



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



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.

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Women’s Health Fair

Saturday, March 21
Jefferson Station
9:00 am - 12:00

Door Prizes!
Free Health Screenings

Women & Children’s
Health Information



During National Nutrition Month® and Beyond, American Dietetic Association Says To Focus on Eating Right at Any Age

“Eating right doesn’t have to be complicated,” says registered dietitian and ADA Spokesperson Angela Ginn-Meadow. During National Nutrition Month and beyond, follow these tips to help make healthy changes in your lifestyle.

Make a plan: Adopt a few specific small changes. “When you make a realistic plan, the changes won’t seem so overwhelming,” says Ginn-Meadow. “A few small healthy changes, such as adding one piece of fruit to your diet each day, aren’t difficult to do and can make a huge difference to your health.”

Focus on your food: “Plan out your meals so you aren’t forced to make unhealthy decisions based on convenience,” says Ginn-Meadow. “Making sure you eat balanced meals with appropriate portions will help you manage your caloric intake.”

Make calories count: “Make meal choices that focus on nutrient rich foods,” says Ginn-Meadow. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.

Increase physical activity: Regular physical activity is important for overall health and fitness. *The Dietary Guidelines for Americans* recommend that adults be physically active for about an hour a day.

Play it safe: “Even the right food choices can affect your health if you don’t follow food safety rules,” says Ginn-Meadow. Always clean hands and food-contact surfaces, keep raw and cooked foods separate, cook foods to a proper temperature and chill leftovers promptly to avoid illness.

Be aware of special needs: Nutritional needs change depending upon your age and overall health. “Older adults need more vitamin D and calcium to help maintain bone health,” says Ginn-Meadow. “It’s important to check with a registered dietitian to figure out what your specific nutritional needs are.”

Visit the American Dietetic Association at www.eatright.org.



APRIL 2009 - CALENDAR/ SPECIAL EVENTS



- 1st** 7:00 pm **Adult CPR**— American Red Cross Certification Course— \$25 for first class & \$10 for each additional class. Call 846-0781
- 2nd** 8:00 am **Interagency Meeting**—Sweet Aroma’s—Open meeting, come share and hear about happenings in Ashe County. Free, but breakfast is on your own.
- 2nd** 6:00 pm **Childbirth/Newborn Care Classes**— Hospital Library
- 4th** 11:00am **Arts Festival—West Jefferson School**
- 6th** 5:30 pm **Habitat for Humanity** - Smokey Mountain BBQ
- 8th** 7:00pm **Child CPR**- American Red Cross Certification Course-- Charge depends on how many classes you are taking. \$25 for first class and \$10 for each additional class. Call 846-0781 to sign up or for more information.
- 9th** 7:30-9:30am **Cholesterol Screening**— Cost \$15. Test consists of : Total Cholesterol, Triglycerides, HDL. LDL and Blood Sugar. 12 Hour Fast is necessary and appointments are taken at the beginning of the month. Call 846-0744
- 9th** 6:00 pm **Childbirth/Newborn Care Classes**— Hospital Library
- 15th** 11:30am **Smoking Cessation Session II**—Class 1—Mountain Hearts
- 15th** 7:00pm **First Aid Course**- American Red Cross Certification Course-- Charge depends on how many classes you are taking. \$25 for first class and \$10 for each additional class. Call 846-0781 to sign up or for more information.
- 16th** 6:00 pm **Childbirth/Newborn Care Classes**— Hospital Library
- 17th** All Day **Blood Draw for Prostate Screening** - The screening is free, but you must call for an appointment no later than April 13 - Call 846-0744
- 17th** 2:00pm **Free Car Seat Check**—Ashe Family Central in the community room—this is a free volunteer service, for more information call 336-846-0781
- 19 th** –25th **Week of the Young Child**— Check with Ashe Partnership for Children at Family Central
- 22nd** 11:30 am **Smoking Cessation Session II**—Class 2—Mountain Hearts
- 23rd** 1:00 **Prostate Screening with Dr. David Cooke** - 3rd Floor AMH Outpatient Clinic
- 23rd** 6:15pm **Volunteer Award Reception**—Ashe High School
- 23rd** 7:00pm **Volunteer Award Ceremony**— Ashe High School

Free Pharmacy Ashe Medication Assistance Program—Call Beth Rodriguez or Shelley Elliott 982-6000

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

6th	5:30 pm	Habitat for Humanity Meeting Smoky Mountain BBQ.	384-2398
8th	4:00 pm	Ashe Volunteer Initiative Ashe Services for Aging	246-2461
14th	8:30 am	Elder Abuse Task Force Meeting DSS Courthouse	846-5719
21st	8:30 am	Physical Activity, Nutrition, Tobacco W Jefferson Coffee House	846-0781
??	6:30 pm	Autism Society of NC Ashe Family Central	877-2921
21st	6:30 pm	Women’s Cancer Support Call for information	246-7567

Ongoing at Mountain Hearts: 846-0744
 Swim Lessons: Tadpoles (3,4 yrs), Beginners, Intermediate, Advanced.
 For Moms to be & New Moms-Great Beginnings. Aerobics;



Yoga Classes; Diabetes Self-Management; Smoking Cessation; Tai Chi.
Ashe Partnership for Children: Call for more info 982-4588 - Classes and Playroom

Embrace the Spirit... Hospice
HIGH COUNTRY HEALTH CARE SYSTEM

High Country Hospice Open House in Ashe County

March 25th from 9:00-12:00
Hwy. 88 West Jefferson, NC

Information on Hospice Services and Volunteering
Refreshments provided



Save the Date!

Ashe County Camp
June 22-24
9:00 - 3:00
Call 246-6443

Free Car Seat Check

March 20



Every 3rd 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.

Call 846-0781 for more information



The Mountain Family Care Center

Open Monday-Friday 5-9pm
Saturdays 9-1pm

We provide non-emergency care and access to quality health care for Ashe County residents and visitors.

Appointments are preferred but not necessary.

Call 846-6322

Empowering Parents

Hosted by Ashe County Middle School - Registration Deadline March 6
Call Vickie or Kim at 384-3591

FREE BBQ dinner at 6:00 for those who attend

Check the ACMS website: www.ashemiddle.ashe.k12.nc.us



The Wilma Vannoy Birthing Center

Birthing Classes March 12 - April 16 Call 846-0734

Yoga at Mountain Hearts with
Jeff Carter, LPT, Begins March 24th

Call Mountain Hearts for Details 336-846-0744



Tai Chi at Mountain Hearts



Tuesday 7:30-8:30 am With Dick Wilson

Call Mountain Hearts for Details 336-846-0744

Habitat for Humanity Ashe County



Monthly meeting, 1st Monday at 5:30 pm
at Smoky Mountain Barbecue.
Everyone welcome. Call 384-2398

PARENTS: Ashe Partnership for Children is offering
A **FREE** parent workshop- **LOVE AND LOGIC**
For parents of children ages 5-12 years. **Topics include:**
Teaching responsible decision making; Setting limits;
Offering children choices; Problem solving
Tues. Feb. 3rd-March 17th from 5:30 -8:00 pm
Call Ann Canon @ 982-4311 x 227 for more information

No Medical Insurance?

You may qualify for MAP, the Medical Access Plan available at Mountain Family Care Center. MAP is designed so that everyone who needs medical treatment can get it. It is easy to qualify for MAP.
Don't wait for an emergency. Call 846-6322

Mountain Hearts Diabetes Self-Management Program



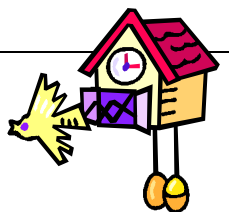
The program is a 3 month program designed to help patients with diabetes and their family learn about their medical condition and how to keep it in control. The program includes education, medical and diet assessment, individual interventions and exercise sessions.

Call 846-0744 to find out more.

ASHE SERVICES FOR AGING FEBRUARY 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;
Monday	Painting with Barbara—9; Billiards with Ray—9; Weight Watchers—5:30
Tuesday	Bible Study—9:30; Computer Class—10; Scrabble—1:00; Weight Watchers—5:30;
Wednesday	Best Value Hearing—9; Exercise Class—10; "Hand & Foot" Card Game—1; New Quilting Girls—; Dance Class w/ April—7
Thursday	Computer Basics—8; Quilting Class with Rosa—9; Weight Watchers—9:30; Computer Basic Skills II—10
Friday	Crocheting Class —9; Finding your Family Tree—10; Exercise Class—10; Singing—11:30; ASA News-WKSK—12:35

Special ASA March, 2009 Events at a Glance - Happy St. Patrick's Day!

2 Monday Daily Activities	3 9:00-4:00 Tax Aid	4 Wednesday Daily Activities	5 Thursday Daily Activities	6 10:00 Arthritis Foundation Exercise Program
9 Monday Daily Activities	10 9:00-4:00 Tax Aid	11 Wednesday Daily Activities	12 Thursday Daily Activities	13 10:00 Arthritis Foundation Exercise Program
16 Monday Daily Activities	17 9:00-4:00 Tax Aid Happy St. Patrick's	18 Wednesday Daily Activities	19 8:00 - 5:00 Medicare & Medicare	20 Friday Daily Activities
23 Monday Daily Activities	24 9:00-4:00 Tax Aid	25 Wednesday Daily Activities	26 Thursday Daily Activities	27 11:00 Grief Counseling
30 Monday Daily Activities	31 9:00-4:00 Tax Aid	Remember!! Day Light Savings Time Starts March 8th	SPRING FORWARD!	

 **Ashe Memorial Hospital**

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