



Community
Health Charities
LOUISIANA & MISSISSIPPI
WORKING FOR A HEALTHY AMERICA



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Lunch & Learn
Health Programs for the Workplace

Lunch and Learn

Take a step toward reducing health care costs and increasing productivity by building a healthier work force.

Now your company can bring timely information on a host of health topics direct to your employees at little or no cost through Community Health Charities' Lunch and Learn seminars.

What Is a Lunch and Learn Seminar?

Lunch and Learn seminars are informational health programs specially designed by Community Health Charities. It's our way of thanking your company for helping us bring health, hope and healing to all people.

Lunch and Learn seminars focus on the health services available in your community, health education and disease prevention.

They feature:

- A compact format that fits into a lunch break
- Concise, up-to-the-minute medical information
- Knowledgeable presenters
- Presentations right in your workplace
- Helpful handout materials and
- An informal atmosphere your employees will enjoy

All at little or no cost to your company!

Interested in Community Health Charities

Coordinating a Health Fair for Your Employees?

Choose a health issue or issues that match the interests of your employees. We'll set up a customized, informal event in your cafeteria, conference room or even in your parking lot. Our member agencies offer health information, interactive activities and other resources at booths that your employees can visit during the hours you designate. Your Health Fair can be customized to incorporate any of the onsite services, seminar topics or employee resources that are offered separately.

To arrange for a Health Fair or a Lunch and Learn seminar at your work site, just call our Wellness Coordinator at (800) 753-0053.

Our programs are provided by staff and volunteers from our member agencies, so please allow at least three weeks notice for us to schedule your request.

Community Health Charities Member Agencies

ALS Association

Alzheimer's Association

American Cancer Society

American Diabetes Association

American Heart Association

American Liver Foundation

American Lung Association

Arthritis Association

Crohn's & Colitis Foundation

Cystic Fibrosis Foundation

Easter Seals

Epilepsy Foundation

Juvenile Diabetes Research Foundation

Hospice and Palliative Care Organization

Huntington's Disease Society

Leukemia & Lymphoma Society

Lupus Foundation

March of Dimes

Muscular Dystrophy Association

National Kidney Foundation

National Mental Health Association

National Multiple Sclerosis Society

New Heights Therapy Center

NO/Aids Task Force

Pennington Biomedical Research Foundation

Sickle Cell Disease Association of America

Spina Bifida Association

St. Jude Children's Research Hospital



WORKING FOR A HEALTHY AMERICA

Why are Lunch and Learn seminars a good idea?

Because knowledge is the first step toward good health and because everyone benefits!

Your Company:

- Shows it cares about its employees and their families
- Improves employee morale by providing an additional benefit that costs them nothing
- Helps employees deal more effectively with personal and family health problems that may affect their job performance and
- Demonstrates leadership and stewardship throughout the community

Your Employees:

- Learn how to get healthy, stay healthy and better manage their health problems
- Understand health issues their coworkers, family or friends may be facing
- Discover new resources for health services and information

Is There a Charge for Lunch and Learn Seminars?

- Lunch and Learn seminars are free or modestly priced for your company.*

How Do I Arrange for a Lunch and Learn seminar?

- It's simple! Just call Community Health Charities' Wellness Coordinator toll free at (800) 753-0053. You'll receive the program designed especially for your company, at your site and at your convenience.

* Some programs may involve minimal fees, depending on speaker availability and other variables. Any costs will be clearly reviewed with your company representative prior to scheduling.

Lunch and Learn

A Menu of Seminar Choices from the Member Health Agencies of Community Health Charities Workplace Wellness Division

Any of these programs can be presented at your workplace. Additional topics may be available upon request.

1. Nutrition Today: Facts and Fallacies

Each day seems to bring another report on diet and health. This practical program from the American Diabetes Association cuts through the confusion, providing sound information on current nutritional recommendations, as well as how to use food labeling to make smart choices.

2. Beyond the Blues: Recognizing Depression

This session will help you recognize the difference between feeling a little blue and suffering from clinical depression. The Mental Health Association discusses key indicators of depression and the many effective treatments now available to people who suffer from this common clinical illness.

3. Cancer: Where To Turn for Answers

The American Cancer Society has numerous programs for cancer patients and their families. Learn about our Road to Recovery; Look Good...Feel Better; I Can Cope; Man to Man and other programs and services offered and how you can access answers to your questions about cancer 24 hours a day, 7 days a week.

4. Lupus: The Hidden Disease

This program presented by the Lupus Foundation will explain Systemic Lupus Erythematosus, its symptoms, how to live with chronic disease and how to help find a cure. Lupus is a chronic autoimmune disease that affects one out of 185 Americans and is more prevalent in African-Americans, Latinos, Native Americans and Asians.

5. A Blood Pressure Primer

What is high blood pressure? What does it do to you? How can you tell if you have it? Get answers to these and other key questions from the National Kidney Foundation with special attention to the kidney-related complications of high blood pressure (hypertension).



6. How To Maintain a Healthy Heart

The American Heart Association offers advice on reducing your risk of cardiovascular disease. You'll learn how exercise, nutrition, smoking and stress affect heart health and how to spot early warning signs of heart attack and stroke.

7. Caring For the Alzheimer's Patient

Understand what Alzheimer's disease is, how it affects those who have it and what it means for caregivers. The Alzheimer's Association provides information on available resources, dealing with difficult behaviors, financial implications, legal concerns and coping with the strain of caregiving.

8. The Basics of Asthma

Almost every family in the South is touched by asthma and its incidence is on the rise. Get the facts on this troubling—and sometimes deadly—condition, including common triggers and treatments, as well as tips on coping with asthma from the American Lung Association.

9. Breast Cancer: Every Woman's Concern

Breast cancer is the most common type of cancer to be diagnosed among women and the second leading cause of death in women. Breast cancer is every woman's concern and this presentation from the American Cancer Society will help you better understand the disease.

10. Warning Signs You Should Know

The Alzheimer's Association can provide information on common symptoms, answer frequently asked questions about Alzheimer's Disease and provide information on available resources.

11. Preventing and Detecting Diabetes

Learn from the American Diabetes Association how you can reduce your risk of diabetes or delay its onset. Become familiar with the early warning signs and symptoms of the disease and get advice on understanding diagnosis and treatment.

12. Rebuilding Bodies...Rebuilding Lives

Learn about resources available to help people affected by stroke, brain injury, amputation or neuromuscular disorder. The Easter Seals office can provide outpatient rehabilitation for people recovering from these life-changing events, emphasizing return to work.



13. Sickle Cell Disease: Getting It Straight

All different types of Louisiana and Mississippi residents have sickle cell disease and many carry the genetic trait that can be inherited by their children. The Sickle Cell Disease Association of America will explain how this all-too-common disease affects the body, what the current treatments are and why it's critical for people to find out if they carry the trait.

14. Women and Heart Disease

Heart disease is too often thought of as a problem of middle-aged men. In fact, heart disease know no such boundaries. That's why the American Heart Association offers this special program focusing on the unique health risks women face with regard to heart disease.

15. Keep Moving with Arthritis

Arthritis affects one in every six Americans, from young children to older adults. The Arthritis Association presents up-to-date information on how to prevent, recognize or treat the more than 100 types of arthritis and to keep moving and stay active.

16. Options in Smoking Cessation

You can quit smoking! This informative program provides an overview of the American Lung Association 7-session Freedom From Smoking program and discusses the latest in pharmaceutical aids, health effects of smoking and the benefits of quitting. When you're ready to quit the American Lung Association can help!

17. Disability Awareness

People with physical disabilities can remain productive members of the work force often with only simple accommodations. Learn what types of workplace accommodations have been successful in many companies and get basic information about the Americans with Disabilities Act from the National Multiple Sclerosis Society.

18. Babies and You

Try this work site prenatal health program presented by the March of Dimes. The program discusses factors that can affect a baby's health from conception to birth. Topics include exercise, nutrition, genetic counseling, prenatal care, preconception planning and more.

19. How Can I Help? Dealing with Grief

This seminar from the Louisiana and Mississippi Hospice and Palliative Care Organization will help you understand your own feelings on the loss of a loved one or compassionately support someone else who has experienced a loss.

20. Caregiving: Resources and Questions

Over 43 million people have disabilities and the number will continue to grow. This workshop presented by the National Multiple Sclerosis Society focuses on resources for caring for older adults or adults with disabilities.

21. After The Storm: PTSD

The affects of Hurricanes Katrina and Rita have left everyone with stresses none of us were ready for. Learn easy techniques to use on or off the job to recognize post traumatic stress disorder. Sponsored by the Mental Health Association.

22. Prostate Cancer: Let's Talk

Learn what prostate cancer is, why it's often called the hidden disease, who is at risk, what kind of testing is available and what the treatment options are. In addition, find out about the American Cancer Society's programs and services for men with prostate cancer.

23. Can You Be Happy If You Can't Walk?

In keeping with its three goals of independence, awareness and leadership, this task force from the Muscular Dystrophy Association (MDA) helps inform the public about MDA's achievements in its groundbreaking research and comprehensive services program in behalf of more than a million Americans affected by neuromuscular diseases.

24. The Emotional Toll of Juvenile Diabetes

Parents of children suffering with diabetes founded the Juvenile Diabetes Research Foundation. Let them show you how close monitoring can help young diabetics avoid deadly complications and provide an update on research toward a cure.

25. Giving the Greatest Gift

The decision to be an organ or tissue donor may be the greatest gift you ever give your family. The National Kidney Foundation tells the compelling story of what your choice can mean to the people you love.



26. Protecting Your Family from Second-Hand Smoke

Over 4,000 chemicals and compounds are released into the air when a cigarette is lit. 43 of them are proven to cause cancer in humans. Learn the facts about second-hand smoke from the American Lung Association.

27. Stress and Your Heart

Learn from the American Heart Association how the human body responds to stress, how that response relates to cardiovascular disease and what you can do to better manage the inevitable stressors of life.

28. The Unspoken Topic

The CAN program was established in September 2000 to bring together local organizations, businesses, social clubs, and churches that serve the men's community to focus attention on the HIV prevention needs in our community. Additionally, CAN works with individual establishments to assist them in creating their own HIV prevention programs and activities specific for their own clients, members and congregates. Sponsored by the NO/Aids Task Force.

29. You've Got Nerves

Let the American Diabetes Association help you learn the important warning signs of neuropathy. You might not be able to feel heat, cold, or pain in your feet. Your feet might feel numb or tingly. Also, some diabetics experience problems having sex.

30. Kidneys "101"

How can two bean-shaped organs, each about the size of your fist, are sophisticated reprocessing machines. The National Kidney Foundation presents basic information about your kidneys and their functions including information about conditions and diseases that eventually lead to Chronic Kidney Disease. Also provided are critical "how-to's" for preventing kidney failure.

31. Are You a Carrier of the Silent Killer?

The Cystic Fibrosis Foundation promotes high-quality, state-of-the-art, specialized care for individuals with cystic fibrosis (CF) by offering diagnosis services and comprehensive treatment for people with CF and their families.

32. Should You Worry About Chronic Indigestion?

All of us have reason to worry about cancer. Heredity, smoking, and exposure to asbestos, pesticides and other toxins are only a few of the many factors that have been linked to cancer. But what if we or our loved ones happen to have ulcerative colitis or Crohn's disease? Volunteers from the Crohn's & Colitis Foundation of America can provide you with all the answers.



33. Are You Without Hope?

Then maybe you need to hear the story of hope from St. Jude Children's Research Hospital. To date, St. Jude has treated more than 20,000 children from across the United States and 60 foreign countries.

All St. Jude patients are treated regardless of their ability to pay, with St. Jude Children's Research Hospital covering all costs beyond those reimbursed by third party insurers, and all costs when no insurance is available. St. Jude Children's Research Hospital also provides assistance with transportation costs and local living expenses during treatments.

34. Living With Uncertainty

Have you or has someone close to you just received a diagnosis of lymphoma? Let the trained volunteers from the Leukemia & Lymphoma Society help. The Leukemia & Lymphoma Society is committed to reaching out to those with leukemia, Hodgkin and non-Hodgkin lymphoma and myeloma in meaningful ways. Local programs have been developed to meet the needs of patients, families and oncology professionals; the people who deal with blood cancer every day and the people who care for them.

35. All You Need to Know About Joint Surgery

Does the thought of joint replacement surgery make you anxious? Volunteers from the Arthritis Association can help; surgery is a big decision and your apprehension is understandable. Whether you are still weighing your options or have already chosen surgery as your best next step there is good news—a great deal of uncertainty about joint replacement or other types of joint surgery can be alleviated with information and education.

36. Epilepsy in the Workplace

Did you know that 10 percent of the American population will experience a seizure in their lifetime? Presented by the Epilepsy Foundation, this program can help you recognize and provide appropriate response when someone you know has a seizure. All the programs from the Epilepsy Foundation have the goal of raising public awareness—and acceptance—of seizures and epilepsy.

