

UofL INSTITUTE FOR SUSTAINABLE HEALTH & OPTIMAL AGING



KCHC
Kentucky Coalition for Healthy Communities

CommUNITY Brings Resources and Empowerment to Rural Counties

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KY Coalition For Healthy Communities (KCHC)

► Purpose:

- 1. Develop and empower the workforce and community members through educational web-based monthly meetings, quarterly in-person networking meetings that rotate through the counties and other training opportunities.**
- 2. Create community support systems for older adults in partnership with existing local coalitions and organizations.**

Who Makes Up The Coalition?

Community Members	Universities Local Schools Government	Area Aging Agencies Other Support Agencies
Health Care Health Dept. Businesses	Faith-based Partners Local Coalitions	



<p>CommUNITY Brings Power and Resources to Rural Work</p>	<p>HOW?</p> <ol style="list-style-type: none"> 1. Knowledge 2. Experience 3. Influence 4. Resources 5. Contacts with community members 6. It is their community
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<p>What Have We Done To Include</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin: 5px;">Earning trust and respect</div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin: 5px;">Trainings for work and selfcare</div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin: 5px;">Forming teams</div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin: 5px;">Becoming fully integrated</div> </div>
<p>Professional Partners?</p>	

Rubber Hitting The Road: Programs

- ▶ Community Gardens
- ▶ Community Challenge Walks
- ▶ Educational Workshops
- ▶ Secret Santa Baskets
- ▶ Microclinics, International
- ▶ Cooking Matters
- ▶ Diabetes Self-Management
- ▶ Chronic Disease Self-Management
- ▶ Interpersonal Curriculum for Care of Older Adults
- ▶ Alzheimer's Emphasis And Support Groups
- ▶ Trainings With Local Primary Care Physicians
- ▶ Flourish Program/Flourish Index



Invitation:

- ▶ Visit us online : <https://www.optimalaginginstitute.org/>
- ▶ Join us for Conceptualization Meetings
- ▶ Join ICCOA or Echo Trainings
- ▶ Visit us in person at the Institute
- ▶ Join KCHC: One way to help KY become Healthier by working with like-minded group
- ▶ Contact Rjhuff01@Louisville.edu to be added to contacts

And.....


