

WOMEN'S WELLNESS QUARTERLY

Healthy Women, Healthy Families, Healthy West Virginia
National Center of Excellence in Women's Health

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NCoEWH Update

By: Elizabeth "Betty" Critch

Happy Holidays! As the snow starts to fly and winter holidays are upon us, it is time to think about February's Women's Heart Health Month. We will dedicating a major portion of our December 7, 2010 Community Advisory Network meeting to discussing women's heart health. We will be updating our web site on a regular basis as we know more about the events and information from across the state and the nation. We will email you with opportunities to partner with us. I hope that you will keep us posted with any information you have that we can share with women in the state regarding heart health issues.

During this year we have delivered four Women on Wellness retreats. I would like to share the highlights.

Bluefield, WV - May 20, 2010-The retreat was held at Bluefield at David's on the Green. 75 women attended this retreat, including women from McDowell County. We partnered with the two hospitals in that area, Princeton Memorial Hospital and Bluefield Regional Medical Center Hospital, as well as many other community organizations.

Fairmont, WV - July 31, 2010-The retreat was held at Heston Farm. 140 women attended this retreat including women from across the state of West Virginia and from other states, such as Michigan, Virginia, Tennessee, Pennsylvania and Maryland.

What makes this retreat even more special is that it marks our first retreat with a reach to women in the military. It has been a learning experience and a pleasure beyond words. We now include a reach to military women for all of our events and sit on university- wide veterans committees.

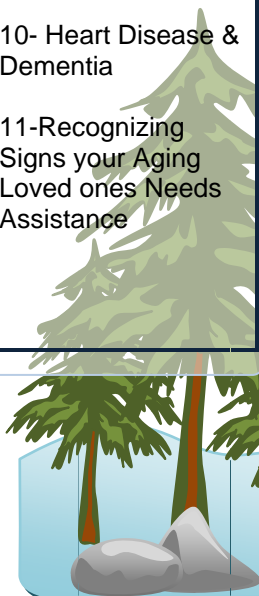
New Martinsville, WV – October 16, 2010 -The retreat was held at the West Virginia Northern Community College. This was the first time we offered the WOW in this very small, very rural community. 50 women from the greater Wetzel County attended this retreat. We developed new partnerships with the West Virginia Northern Community College and with Wetzel Community Hospital.

Lewisburg, WV - October 22, 2010-This retreat was held at the West Virginia School of Osteopathic Medicine. 130 women attended this retreat.

This retreat was sponsored by the Greenbrier Medical Center. We have created a wonderful new partnership with the Greenbrier Medical Center and the West Virginia School of Osteopathic Medicine as well as with many other local community organizations.



**December
2010
Volume 2
Issue 2**



(NCoEWH Update Continued)

This retreat was the first time that the keynote was a national speaker. Ali Vincent, the first woman to win the NBC's *Biggest Loser* contest was our keynote and Secretary of State Natalie Tennant was our lunch time speaker

I hope to see many of you at Women's Day at the Legislature scheduled January 25 and 26, 2011 in Charleston. Remember women's health is body, mind and spirit. We represent over 50% of the population, and women make 85% of health care decisions for their family. Yet, too many of us do not vote. Imagine what an impact we would have on the health and well being of West Virginia if the majority of women would vote. We need to keep informed and make our voices heard, so that we may continue to keep in balance -- body, mind and spirit.

I wish all happy holidays and a healthy, happy, prosperous new year. I look forward to continuing to work with you this year as we strive to improve the health and well being of women and their families.



SilverSneakers[®] Fitness Program

Submitted by: Tammy Calvert

Bringing fitness, fun and friends together through physical activity

The Healthways SilverSneakers[®] Fitness Program is making it easy for older adults in the community to get fit, have fun and make friends while getting the physical activity they need to live active and healthy lives.

SilverSneakers is designed exclusively for older adults and offers eligible members an innovative blend of physical activity, healthy lifestyle direction and social opportunities. Many participating health plans offer the program to their Medicare-eligible members at no additional cost.

SilverSneakers can include a free basic fitness membership at participating locations, giving members access to amenities such as exercise equipment, treadmills, free weights, and the signature SilverSneakers fitness classes. The popular SilverSneakers Muscular Strength & Range of Movement class is designed to help improve strength, flexibility, balance and endurance – all of which make the activities of daily living easier for older adults. Participants use hand-held weights, elastic tubing with handles and the SilverSneakers ball. A chair is available for seated and/or standing support. Additional signature classes, such as YogaStretch, SilverSplash[®] and Cardio Circuit, may be available at select locations. All SilverSneakers classes are taught by certified fitness instructors.

Nearly 50 fitness centers in West Virginia offer SilverSneakers. Additionally, members who enjoy traveling can take their membership with them to more than 10,000 participating locations nationwide. To learn more about SilverSneakers, please visit www.silversneakers.com or contact your local SilverSneakers Fitness Program representative at 304-610-8203.

Upcoming Events

December 29th, 2010

"Big Beings in Biddy Bodies"
Workshop @ Bliss Bliss
Bliss

February 2011

Heart Health Month

February 3rd, 2011

Women's Health Fair and
Blood Drive
HSC South- Jones John
Conference Center

March 16th, 2011

Community Advisory
Network (CAN) Meeting
9am-10:30am
HSC North 3129

July 30th, 2011

Marion County WOW
Retreat

WHAT ARE WOMEN'S HEALTH PHYSICAL THERAPISTS?

Submitted By: Krystal Thomas, PT-MS-DPT

The field of physical therapy has rapidly evolved over the last several years and has gained widespread respect and recognition in a variety of specialty areas such as women's health. Precise treatment methods and therapeutic approaches have been developed to aid therapists in treating the physical health concerns specific to women.

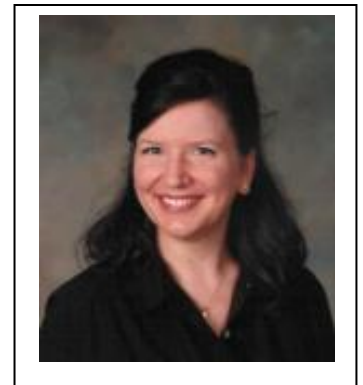
As a group, women have special health needs as they progress through the many phases of their lives, from the young athlete, to the childbearing and parenting years, and on through the menopausal and elderly stages. Women's health physical therapists recognize the changes these various stages have on women's bodies and can effectively evaluate and treat muscle and bone disorders unique to women.

In physical therapy, the idea of gender-based medicine is not new. The American Physical Therapy Association (APTA) established the Women's Health Section in 1977 in order to support the education, research and practice of physical therapists seeking to specialize in evaluating and treating the physical health concerns of women. Women's health physical therapists generally pursue post-graduate education focused on advancing their knowledge in the field of women's health.

WHAT DOES A WOMEN'S HEALTH PHYSICAL THERAPIST DO?

The West Virginia University Women's Health Physical Therapy Program provides rehabilitation intervention for a variety of women's health concerns, including:

- Prevention and management of osteoporosis
- Chronic pelvic pain
- Post-mastectomy care and exercise
- Back/ hip pain and swelling associated with pregnancy and postpartum
- Pelvic floor muscle dysfunction
- Urinary incontinence management
- Prenatal and postpartum pain management and exercise
- Post-Cesarean and hysterectomy surgeries
- Female after cancer surgery



WHAT TO EXPECT FROM A VISIT WITH YOUR WOMEN'S HEALTH PHYSICAL THERAPIST?

Your care from a licensed physical therapist will include:

- Comprehensive one-on-one evaluation
- Private treatment areas
- Ongoing education regarding your condition
- Treatment program designed to achieve your goals
- Team approach promoting lifestyle change and insight to manage your condition

If you would like to benefit from physical therapy intervention to manage or alleviate your symptoms, or if you have questions regarding referral to the Women's Health Physical Therapy Program at West Virginia University please call: **304.293.3600** or e-mail: **kthomas@hsc.wvu.edu**.

Reiki for Wellness

Submitted by: Amy Snyder

Reiki, a Japanese relaxation technique, is growing as an alternative health modality adjunct to mainstream allopathic treatment. It presents as a meaningful and cost-effective way to improve patient care. “Reiki sessions cause patients to heal faster with less pain,” says Marilyn Vega, RN, a private-duty nurse at the Manhattan Eye, Ear and Throat Hospital in New York. Reiki accelerates recovery from surgery, improves mental attitude and reduces the negative effects of medication and other medical procedures.

The general public is turning with ever-increasing interest to complementary health care, including Reiki. Many hospitals are incorporating Reiki into their roster of patient services, often with their own Reiki-trained physicians, nurses and support staff. We are in a time of “East meets West;” an exciting place to be for the long-term wellness of Americans.

As a Reiki Master Practitioner in Morgantown, WV, I delight in such improvements in the options available for those seeking resolution to acute and chronic bodily conditions as well as relief from the effects of lifestyles producing symptoms of Dis-Ease in body, mind and spirit. Reiki, literally meaning “Universal Life Force Energy,” was re-discovered by a man named Dr. Mikao Usui, in the early nineteenth century. Dr. Usui found the “key” for healing using only energy and the palms of his hands. Reiki supports the body, and the healing abilities that the body already has. In this way, the body’s inner wisdom is activated and balance/health is restored.

I am blessed to be able to offer Reiki sessions to those seeking wholeness. I have seen amazing results in just one hour of Reiki (said to equal 4 hours of sleep). These results range from profound relaxation in those that have previously seemed unable to do so in any way, shape, or form, to the immediate relief of profound symptoms resulting from the effects of chemotherapy. Clients, though sometimes skeptical at first, often thank me for the healing they experience, always individual and specific to their personal needs.

Reiki, equipped with its own intelligence, goes to the very root of the issues which cause the symptoms experienced. In this way, long term relief is realized. While the benefits of Reiki are cumulative making repeated sessions beneficial, many clients are thrilled with the balance, relief, and insight they experience from just one session. I like to think of Reiki as Drano for the clogged pipes of our energy system (similar to the meridians accessed by acupuncture). Trauma, whether emotional or physical, often causes a stuck point within our systems that manifests in symptoms of disease (pain, stress, and any of the myriad of diagnoses of our modern society). Reiki gently moves through these blockages and alleviates the symptoms experienced.

COEWH Community Advisory Network Leadership Team:

Elaine Bowen, Ed.

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Janine Breyel

Program Coordinator

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Mary Herald

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Centers for Disease Control (CDC) Oral Health Surveillance now underway in West Virginia



Submitted by Bobbi Jo Muto, RDH and Gina Sharps, RDH

Last year, West Virginia produced its first CDC-approved state oral health plan. As part of strategy identified in the plan, a regimented oral health surveillance system was put in motion.

The surveillance project, completely funded by WVDHHR, is the first statewide data collection of its kind in WV's history; meaning the collection screeners were collaborated, a standardized collection tool was developed with input from the CDC, a random sampling of schools was generated by the State epidemiologist, and the entire study received IRB approval. The data is being collected in accordance with the protocol provided by the CDC and the Association of State and Territorial Dental Directors (ASTDD). These standards will allow the findings to be published and withstand scrutiny, thus allowing it to be a creditable snapshot of children's oral health in West Virginia.

The screening as summarized above is just that a brief visual assessment, where dental professionals (predominately dental hygienists) look into a child's mouth using a penlight, and if necessary a tongue depressor or mirror. The investigators are assessing for existing restorations, sealants and obvious decay. The screening targets kindergarten and third grade students only. The surveillance is strictly confidential so there are no identifiers being recorded. Only basic demographic information is recorded i.e. race, sex, age, and grade.

This is positive time for our state, and we look forward to the advances in children's oral health we know are soon to come!

The Dr. Dean Ornish Program for Reversing Heart Disease is currently accepting participants for the next cohort to begin in January 2011. By combining stress management, moderate exercise, group support and a low-fat, whole foods nutrition plan, participants in the Ornish Program experience improvements in weight, chest pain, cholesterol, blood pressure and increased vitality. This program is covered by Mountain State Blue Cross Blue Shield, Highmark Blue Cross Blue Shield, and PEIA. For additional information or to see if you qualify please call The Wellness Program at 293-2520.

West Virginia Breast and Cervical Cancer Screening Program

Submitted By: George Ann Grubb



The WV Breast and Cervical Cancer Screening Program have nine regional Cancer Information Specialists (CIS) that provide public education and outreach services to the women of WV. Over the years they delivered hundreds of presentations and thousands of events emphasizing the importance of early detection for breast and cervical cancer, but times are changing. Over the next two years the CIS staff will expand their scope and take on the role of Community Health Educators. On November 30th, they took the first step by attending a train-the-trainer Heart Truth seminar conducted by staff from the WVU Extension Service. They learned the basics of cardiovascular health and how to communicate heart health messages. During the month of February, the CIS journey will continue with each delivering at least one presentation in their region to promote Heart Health Month. Please plan to attend or partner with us for one of these events.

2011 WVU Women's Studies Residency Program

Submitted By: Cathy Jasper

The Center for Women's Studies is proud to announce its 2011 scholar resident, **Dr. Lise Eliot**. The residency program started in 1999 in honor of Dr. Judith Stitzel, founding director of women's studies, is an opportunity for members of the women's studies community to learn from and interact with visiting scholars and activists.

Dr. Eliot received her PhD in Physiology and Cellular Biophysics from Columbia University in 1991. She started working at the Chicago Medical School in 1998 where she directs the Interdepartmental PhD Program in Neuroscience.



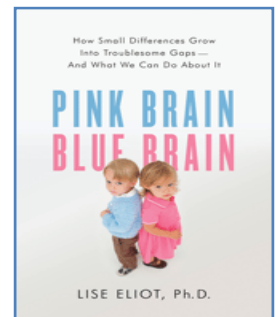
Research by Dr. Eliot bridges the social and physical sciences through ground breaking work on **gender stereotypes and the brain**. By realizing how sex differences emerge, she provides parents and teachers ways to help close the gaps between girls and boys.

Her publications include more than 50 works on topics in **neuroscience, biophysics, and biomedical research ethics**.

Her newest book is *Pink Brain, Blue Brain: How Small*

Difference Grow into Troublesome Gaps and What We Can Do About It (Houghton

Mifflin Harcourt, 2009).



Dr. Eliot will be on campus from Feb. 14-18th, 2011. Please visit our website (<http://wmst.wvu.edu/>) for more information about this and other events.

Changing Face of Women as Caregivers

Submitted By: Robin Straight, MSW

Many of you may have read the Shriver Report, a Woman's Nation Takes on Alzheimer's Disease. Two key words jumped at me in this title, "Woman's Nation".

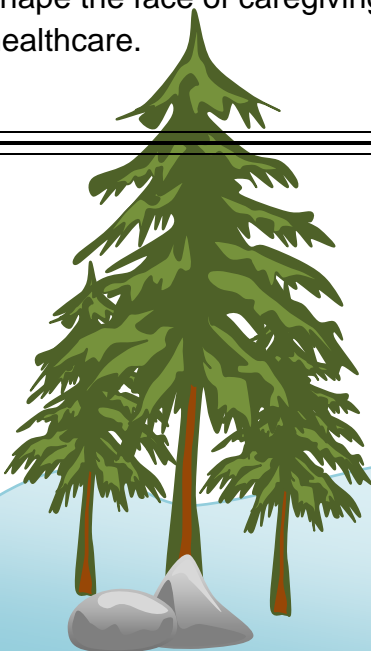
As women in our culture we have evolved as the nurturing gender and most often the "caregiver" not only for our own family but extended family as well. Given the fact that our life expectancy is greater than our male counterparts, so is the likely hood that we may develop chronic illnesses that will require a caregiver at some point.

Much has been written about caregivers sacrificing their own health as they provide care for a loved one. Aging well is becoming the "catch phrase" in reference to caring for your own well being. By aging well the Woman's Nation can position themselves to continue on a path that includes the working/professional as well as the one coordinating care for their family.

Alzheimer's Disease is one of the many chronic illnesses that fuels this message. As persons live longer with chronic illnesses and families are asked to provide the bulk of care. These same families will be asked to make difficult decisions that impact both the care receiver and caregiver. Women are often at the center of these discussions, and the impact is tremendous and far reaching.

Rosalyn Carter may have summed this concept up for many of us in her quote: "There are four types of persons in this world, those who are caregivers, those who will be caregivers, those who have been caregivers and those who will need a caregiver".

Women today have the opportunity to position themselves to have a larger section of the pie, with this comes providing for your own health as you provide for your loved ones. Caregiving is about a relationship, and it is out of that relationship that caregiving evolves. It is the Woman's Nation that can shape the face of caregiving and the impact on this issue in society that is too often overlooked in healthcare.



If you would like to contribute an article to our newsletter or need to contact the NCoEWH for any reason please call (304) 293-0946 or email:

Betty Critich: ecparsons@hsc.wvu.edu

Katie Robinson: krobinson@hsc.wvu.edu

Opinion Editorial:
**Insurance Coverage for Contraception and Pregnancy Care is
Critical for Teen Health**

Submitted By: Margaret V. Chapman Pomponio

There has been much discussion and debate about how to save the future of state employees' retirement funds through the Public Employees Health Insurance Program (PEIA). Indeed, over the last few years there have been a number of important challenges facing PEIA, including how to address the particular issue of teen reproductive health care.

Think back for a moment to your teen years. Recall the emotional rollercoaster it often was: the conflict with parents and siblings, the intense focus on peers. If you can truly transport yourself, you may remember those feelings—dread, excitement, confusion and embarrassment—over things big and small.

Now imagine that you're mature enough to talk to your doctor about birth control but you *can't* because your parents are state workers and the Public Employees Health Insurance (PEIA) plan does not cover it. Nor does it cover pregnancy care, like prenatal wellness visits.

It doesn't make sense, does it?

We may not always agree on how best to prevent teen pregnancy, but we can agree that a top priority is that our teens get the health care they need. If a teenager is being responsible enough to seek out birth control, don't we want to support her? And help her by taking her to see a doctor or a counselor she trusts to talk through her options and to make sure she protects her health in the best way for her? And if she's pregnant and wants to have a baby, don't we want her to have access to vital prenatal care?

It is disappointing that West Virginia has laws that actually *get in the way* of a teenager doing the responsible thing.

If a family is insured through our public employee system—and that includes everyone from police officers, to teachers, to government employees—a teenager in that family cannot get birth control or pregnancy care through the family health insurance. She can get a sore throat taken care of or be covered by insurance if she breaks her foot. But if she wants to get contraceptive care, she is forced to go outside the system, find a new and unknown doctor, and schedule her visit.

Coverage of minors' pregnancy care and birth control enables a teen to stay within her family plan and receive care from her family doctor. The one she has known, the one she trusts and is comfortable with.

Insurance Coverage for Contraception and Pregnancy (Continued)

Teen pregnancy is on the rise in West Virginia. Shouldn't we be making it easier to access preventive care, not harder? A teen making the responsible choice needs prevention, not worries or delays. It's common sense that access to contraception helps prevent teen pregnancy. Policies like this one that make it harder to get contraception or pregnancy care can jeopardize a teen's health. There are greater health risks associated with teen pregnancy for both the teen and the child. Children of teen parents are more likely to be born prematurely, suffer from low birth weight, and often experience greater health problems.

Not only does providing health coverage benefit our teens, it benefits our entire state. Prevention of unplanned teen pregnancy saves taxpayers money. In 2004 alone, teen childbearing cost West Virginia taxpayers \$38 million. Of that, 39% was covered by federal dollars; the remaining 61% were state and local dollars. And there are broader societal costs to teen pregnancy. Teen mothers are less likely to graduate from high school and more likely to live in poverty, and their children are more likely to endure low literacy, neglect and greater health problems. They also have a 33% higher risk of becoming a teen parent themselves and a 13% higher risk of becoming incarcerated.

Teen health should be our priority. WV FREE commends the state's efforts to examine the cost-shifting that occurs between state programs and insurance plans so that we have a better understanding of gaps in coverage. We know the way forward; we must now act so that no teen falls through the cracks. Let's change our laws to allow insurance coverage for contraception and pregnancy care. It will benefit our state, and more importantly, protect our youth by keeping them safe and healthy.

Chapman Pomponio is Executive Director of WV FREE, a non-profit advocacy organization that works every day for West Virginia families to improve education on reproductive decisions, to increase access to affordable birth control, and protect personal decision-making, including decisions about whether or when to have a child.

West Virginia Women's Commission Announcement

The West Virginia Women's Commission is excited to announce that the **2011 Women's Day at the Legislature** will be a **TWO DAY** event! Don't miss your opportunity to participate in the legislative process this session. This year's event will offer a variety of workshops and a legislative reception. It will take place on **January 25th at the Embassy Suites and 26th at the Culture Center in Charleston.**

Workshops will be held on the following topics:

- | | | |
|---|--------------------------------------|-----------------------------|
| -- Advocacy 101 | -- Social Networking | -- Title IX |
| -- How a Bill Becomes a Law | -- Resume Development | -- Union & Women |
| -- Eldercare: Options for Today's Families | -- Domestic Violence Services | |

To learn more about this exciting event please contact our office at 304-558-0070 or email dhrwvwc@wv.gov.

The Connection between Heart Disease Risk Factors and Dementia

Submitted By: Dr. Bernard Schreurs

If you are lucky enough to survive heart disease, the things that may have caused it including high blood pressure, diabetes, cholesterol and smoking could still kill you because they can lead to dementia. The research and statistics are clear – people who have one or more risk factors for heart disease at aged forty are far more likely to be demented by the time they turn seventy than people without those risk factors. In fact, if you have all four risk factors for heart disease your likelihood of becoming demented increases by over 100%. It turns out that many cases of dementia like Alzheimer's disease may be as much a disease of the vasculature as a disease of the brain.

How could the things that cause cardiovascular disease affect our brain? Unfortunately, they can cause it by a number of different mechanisms. These mechanisms include inflammation and oxidative stress that are signaled to the brain by chemical messengers or by substances they generate like nitric oxide that act directly to damage and kill cells in the brain. In addition, the fine blood vessels that supply the brain may themselves be compromised by these risk factors and slowly starve the brain of nutrients and oxygen.

Is there anything we can do about this dire scenario? The surprising answer is YES! We can make a tremendous difference by doing two profoundly simple but apparently very difficult things – diet and exercise. That's right – diet and exercise! In the same way that we can reduce the risk of heart disease by dieting and exercising, we can reduce the risk of becoming demented. Once again, the scientific evidence is crystal clear. People who stop smoking, reduce their blood pressure, control their diabetes, and lower their cholesterol by dieting and exercising can reduce their risk of becoming demented. In fact, they can actually improve their mental faculties. A healthy diet and physical exercise can actually boost your intelligence. At every age tested, women who exercised had better cognitive performance than women who didn't. Did you know that your metabolism sinks below rest when you watch the television? You need to get off the couch!

And exercise shouldn't just be just physical. The brain is like any other organ or muscle – you need to use it or you will lose it. People who engage in mental exercise like playing cards, doing a Sudoku puzzle or completing a crossword are less likely to become demented than those who don't.

It is amazing how far we have come from thinking that becoming senile and crippled is all we have to look forward to as we age. We can actually age well but it is up to us.

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Recognizing Signs Your Aging Loved One Needs Assistance

What to do When Holiday Visits Expose New Needs

Submitted By: Charlotte Stewart Green

For those who live far from their parents, the holidays are often a happy time of family reunions and catching up. But as loved ones age, this can also be a time of unpleasant surprises for those who discover that their aging loved one is showing signs of decline.

“Aging adults that are facing new limitations often try to avoid drawing attention to themselves. It’s not uncommon for an out-of-town relative to be unaware of the changes their loved ones are facing. Holiday family gatherings can be a good time to assess how your loved one is doing,” said Jennie Powell, PhD, CGP with [Right at Home, Morgantown, WV](#). But even if a loved one is experiencing new changes or challenges with age, are these changes serious? There are some key signs to look for that a loved one may benefit from in-home assistance.

First, make sure that your loved one is continuing to look after his personal appearance and hygiene as well as he used to. Warning signs could include wearing the same clothes over and over or neglecting to brush his teeth. If he is taking medications, watch to make sure he remembers when to take them, and that he knows what each is for. If he is not eating properly, he may be losing weight.

If visiting with your loved one at his home, you should also look for signs of neglect in the house. If the home looks that it is not getting its usual care, it could be that regular, simple maintenance chores such as dusting are not being performed. Keep an eye out for piles of unpaid—or even unopened—bills. Avoiding tasks such as this could be a sign that once manageable tasks have become overwhelming for your loved one. Keep a lookout for burned pots and pans, as well as food that is past its expiration date or molding.

Additional signs of a problem may be that your loved one is not taking proper care of a pet, is avoiding steps or having difficulty with them or has limited his contact with the outside world. If you see these signs in your loved one, it is time to speak up. You may not want to breach the subject during the holidays, but don’t wait too long.

“Planning for a loved one’s future needs as they age can be difficult and emotional for everyone involved. But it’s an important conversation to have to ensure those you care about get the help and care they need in the way they want it. The earlier you start the conversation, the easier transitions will be when they’re needed,” Powell said.

Prepare what you want to say to your loved one beforehand, and focus on “I” statements that express your concern to help him maintain the life he desires as he ages. Bring other family members into the discussion during the early stages so everyone is on the same page. This can spare you and your loved ones much discord later. If you expect it to be a difficult conversation, some experts recommend introducing the topic briefly and then agreeing on a later time to discuss in more detail after everyone has had time to reflect. Another option to consider is bringing in a mediator or geriatric consultant to weigh in and keep the conversation peaceful.

There are many options available for seniors in need of assistance. Sometimes, the assistance of a family or friend caregiver is enough. Other times this is not practical, particularly if family members live too far away or are already overcommitted. Other single-service care options can help to supplement or address a specific need, such as a meal delivery service or an adult daycare. Your [local social services office](#) may offer some of these services; contact them to find out. If more comprehensive care is needed, there are assisted living facilities and nursing homes—or, if your loved one wishes to stay at home, you will want to consider an in-home care service such as Right at Home.

“Ultimately, no single isolated sign necessarily means your loved one is in trouble. After spending time with your loved one, take a gut check. Sometimes you can feel a change in a person even if you can’t articulate it. Trust yourself. And in the meantime, enjoy your time together and celebrate,” Powell said.

About Right at Home: Founded in 1995, Right at Home offers in-home companion and personal care and assistance to seniors and disabled adults who want to continue to live independently. Right at Home directly employs all caregiving staff, each of whom are thoroughly screened, trained, bonded and insured prior to entering a client’s home. All ongoing care is monitored and supervised by more than 200 local independent franchisees. Right at Home’s global office is based in Omaha, Nebraska, with franchise offices located in 40 states nationwide, as well as in the UK and Brazil. For more information on Right at Home, visit About Right at Home at <http://www.rightathome.net/about-us> or read the Right at Home caregiving blog at <http://www.rightathome.net/blog>. To sign up for Right at Home’s free adult caregiving eNewsletter, *Caring Right at Home*, visit <http://www.rightathome.net>.

About Right at Home: The Morgantown office of Right at Home is a locally owned and operated franchise office of Right at Home Inc. serving the communities of Mon, Marion, Harrison, Preston and Taylor Counties. For more information, contact: **Right at Home, 829 Fairmont Road, Suite 201, Morgantown, WV 26501** at **304-296-6600** or by e-mail at: <http://www.rightathomefriends.com> .

You may also contact Charlotte Stewart Green, RN, Marketing Director at 304-276-9520.

West Virginia University Robert C. Byrd Health Sciences is proud to be one of 20 nationally designated National Centers of Excellence in Women’s Health. This designation is awarded by the US Department of Health and Human Services (DHHS) Office of Women’s Health. West Virginia University (WVU) joins institutions such as Harvard University, University of California, Los Angeles; Boston University Medical Center; and the University of Illinois at Chicago, among others. More than prestige, the designation reflects the quality and scope of care, research, and education we offer at WVU and gives us an opportunity to build on that foundation and enrich the lives of the women in West Virginia

www.wvhealthywomen.org www.wowicandoit.com

www.womenshealth.gov

