

# Community Contact Service Events

<u>Educational Newsletters</u>	<u>Follow-up Booklets</u>	<u>Cover</u>
1. <i>Staying Active</i>	<i>Planning Activities for Seniors</i>	Ivory
2. <i>Empowerment</i>		
3. <i>Diabetes Facts</i>	<i>Diabetes Basics for Seniors</i>	Peach
4. <i>Change #1 - Seniors Experiencing...CHANGE</i>		
5. <i>Change #2 - Keeping Up With...CHANGE</i>	<i>Change-It's The Std. For Snrs.</i>	White
6. <i>Moving #1 - Seniors on the Move</i>		
7. <i>Moving #2 - Moving Hints &amp; Cautions</i>	<i>Moving Handbook for Seniors</i>	Orchid
8. <i>Don't Underestimate "Can-Do" Seniors</i>		
9. <i>Easy Targets for "Helpful" Criminals</i>	<i>Fraud Handbook for Seniors</i>	Lt. Blue
10. <i>Hearing #1 - Did You Hear The One About...?</i>		
11. <i>Hearing #2 - Can You Hear This?</i>	<i>Now Hear This!</i>	Ivory
12. <i>Gardening #1 - Seniors Dig It!</i>		
13. <i>Gardening #2 - Seniors Garden With Wisdom</i>	<i>We Never Stop Growing!</i>	Green Astro
14. <i>Macular Degeneration #1 - An Eye Disease...</i>		
15. <i>Macular Degeneration #2 - Risk Factors...</i>	<i>Amsler Grid (Not a booklet)</i>	White
16. <i>Grandparents #1 - Grandparenting</i>		
17. <i>Grandparents #2 - Grandparents Are Special</i>	<i>Grandparents Resource Bklt.</i>	Blue Astro
18. <i>Chronic #1 - It Can Be A Normal Part...</i>		
19. <i>Chronic #2 - Dealing With Chronic Disease</i>	<i>Living with Chronic Disease</i>	Cherry
20. <i>Memory #1 - Remembering The Old Days</i>		
21. <i>Memory #2 - Seniors Work Harder To Rem...</i>	<i>The Better Memory Guidebook</i>	Peach Astro

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22. Feet #1 – <i>Only If The Shoe Fits, Wear It</i>		
23. Feet #2 – <i>Your Feet Were Made For Talking?</i>	<i>Healthy Feet</i>	Grey Astro
24. Falls #1 - <i>Being <u>Too</u> Helpful Can Hurt</i>		
25. Falls #2 - <i>Falling Down Goes Up With Age</i>	<i>60 Tips For Avoiding Falls</i>	Can. Yellow
26. Alzheimer’s #1 - <i>Recognizing Alzheimer’s D.</i>		
27. Alzheimer’s #2 - <i>The Reality of Alzheimer’s</i>	<i>Could It Be Alzheimer’s</i>	Pink
28. Age #1 - <i>Agism</i>		
29. Age #2 - <i>Aging Is A Trend In America</i>	<i>Making The Most Of Your Age</i>	Cream
30. Osteoporosis #1 - <i>Osteoporosis</i>		
31. Osteoporosis #2 – <i>Stronger Bones Are Poss...</i>	<i>Challenging Osteoporosis</i>	Aged Astro
32. Nutrition #1 – <i>Give Your Engine...Right Fuel</i>		
33. Nutrition #2 – <i>Susceptible To Poor Nutrition</i>	<i>Tips For Mealtime</i>	Lav. Astro
34. Assessing #1 – <i>It’s Good To Talk About It</i>		
35. Assessing #2 – <i>Is It Time To Ask For Help?</i>	<i>Assessing The Situation</i>	Tan
36. Parkinson’s #1 – <i>Parkinson’s Disease</i>		
37. Parkinson’s #2 – <i>The Clues Can Confuse</i>	<i>Parkinson’s Disease Guidebook</i>	Bright Blue
38. Stroke #1 – <i>What Exactly Is A Stroke?</i>		
39. Stroke #2 – <i>Stroke Awareness Does Matter</i>	<i>Stroke Awareness</i>	Grey Astro
40. BP #1 - <i>Blood Pressure Basics</i>		
41. BP #2 – <i>High Blood Pressure</i>	<i>Blood Pressure Points</i>	Blue Astro
42. Meds #1 - <i>Communicating With Seniors</i>		
43. Meds #2 - <i>Did You Take Your Pills?</i>	<i>Taking Your Medicine</i>	Salmon

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44. Dental #1 – <i>Seniors Are Taking More Bites...</i>		
45. Dental #2 – <i>Good Oral Health Pays Off</i>	<i>Oral Health Issues &amp; Tips</i>	Can. Yellow
46. Legal #2 – <i>Seniors Make...Kind Of Law</i>		
47. Legal #1 – <i>It Has To Be Written Down</i>	<i>Legal Homework For Seniors</i>	Aged Astro
48. Skin #1 – <i>The Skin Changes With Age</i>		
49. Skin #2 – <i>Seborrheic Keratoses</i>	<i>As Skin Ages</i>	Pink Astro
50. Eyes #1 – <i>Glaucoma</i>		
51. Eyes #2 - <i>Cataracts Spoil The Picture</i>	<i>Older Eyes</i>	Buff
52. Sleep #1 – <i>Sleeping Isn't So Simple</i>		
53. Sleep #2 – <i>Sleeping Disorders</i>	<i>Knowing About Sleep</i>	Stardst White
54. Caregiver #1 – <i>Caregivers Are Stepping Up</i>		
55. Caregiver #2 – <i>Caregivers Sacrifice</i>	<i>Caregivers Resource Guide</i>	Cream
56. Lungs #1 - <i>Pneumonia</i>		
57. Lungs #2 – <i>COPD – A Disease Combo</i>	<i>Taking A Deep Breath</i>	Lt. Blue
58. M.H. #1 - <i>Join The Mental “Health Club”</i>		
59. M.H. #2 - <i>Anxiety Disorders</i>	<i>Minding Your Mental Health</i>	Tan
60. Hips #1 - <i>Reduce The Risk Of A Broken Hip</i>		
61. Hips #2 - <i>Some Hips Just Wear Out</i>	<i>Getting “Hip” To Your Hips</i>	Cream R.F.
62. Water #1 – <i>Have Another Drink...Of Water</i>		
63. Water #2 - <i>Dehydration</i>	<i>Water &amp; Hydration</i>	Blue Astro
64. Urinary #1 – <i>UTI – A Common Infection</i>		
65. Urinary #2 – <i>Urinary Incontinence</i>	<i>Talking About Urinary Tract Issues</i>	Pink
66. Loss #1 – <i>Pre-Planning Funerals</i>		

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67. Loss #2 – <i>Grieving - A Natural Response</i>	<i>Dealing With Loss</i>	Grey Astro
68. Driving #1 - <i>More Seniors Are Driving</i>		
69. Driving #2 - <i>Driving Abilities May Change</i>	<i>Driving Into Your Later Years</i>	Ivory
70. Pain #1 – <i>Pain Hurts At Any Age</i>		
71. Pain #2 – <i>Pain Management</i>	<i>Living With Pain</i>	Sunburst
72. Hospice #1 - <i>Hospice – A Growing Option</i>		
73. Hospice #2 – <i>What Exactly Is Hospice</i>	<i>Considering Hospice Care</i>	Lav. Astro
74. Independence #1 - <i>Keeping Their Freedoms</i>		
75. Independence #2 - <i>Independence Erosion</i>	<i>Maintaining Independence</i>	Peach
76. Comp. Med. #1 – <i>Combining Therapies</i>		
77. Comp. Med. #1 – <i>Medicine Is Integrating</i>	<i>Integrating Medicine</i>	Green Astro
78. Mobility Devices #1 – <i>Maintaining Mobility</i>		
79. Mobility Devices #2 - <i>Scooting About</i>	<i>Using Mobility Devices</i>	Can. Yellow
80. Humor #1 – <i>Tickle Your Funny Bone</i>		
81. Humor # 2 – <i>A Complex “Experience”</i>	<i>Making Sense Of Humor</i>	Lt. Blue
82. Companionship #1– <i>Keep People In Your Life</i>		
83. Companionship #2 - <i>Pets Make Great Companions</i>	<i>The Need For Companionship</i>	Pink Astro
84. Cancer #1 - <i>What Is Cancer?</i>		
85. Cancer #2 - <i>Can We Talk About This</i>	<i>Helping People With Cancer</i>	Cream
86. Vision Help #1 – <i>“Living” With Less Sight</i>		
87. Vision Help #2 – <i>Blind Reactions</i>	<i>Adjusting To Less Eyesight</i>	Blue Astro
88. Comfort/Temp. #1 – <i>I’m Awfully Warm</i>		

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89. Comfort/Temp. #1 – <i>I'm Awfully Cold</i>	<i>Running On Hot Or Cold?</i>	Buff
90. Frailty #1 – <i>Age May Bring On Frailty</i>		
91. Frailty #2 – <i>Dealing With Frailty</i>	<i>Take A Stand Against Frailty</i>	White
92. Music/Dance #1 – <i>Gotta Dance</i>		
93. Music/Dance #2 – <i>Doctor's Orders - Sing</i>	<i>Keeping Seniors In Tune</i>	Peach
94. Stress #1 – <i>There Is Stress In Our Lives</i>		
95. Stress #2 – <i>Manage Your Stress</i>	<i>Life With Less Stress</i>	Green Astro
96. Exercise #1 – <i>Anyone Can Exercise</i>		
97. Exercise #2 – <i>Exercise Really Pays Off</i>	<i>Exercise Has No Age Limit</i>	Can. Yellow
98. Transportation #1 – <i>I Could Use A Ride To...</i>		
99. Transportation #2 – <i>A Little Extra Effort</i>	<i>Helping Seniors Get Around</i>	Pink
100. Abuse #1 – <i>Be Aware Of Elder Abuse</i>		
101. Abuse #2 – <i>Something Seems Different</i>	<i>Elder Abuse Awareness</i>	Grey Astro
102. Dementia #1 – <i>The Symptom Is Dementia</i>		
103. Dementia #2 – <i>Getting A Message Through</i>	<i>Dementia Affects Families</i>	Green
104. Shingles #1 – <i>Shingles – Chicken Pox Rerun</i>		
105. Shingles #2 – <i>Shingles Has Its Own Timetable</i>	<i>Shingles (The Disease)</i>	Ivory
106. Cognition #1 – <i>Getting An Accurate Picture</i>		
107. Cognition #2 – <i>Exercise The Brain</i>	<i>Cognitive Ability &amp; Aging</i>	Blue Astro
108. Family #1 - <i>Family &amp; Relationships</i>		
109. Family #2 - <i>Honor Your Family Elders</i>	<i>Relationships: The Family Business</i>	Buff

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110. Circulation #1 - <i>Keep On Circulating</i>		
111. Circulation #1 – <i>Peripheral Vascular Disease</i>	<i>The Impact Of Circulation</i>	Peach
112. Gerontology #2 - <i>Majoring In Seniors</i>		
113. Gerontology #2 - <i>My Kind Of Doctor</i>	<i>Specialists Of Aging</i>	Lav. Astro
114. Transition #1 - <i>Transitioning – A Part Of Live</i>		
115. Transition #2 - <i>The Transition Team</i>	<i>Coping With Transitions</i>	Can. Yellow
116. Arthritis Info #1 – <i>This Joint Is Getting To Me</i>		
117. Arthritis Info #2 – <i>Rheumatoid Arthritis (RA)</i>	<i>Arthritis Information</i>	W. Stardust
118. Safety #1 - <i>Improve Your Odds</i>		
119. Safety #2 – <i>Take Safety Precautions</i>	<i>Adjust To Being Safer</i>	Green
120. Healthy #1- <i>More People Are Living Longer</i>		
121. Healthy #1- <i>Aging &amp; Health</i>	<i>In Step With Healthier Aging</i>	Ivory
122. Fibromyalgia #1 – <i>It's Called Fibro What?</i>		
123. Fibromyalgia #2 – <i>It's Complex, Frustrating</i>	<i>Life With Fibromyalgia</i>	Pink Astro
124. State Of Mind #1 – <i>Influence Your State Of...</i>		
125. State Of Mind #2 – <i>Just Having A Bad Day...</i>	<i>What Is Your State Of Mind</i>	Buff
126. Balance #1 – <i>Always Walking A Tightrope</i>		
127. Balance #2 – <i>That Felt Weird...Or Worse</i>	<i>Life Is A Balancing Act?</i>	Sunburst
128. Dem. Behaviors #1 – <i>To Say...Or Not To Say</i>		
129. Dem. Behaviors #2 – <i>Dementia Behaviors</i>	<i>Dementia &amp; Behavior Changes</i>	Blue Astro

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130. Digestion #1 - <i>A Tummy Ache - Again?</i>		
131. Digestion #2 - <i>Heartburn</i>	<i>Digestion Can Be A Problem</i>	White
132. Caregiver-2010 #1 - <i>Caregiver Increasing</i>		
133. Caregiver-2010 #2 - <i>Beware Of Burnout</i>	<i>Caregiving Issues &amp; Tips</i>	Can. Yellow
134. Hospital #1 - <i>Hospital Patient Basics</i>		
135. Hospital #1 - <i>Visiting At The Hospital</i>	<i>Going To The Hospital</i>	Peach
136. PT #1 - <i>Therapy Often Gets Physical</i>		
137. PT #1 - <i>A Flexible Treatment</i>	<i>Physical Therapy Overview</i>	Ivory
138. Learning - <i>Going To Class Everyday</i>		
139. Learning - <i>Back To School</i>	<i>Learning Is A Lifelong Endeavor</i>	Stardust White
140. Weight - <i>Unintentional Weight Loss</i>		
141. Weight - <i>Heavy Burdens</i>	<i>Weight Matters</i>	Ivory
142. Flu/Cold - <i>It's Not "Just" The Flu</i>		
143. Flu/Cold - <i>It's A "Common" Cold</i>	<i>Common Cold &amp; Flu Viruses</i>	Natural
144. Genetics - <i>A Developing Science</i>		
145. Genetics - <i>Family Medical History</i>		