a package, placing the detector in a designated area, and after a set number of days, sending the detector back to the lab for analysis. Many kits are available at your local hardware store for under \$25. If your home does have an elevated level of radon, a qualified radon mitigation contractor can make repairs to solve the problem and protect your family.

The U.S. Surgeon General recognizes radon as a health risk and recommends that all homes across the country be tested for radon. Testing your home, and making repairs if necessary, is a small price to pay for the health of your loved ones. The world is full of unknowns and potential hazards like radon, but thankfully, we can eliminate it before it can hurt us. Life is short enough—don’t let something as easy to fix as radon make it even shorter.

CALL 1-800-SOS-RADON [1 (800) 767-7236] for more information.



JANUARY 2009—SPECIAL EVENTS

- 2 7am **Appointments for Cholesterol Screenings**— Call today to sign up for the Cholesterol Screening on January 8th. Cost is \$15 see below for details. 846-0744
- 8 8:00 am **Interagency Meeting**—Sweet Aroma’s—Open meeting, come share and hear about happenings in Ashe County. Free, but breakfast on your own.
- 7 7:00pm **American Red Cross Adult CPR**— Certification Class. \$45 for all three classes or \$25 for the first class and \$10.00 for additional classes. Call to register: 846-0781
- 8 6:00pm **Childbirth/Newborn Care Classes**— Ashe Memorial Hospital Conference room— Great classes for expectant parents. Classes cover healthy pregnancy, childbirth and newborn care. Cost is \$82.50 for the 6 week session. Cost is covered by Medicaid, some insurance companies and AMH’s Financial aid program.
- 14 7:00pm **American Red Cross Infant/Child CPR**— Certification Class- \$45 for all three classes or \$25 for the first class and \$10.00 for additional classes. Call to register: 846-0781
- 15 11:00am **Annual ACT Against Cancer Meeting**— Open to anyone who wishes to help plan Cancer programming for the year. Ashe Family Central— RSVP for Lunch 846-0781
- 21 7:00pm **American Red Cross First Aid Course**— Certification Class- \$45 for all three classes or \$25 for the first class and \$10.00 for additional classes. Call to register: 846-0781
- 16 3:00 pm **Free Car Seat Check**—Ashe Family Central in the community room—this is a free volunteer service, for more information call 336-846-0781

Free Pharmacy **Ashe Medication Assistance Program- Call Beth Rodriquez or Shelley Elliott** 982-6000
Office at Ashe Family Central. Now taking new patients!

Screenings

8 7:30 am-9:30 am **Cholesterol & Blood Sugar Screening:** This test reports total cholesterol, HDL, LDL, triglycerides and blood sugar. AMH Mt. Heart—Cost \$15. Must fast for 12 hours. By appointment only. Appointments taken beginning January 2, 2009. 846-0744

COMMUNITY MEETINGS- All are welcome meetings are open to the public.

- 5 5:30 pm **Habitat for Humanity Meeting**— Smoky Mnt. BBQ. 384-2398
- 14 4:00pm **Ashe Volunteer Initiative**— Ashe Services for Aging— 246-2461
- 13 8:30 am **Elder Abuse Task Force Meeting**— DSS Courthouse 846-5719
- 20 8:30 am **Physical Activity, Nutrition, Tobacco** W Jefferson Coffee House 846-0781
- 19 6:30 pm **Autism Society of NC**— Ashe Family Central 877-2921
- 20 6:30 pm **Women’s Cancer Support**— Call for information 246-7567

Education & Special Projects

Ongoing at Mountain Hearts: 846-0744 Cessation; Tai Chi
 Swim Lessons: Tadpoles (3,4 yrs), Beginners, Intermediate, **Ashe Partnership for Children:** 982-4588 GED Classes and
 Advanced. For Moms to be & New Moms-Great Beginnings. Playroom—Call for more information
 Aerobics; Yoga Classes; Diabetes Self-Management; Smoking



Mark Those Calendars: 1) January 9, 2009-Ashe County Healthy Carolinians Steering Committee Meeting— 8am Sweet Aromas

COMMUNITY HEALTH EVENTS- Please Post

Free Car Seat Check—January 16th

Every third Friday of each month at Ashe Family Central in the Community Room at 3:00pm.

This is your opportunity to make sure your children are safe in the car and in the correct seat for their age and size. If needed car seats are replaced free for Medicaid eligible families.



Habitat for Humanity Ashe County Unit

Meets monthly on the 1st Monday at 5:30 pm at Smoky Mt. Barbecue. All are welcome. Call 384-2398



Ashe County Free Medical Clinic

105 East Main Street in Jefferson
846-4649

Medical Services available after patient becomes eligible

Existing patient services Tuesday 9-5 am, and Thursday 5-8 pm.

Please don't wait until you become ill to become an eligible patient!!! Call Now 846-4649

The Clinic has an urgent need for nurses! If you can work as little as 2hrs during the month please call.

Free Car Seat Checks 2009



Where?

Held at Ashe Family Central— in the community room

When?

Every 3rd Friday of each month (Subject to change for weather and special occasions)

What Time?

3:00pm until 4:30pm

- January 16
- February 20
- March 20
- April 17
- May 15
- June 19

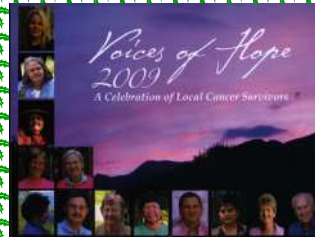
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

Bring: Your vehicle, Your Child/Children and Happy Faces!

This program made available to you by the Ashe/Allegheny Safe Kids Coalition. - In Ashe a Sub Committee of Ashe County Healthy Communities Task Force.

Ready to Quit Smoking? Freedom From Smoking Classes CAN HELP!

Call Mountain Hearts for more details!
336-846-0744



2009 Voices of Hope Calendars are Here

Support cancer survivors in Ashe County with your contribution to the Women-In-Touch Endowment of \$10.00 and receive a beautiful, inspirational Calendar. Call 846-0781 or pick on up at Ana Maries Gift Shop, Skyland Books, or the hospital gift shop.

Your Help is Needed!

The ACT Against Cancer Coalition, will be meeting on January 15th. This coalition helps plan public programs and projects to educate, assist and advocate for cancer defense in the County. The Annual meeting is planned for the 5th from 11am-1pm to make plans for 2009 programs. This is your opportunity to join in the fight against cancer in Ashe County. Call 846-0781 to reserve your free lunch.

The Mt. Family Care Center- Now Offering Medical Access Assistance

Open Monday-Friday 1pm-9pm
Saturdays 9-1pm

The clinic provides non-emergency care and access to quality health care for Ashe County residents and visitors.

Appointments are preferred but not necessary. 846-6322



Mt. Hearts Diabetes Self Management Program



The program is a 3 month program designed to help patients with diabetes and their family learn about their medical condition and how to keep it in control. The program includes education, medical and diet assessment, individual interventions and exercise sessions.

Call 846-0744 to find out more.

ASHE SERVICES FOR AGING January 2009-Call (246-2461)

Daily Activities	Rook Games—8:30; Bingo—10; Basic Skills 12:30; Walking Trail; Walk-Ins; Legal Aid of NC; Medicare Assistance (by appointment); Exercise Room; Billiards; Blood Pressure Check; Public Computer Lab; Medicare Supplements & Medicare Part D Assistance daily by appointment only.
Monday	Exercise Class— 10-11; Weight Watchers—5:30
Tuesday	Bible Study—9:30; Scrabble—1:00; Weight Watchers—5:30;
Wednesday	Best Value Hearing—9; Exercise Class—10; "Hand & Foot" Card Game—1; New Quilting Girls—;
Thursday	Quilting Class with Rosa—9; Weight Watchers—9:30;
Friday	Crocheting Class —9; Exercise Class—10; Singing—11:30; ASA News-WKSK—12:35

Special ASA January 2009 Events at a Glance

	-Ashe Co Quilt- 10-3:00; Singing—11:30a Basket Weaving—5:30	AARP Meeting—12 Computer Basics I-8am Computer Basics II—10	1 Happy New Year Center Closed	2- Friday Activities Grief Counseling—11
5- Monday Activities	6-Tuesday Activities	7- Wednesday Activities	8- Thursday Activities Quilt Guild- 1-4p	9-Friday Activities
12- Monday Activities Computer Class- 8-9:30 & 10-11:30am Painting- 9-12pm Basket Weaving- 5:30	13-Tuesday Activities Creative Writing- 9-12p	14-Wednesday Activities Computer Class- 8-9:30 Floral Arrange- 9am Computer Basics- 10am Quilting Workshop 9-2p	15-Thursday Activities	16-Friday Activities Healthy Eating- 10:30-11:30a
19- Closed for Martin Luther King Day	20-Tuesday Activities Creative Writing- 9-12p Music -11:30	21-Wednesday Activities Computer Class- 8-9:30 Floral Arrange- 9am Computer Basics- 10am	22- Thursday Activities	23-Friday Activities Mary Caryl- 11:30
26- Monday Activities Computer Class- 8-9:30 & 10-11:30am Painting- 9-12pm	27-Tuesday Activities Creative Writing- 9-12p SHIP Training-10am	28-Wednesday Activities Computer Class- 8-9:30 Floral Arrange- 9am Computer Basics- 10am	29-Thursday Activities	30-Friday Activities



Ashe Memorial Hospital
200 Hospital Avenue
Jefferson, NC 28640

Phone: (336) 846-0781
Fax: (336) 846-0783
Email: landnrr@skybest.com

