

FREE “lunch & learn” Educational Programs, and Services

Additional health and safety related information AND INFORMATION ABOUT UPCOMING HEALTH & WELLNESS events can be found on the Health Ministry section of Catholic Charities OK: <http://catholiccharitiesok.org>

Nutrition - Battling disease at the dinner table, bi-lingual

Free - Programs can be tailored to meet your needs on a variety of topics including:

- Eating Well on the Run
- Nutrition for the Elderly
- My Plate – the Basic food Groups
- Importance of Breakfast
- Healthy Snacks
- Bone up on Calcium
- Basic Cooking
- Weight Management

Contact: Amanda Horn & Diana Romano, Oklahoma State University Extension Educators 405.713.1125
Carmen Romo, Integris Hispanic Initiative 405.636.7549
Alyson Dykstra, Community Dietician with Homeland – HAC, Inc. 405.633.4480
Celia Hollis, Monica Cabagal, Latino Community Development Agency 405.236.0701, x157 or 405.706.5476

Nutrition – Get the Most for Your Money - Healthy Meals for One or a Family –Program is free for persons with income at 185% of poverty guidelines or anyone on any type of state or federal assistance program, (SNAP, WIC, SSI, Indian commodities, senior nutrition services) or for anyone using food pantry services.)

- Program consists of 8 classes for groups of 2-10 participants, with option to add 8 additional classes at conclusion. Basic nutrition, meal planning, food safety, healthy meals on a budget, choosing healthy drinks, reading food labels, portion control, feeding infants & children and even a trip to grocery store to practice what has been taught is included. **(daytime scheduling)**

Contact: Debbie Bell, Area Coordinator OSU-OKC Extension Community Nutrition Education Program 405.713.1125, <http://oces.okstate.edu/oklahoma> (for Oklahoma, Grady & Cleveland counties)

Stroke Awareness, Prevention and Education – Warning Signs and Risk Factors

What is a stroke? How do I know if someone is having a stroke? How do I lower my risk for heart disease and stroke?

Contact: Mary Pinzon, Integris Stroke Education Nurse 405.644.6867 for more information

Suicide Awareness and Prevention

Question, Persuade, Refer – One hour training offered by the Counseling Department at Catholic Charities, participants will learn how to recognize the warning signs of suicide and how to get help.

Contact Amy Shipman or Aimee Ryan 405.524.0969 for more information

<http://www.ok.gov/odmhsas/documents/Suicide%20Prevention%20Web.pdf>

Oklahoma Poison control Center Outreach Educator Whitney Kemp, 405.271.5062

Presentations for your group on:

- Medication safety for children, adults – proper administration, storage & disposal
- Baby proofing your home – for parents, grandparents & child caregivers
- Bites & stings – what to look for and what to do
- Drugs of abuse in teenage population
- Drug prevention programs for middle school & high school students

Spirituality and Fitness

Use a 12 week “Walk to Jerusalem or Bethlehem” program to jump start faith health ministry at your church. The Walk to Bethlehem begins in September and ends at Christmas. The Walk to Jerusalem starts in January and ends at Easter. Each week has a biblical verse as a focus as well as thought provoking questions for individual or group use to identify barriers to physical and spiritual growth and assist individuals to become more disciplined in prayer and health choices. Participants are encouraged to track daily physical activity and prayer time. Weekly meetings take place to encourage one another and track progress. Each participant receives a booklet to record their own miles walked, eating habits, personal needs and prayer concerns. The goal is to establish life- long habits of prayer and exercise and to promote community within your church or school.

This can be used with large or small groups, as well as adults, teens, children and the elderly.

<http://www.stjohnprovidence.org/walktojerusalem/>

Call: 866.501.3627,x3 or 586.753.1484

Spirituality talks on healing, health and wholeness, self care, prayer retreats

For more information contact:

Mary Diane Steltenkamp, Clergy Nurse, 405.709.2731

Dr. Carole Brown, Archdiocesan Office of New Evangelization 405.709.2721

Integris Hispanic Initiative –available state wide

Learn how to be healthy! Educational programs on preventing stroke and hypertension, nutrition, physical fitness and managing diabetes. A presentation every 3 months on a different topic is recommended and a health fair with free health screenings is held at the conclusion of the series. This is available throughout the state.

Contact Carmen Romo, Integris Community Wellness, 405.636.7549 or 405.951.2277 oprima #2 para espanol

Preventing Injuries/Falls Tai Chi – a low impact exercise to improve balance, strengthen muscles, which reduces risk of falling. Exercise can be done by anyone, anywhere. Learn more about this program and find out where free classes are offered in your community. Free instructor training is also offered throughout the state.

For more information contact Laura Gamino, Injury Prevention Coordinator OKC - OU Medical Center 405.271.3557, or

Avy Redus, State Health Department Injury Prevention Coordinator 405.271.3430 **falls.health.ok.gov** 800.522.0204 (excellent website for resources and printable fact sheets)

Domestic Violence

What is domestic violence? What should I say to an abused woman? How do I get help?

For more information about programs and services for victims of domestic violence or sexual assault **Ywcaokc.org**.

To schedule an educational presentation contact: Jo Descher with YWCA OKC at 405.948.1770 or Sandra Thompson, Oklahoma District Attorneys Council, Coordinated Community Response 405.264.5008

Family Builders – Strengthening Families to Stop Cycles of Abuse and Violence

- Oklahoma ranks 3rd in the nation for number of women killed by an intimate partner.
- Every day in Oklahoma, 31 children are confirmed as victims of abuse.
- 1 in 3 teens report being involved in some sort of relationship violence.
- 1 in 4 girls and 1 in 6 boys will be sexually abused before the age of 18.

Anti-bullying program for kids, “Kids on the Block” teaches conflict resolution skills. Appropriate for churches, daycare and schools kindergarten through 6th grade.

Adult program appropriate for schools, churches, parent groups – teaches adults and parents how to keep our kids safe. Learn to recognize 4 types of child abuse and signs of “grooming behavior” of abuser and how to report abuse.

To schedule an educational presentation call 405.232.8226

Familybuildersok.org

Serving Oklahoma, Logan & Canadian County

Dental Health Education –Oklahoma County only, bi-lingual

FREE preventative education for children and their caregivers offered in English and Spanish. This program addresses the impact of nutrition on oral health and ways in which dental problems can affect your health. Caregiver must be present. Fluoride treatment to teeth is provided and sealant is applied if appropriate. Regardless of insurance status referrals for “dental home” provided if family does not have dentist. In addition, if there are a large number of adults without dental insurance in need of dental treatment a mobile dental clinic can be scheduled at your site. There is a \$600/day charge for the mobile dental clinic, D-Dent will pay half of this cost. Participants must complete a survey – demographic information only is requested, no personal identification required.

Daytime events are preferred but evening events will be considered.

For more information or to schedule call: Barbara Lopez, D-DentOK outreach educator, at 405.424.8092, d-dentok.org

Free Dental Care & Education Statewide

MobileSmiles Oklahoma is a nonprofit dental care program dedicated to eliminating barriers to dental care access. With the help of volunteer dental professionals, the program utilizes two RV-style mobile dental units that travel across the entire state of Oklahoma delivering free dental care and education.

To learn how to can bring this program to your community, go to mobilesmilesok.org

Personal Safety

Free seminars and tips on how to be safe at home, at the mall, in your car and on the internet. Protect yourself from fraud, scam and identity theft.

Contact: Corporal Kelli Bruemmer, Oklahoma County Sheriff's Office TRIAD Coordinator 405.713.1950

<http://www.oklahomacounty.org/sheriff/adminservices/triad.asp>