



HEALTH & WELLNESS NEWS

World Elder Abuse Awareness Day

June 15 is World Elder Abuse Awareness Day. This is a day to learn about elder abuse and how we can protect older adults. Elder abuse happens when an older person is hurt, neglected, or taken advantage of. This can happen in different ways, including physical harm, emotional abuse, neglect or financial exploitation.

What is elder abuse?

Elder abuse can take many forms. Some common types include:

- **Physical abuse:** Hitting, pushing, or causing pain to an older person
- **Emotional abuse:** Yelling, insulting, or making an older person feel afraid or worthless
- **Neglect:** Not providing basic needs like food, medicine, or clean clothing
- **Financial abuse:** Stealing money, misusing bank accounts or pressuring an older person to give away money or property

Who is at risk?

Any older adult can experience elder abuse but some people are at higher risk. This includes those who depend on others for care, live alone without support or have memory problems like dementia. Abuse can happen at home, in a nursing home or in a hospital.

How can we prevent elder abuse?

We can all help stop elder abuse by:

- **Listening and watching for signs:** If an older person seems afraid, has unexplained injuries or is suddenly having money problems, they may be experiencing abuse.
- **Speaking up:** If you think someone is being abused, talk to a trusted family member, a doctor or call an elder abuse hotline.
- **Supporting older adults:** Spend time with elderly family members and friends to help them feel safe and cared for.
- **Educating others:** Raising awareness about elder abuse can help prevent it.

Why World Elder Abuse Awareness Day matters

World Elder Abuse Awareness Day helps us understand the challenges older adults face and encourages people to take action. By learning about elder abuse and spreading awareness, we can protect our loved ones and ensure all older adults are treated with respect and kindness. ■



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Health & Wellness Center entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind.

If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces. ■

Service offered at the Cheryle A. Kennedy Public Health Building



Registered Dietitian Nutritionist

Becky Johnson

Becky Johnson is a Registered Dietitian Nutritionist able to work one-on-one with any HWC-eligible patient at the Cheryle Kennedy Public Health Building. Becky has been licensed as a dietitian since 2019 after completing a Master of Science in Human Nutrition degree at Oregon Health & Science University and dietetic internship with the Veterans Administration Portland Health Care System. Becky has previously work as a dietitian and nutrition services manager at Samaritan North Lincoln Hospital in Lincoln City and dietitian and health education manager with the Cow Creek Band of Umpqua Tribe of Indians in Canyonville. She enjoys working with individuals of all ages, using the power of food and nutrition to create personalized eating plans and set goals to improve or maintain health. This includes both managing chronic health conditions (such as chronic kidney disease, heart disease, food allergies/intolerances or digestive problems) or promoting optimum nutrition at different life stages (such as early childhood, youth athletes, pregnancy, or older adulthood).

Contact Details

For appointments contact the Public Health Department front desk at 503-879-6701 OR contact Becky directly at 503-879-6711 or Becky.Johnson@grandronde.org.

Diabetes Prevention and Education

June 2025

Welcome Spring!

Let's embrace the sunshine and get our bodies moving! Losing just 5-10% of your body weight can improve your health and well-being

Healthy Weight

What is a healthy weight? Although there is no fool proof method for determining an individuals ideal weight, the CDC recommends using the BMI calculator or waist circumference to help you determine a healthy weight. A BMI over 25 is considered overweight and a BMI over 30 is considered obese. Having a waist circumference over 35 inches in women and 40 inches in men predicts that the risk of health problems from being overweight is higher. If you have diabetes, you may find that your blood sugar levels are lower, and you may also need less medication. So it is important to monitor your blood sugars closely.

Physical Activity

Physical activity can help you feel, function, and sleep better. Combining physical activity with a healthy diet can help you meet and maintain your weight loss goals. CDC recommends at least 150 minutes of moderate physical activity every week. This can be a brisk walk daily, bicycle riding, or even enjoying a sport like basketball, tennis, or pickleball. You should also add in strength training activity 2 or more days per week.

Slow and Steady

Remember, you did not gain excess weight over night, so it is unrealistic to assume you will lose the weight quickly. A healthy weight loss goal is 1-2 pounds per week.

Find Your Why

Whether it's to improve your health or having more energy to play with your grandkids, finding your reason to get to a healthy weight can help you keep the pounds off!

SMART

Start working towards your goals to reach your BIG goal

- **S-** Specific, be specific in your goal. What do you want to accomplish?
- **M-** Measurable, Set a goal that you can measure
- **A-** Achievable, choose something that you can do
- **R-** Realistic, something you are willing and able to work towards
- **T-** Timely, have a timeframe to check back in to see how your goal is going

Happening This Month

Friday June 6th: June Jam from 5pm to 7pm at the housing basketball courts

Monday June 16th: Monthly Diabetes Prevention and Education class from 11-11:45 at the Cheryle A Kennedy Public Health Building

Wednesday June 18th: Elder Canoe Day from 11:00am to 1:00pm at the Willamina Pond

Diabetes Case Managers

Jeannette Cavan, LPN

Charlene Brewer, LPN

503-879-2002