

THE ATLANTA VOICE PRESENTS

NOW!

FOR THE ACTIVE SENIOR IN YOU
Spring Quarter 2016 No. 2

Enjoying
Life to the
Fullest

**The Fulton PICH Program's
Secrets for Aging Gracefully**

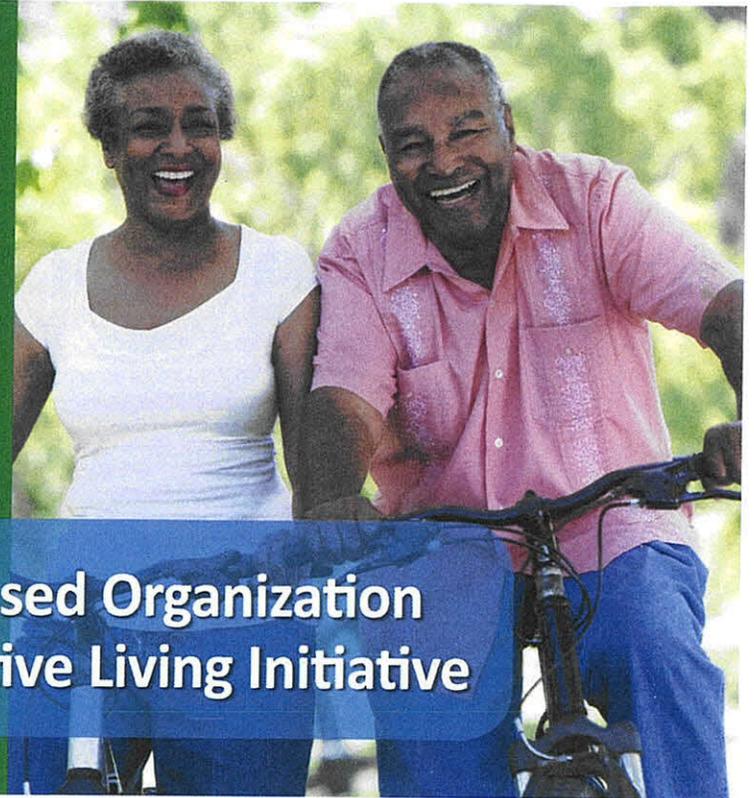
Hiking And Sipping In Napa Valley



PICH
Partnerships to Improve
Community Health



Healthy Seniors
have
Healthy Spirits



**Encourage Your Faith-Based Organization
to Join the Interfaith Active Living Initiative**

Benefits of Membership

	Low Impact Activities	
	Better Overall Health and Wellness	
	Fun-Filled Fellowship	
	Educational Materials, Training and Assistance Provided by PICH Program	

FOR MORE INFORMATION, CONTACT

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www.fultoncountyga.gov/partnership-to-improve-community-health

Secrets To A Long and Healthy Life



You want to be young at heart, no matter what your age. You want to spend your “golden years” completing your bucket list, rather than commuting to the doctor’s office to treat recurring health problems. You want to grow old gracefully.

If you’re a senior and these are your goals, keep reading. Your friends at the Fulton County Partnerships to Improve Community Health (PICH) Program have some easy-to-follow tips to help you achieve those goals and have a long and healthy life.

- Remember: You’re never too old to exercise. Doctors say that seniors who stay active will:
- Lower their risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve their strength and balance; prevent injuries; and stay independent

GETTING OLDER

Continued from page 5

ed geriatric center, not only staffed by specialists but designed with the senior patient in mind.”

In addition to providing ongoing care, a number of specialty services are offered including endocrinology, neurology, psychiatry, and rheumatology. The center can also refer patients to other specialists, all conveniently located at Grady. For those who wish to continue receiving care from their regular doctor, the center provides consulting services and can assist in coordinating a patient’s care.

At Grady, special attention to the needs of seniors extends well beyond the geriatric center. There’s a dedicated senior pharmacy, an Advice Nurse line, and a Senior Services team available to assist with transportation, insurance, Medicare and Medicaid information.

For more information, visit gradyhealth.org or call (404) 616-5800 to schedule an appointment.

- Reduce their chances of becoming depressed
- Improve their ability to think, learn and make decisions

Why does the PICH Team care so much about your well-being? Because the Program was created by Fulton County Government and the Centers for Disease Control and Prevention as a way for health officials to work closely with community leaders and service organizations on programs that will allow kids, families and seniors to live healthier lives in healthier communities. The PICH Team and its partners are promoting physical activity, healthy eating and smoke-free living through initiatives that bring creative Physical Education to schoolkids, support enjoyable wellness activities for adults, provide nutritious meals in day care centers and equip policymakers and planners with public health data, environmental tests and opinion research.

While the PICH Program focuses on creating more opportunities for healthy living throughout the community, here’s what you can do on your own to add more physical activity into your daily routine and to improve your overall health:

See your doctor before you start. If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the

types and amounts of physical activity that are right for you.

Start slowly. If you weren’t exercising before, begin with 10-minute sessions and gradually build up to 30 minutes. Set a long-term goal to do 30 minutes of activities five times a week.

Get pumped and strong! To raise your heart rate, try walking at a fast pace, dancing, swimming, or raking leaves. To build strength, lift hand weights, bottles of water or cans of food.

Don’t overdo it. Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

If you belong to a faith-based group, join the PICH Program’s Interfaith Active Living Initiative. PICH can help your organization create fun-filled, low-impact activities that promote wellness and fellowship. For more information on the Interfaith Initiative and to get more Active Aging tips to follow on your own, call PICH at 404.612.9467 or visit the PICH Active Living web page at <http://www.fultoncountygov.com/partnership-to-improve-community-health/7604-active-living> and click the links for *Printable PICH Interfaith Active Living Initiative Materials* and *Printable PICH Active Aging Materials* from the Resources list at the bottom of the page.



U.S. News & World Report

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