



NORTH CAROLINA A&T
STATE UNIVERSITY



COAACH CONNECTIONS



Happy New Year and Welcome to COAACH Connections!

This newsletter is a tool to keep you and the Center for Outreach in Alzheimer's, Aging and Community Health (COAACH) connected. We are dedicated to ensuring that the work we do is impactful and enhances healthy aging for all communities. Our mission is to improve the health and well-being of communities by providing education, community empowerment and evidence-based research so that individuals, particularly the most vulnerable, can live life with quality, dignity, and independence.

In this issue you will find information about our 2017 Caregiver Education Conference, the U.S. Postal Service Alzheimer's Stamp Unveiling, new COAACH team members, caregiver tips, research, and much more. It is our hope that COAACH Connections provide you with meaningful topics of shared interest.

Enjoy COAACH Connections and please share it with family, friends, colleagues, and caregivers!



Goldie S. Byrd, Ph.D.
Founding Director/Interim Executive Director
COACH

Alzheimer's Stamp Unveiling Ceremony





The Center for Outreach in Alzheimer's, Aging and Community Health (COACH) hosted a local unveiling of the U.S. Postal Service Alzheimer's Stamp on Monday, December 11, 2017. The artwork for the stamp is an illustration that first appeared on the Alzheimer's stamp issued in 2008.

Caregiver Tip

Relax and Recharge: Self-Care Tip for Millennial Caregivers



Source: National Alliance for Caregiving and AARP

According to the National Alliance for Caregiving and AARP, millennials make up one-fourth of the estimated 44 million caregivers in the United States. These caregivers are between the ages of 20 and 36, working, attending school and providing care for a loved one. As we care for others it is equally as important to

remember to care for ourselves.

Carve out time each week for activities that provide mental, emotional and physical relaxation. There is an abundance of options to accommodate every schedule and budget: reading, walking, writing, exercise, meditation, etc. Engaging in activities that relax your mind and replenish your energy can help you recharge and in turn, have more energy to care for your loved one.

Other Caregiver Tips

Pay special attention to the following preventable health issues that may arise in the elderly, whether they are living at home or in a nursing facility. Your loved one needs you, or some other person, to be an advocate to ensure quality care is given.

Contractures - stiffening and shortening of muscles, tendons and /or ligaments due to lack of exercise

Bedsores - sores developed because of pressure caused by lying in bed in one position

COACH Spotlight

Successful Caregiver Education Conference offers over 350 participants New Perspectives in Caregiving



The Center for Outreach in Alzheimer's, Aging and Community Health (COAACH) at North Carolina A&T State University, hosted its 9th Annual Caregiver Education Conference on Saturday, October 28, 2017 from 8:00 a.m. - 3:00 p.m. The conference was held on the campus of N.C. A&T at the Alumni Foundation Event Center.

This year's theme was "Bridging the Gap: New Perspectives in Caregiving". The topics shared with caregivers at the conference included Mindfulness for Caregivers, Alzheimer's in the Black Community, Hearing Loss and Empowering Caregivers through Mobile Technologies. Creative Care Specialists, a team consisting of a licensed therapeutic social worker, teaching artists, a martial arts and movement instructor engaged conference participants in hands on interactive music and movement. You will not want to miss our upcoming 10th Annual Caregiver Education Conference in November!

To learn more about COAACH its events, activities and research study please visit www.coaachealth.org or call 336.285.2165.

Dora Som-Pimpong Nominee for Elder Caregiver of the Year



Each day our community relies on caregivers to provide essential services to our seniors. On October 12, 2017, Dora Som-Pimpong was one of 37 individuals nominated for the Elder Caregiver of the Year Award. These caregivers were recognized at a banquet sponsored by The Triad Retirement Living Association, an organization of more than 100 senior service industry professionals in the Triad. The group serves as an educational, referral and networking resource for members and the community.

Dora has been a caregiver for several family members over the years and currently cares for her 93 year-old mother who has been living with Alzheimer's disease for nearly 20 years. Dora is passionate about encouraging caregivers to discover ways to take care of themselves while caring for loved ones. As a public health educator for the Center for Outreach in Alzheimer's, Aging and Community Health (COAACH), she facilitates the Alzheimer's caregiver support group, educational Lunch and Learns, and provides education outreach activities for the community.

COAACH in the News

American Brain Foundation Announces Research

Advisory Committee Members



Dr. Goldie Byrd has been recommended by the Research Advisory Committee of the American Brain Foundation for membership on a committee to study the feasibility of an X-Prize to end Alzheimer's disease, and to help the Foundation design and establish this prize. The Foundation, which was founded in 1992 as the charitable arm of the American Academy of Neurology, has invested more than \$25 million in funding for clinical research in its quest to find cures for brain and nervous system diseases affecting nearly 50 million Americans. This includes co-investing in several fellowships and scholarships with the Alzheimer's Association.

New Hire Profiles



Rosalind Pugh Scott, MS
Public Health Specialist

The Center for Outreach, Alzheimer's, Aging and Community Health (COAACH) welcomes Rosalind Pugh-Scott. She has a Bachelor's Degree in Health Care Management from Clarkson College in Omaha, Nebraska and a Master's

Degree in Human Services (Gerontology) from Capella University in Minneapolis, Minnesota.

Before joining COACH she was responsible for the implementation of a dementia caregiver focused program in rural Eastern North Carolina serving 33 counties. She is motivated to educate, empower, and promote healthy aging in communities.

Rosalind will lead the community outreach efforts. She will engage with communities fostering partnerships focused towards increasing the impact of the Center's promotion of healthy aging across the life span.



Constance A. Gathings, MS
Program Assistant

Prior to retiring from North Carolina Agricultural and Technical State University in January 2016, Constance was employed as the Executive Assistant to the Provost/Vice Chancellor for Academic Affairs. Her thirty-one (31) years of experience encompassed working in various positions at the University.

Constance has an undergraduate degree in Business Administration from High Point University and the M.S. degree in Adult Education with a concentration in Community Education from North Carolina A&T State University.

Her passion for community outreach during her academic career continues to be her purpose. Constance has served on community outreach committees such as the Forsyth County Adult Care Home, and most current, Hospice and Palliative Care of Greensboro.

New forecast shows 6 million with Alzheimer's disease and cognitive impairment



Scientists calculate that approximately 6 million American adults have Alzheimer's disease or mild cognitive impairment, which can sometimes be a precursor to the disease. The estimate, funded by the National Institutes of Health, also forecasts that these numbers will more than double to 15 million by 2060, as the population ages.

To read more click on the following link.

<https://www.nih.gov/news-events/news-releases/new-forecast-shows-6-million-alzheimers-disease-cognitive-impairment>

COACH in the Community

2017 Walk to End Alzheimer's





The 2017 Walk to End Alzheimer's, hosted by the Alzheimer's Association, is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. In support of this event the COAACH team was able to raise funds that will aid in the efforts to change the level of Alzheimer's awareness in communities. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

Over 200 hundred Aggies participated in the Walk to End Alzheimer's from different majors and campus organizations. We had over 40 students express a strong interest in COAACH establishing a new organization; AggiesAgainstAlzheimer's. As a university center our mission is to increase awareness and education around Alzheimer's disease and millennials are the next generation of caregivers. Together we will end Alzheimer's disease.

Healthy Recipe

Healthy Chicken Spinach Wrap



Trying to lower your blood pressure by watching sodium intake? Use herbs such as basil and other strong ingredients such as lemon, garlic and pepper for lots of flavor. This wrap is also a great way to work in more vegetables with the spinach.

[View the Recipe](#)

Upcoming Events

N.C. A&T Alzheimer's Caregiver Support Group

February 19, 2018, 6:00 pm - 7:30 pm

March 19, 2018, 6:00 pm - 7:30 pm

Healthy Aging Lunch 'n Learns Monthly Series

February 1, 2018, 12:00 pm - 1:30 pm

March 1, 2018, 12:00 pm - 1:30 pm

For more information about the Support Group and Lunch 'n Learn please contact Dora Som-Pimpong at 336.285.2200

COAACH Mission

The mission of COAACH is to improve the health and well-being of communities by providing education, community empowerment and evidence-based research so

that individuals, particularly the most vulnerable, can live life with quality, dignity, and independence.

www.coachhealth.org

Stay Connected



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