

Building Momentum Through Community Engagement & Interaction

Western Massachusetts Healthy Aging Coalition



The Western Massachusetts Healthy Aging Coalition is a four-county collaboration of over 20 partners, whose purpose is to build capacity for evidence-based healthy living programs in Western Massachusetts. All members share the common goal of improving, supporting, and encouraging a daily lifestyle that includes wellness activities through training programs that offer opportunities for community members to improve their quality of life or become peer leaders. Additionally, networking between Coalition partners has built confidence, creativity, and individual and collective accomplishments over the past year and maximized the use of resources.

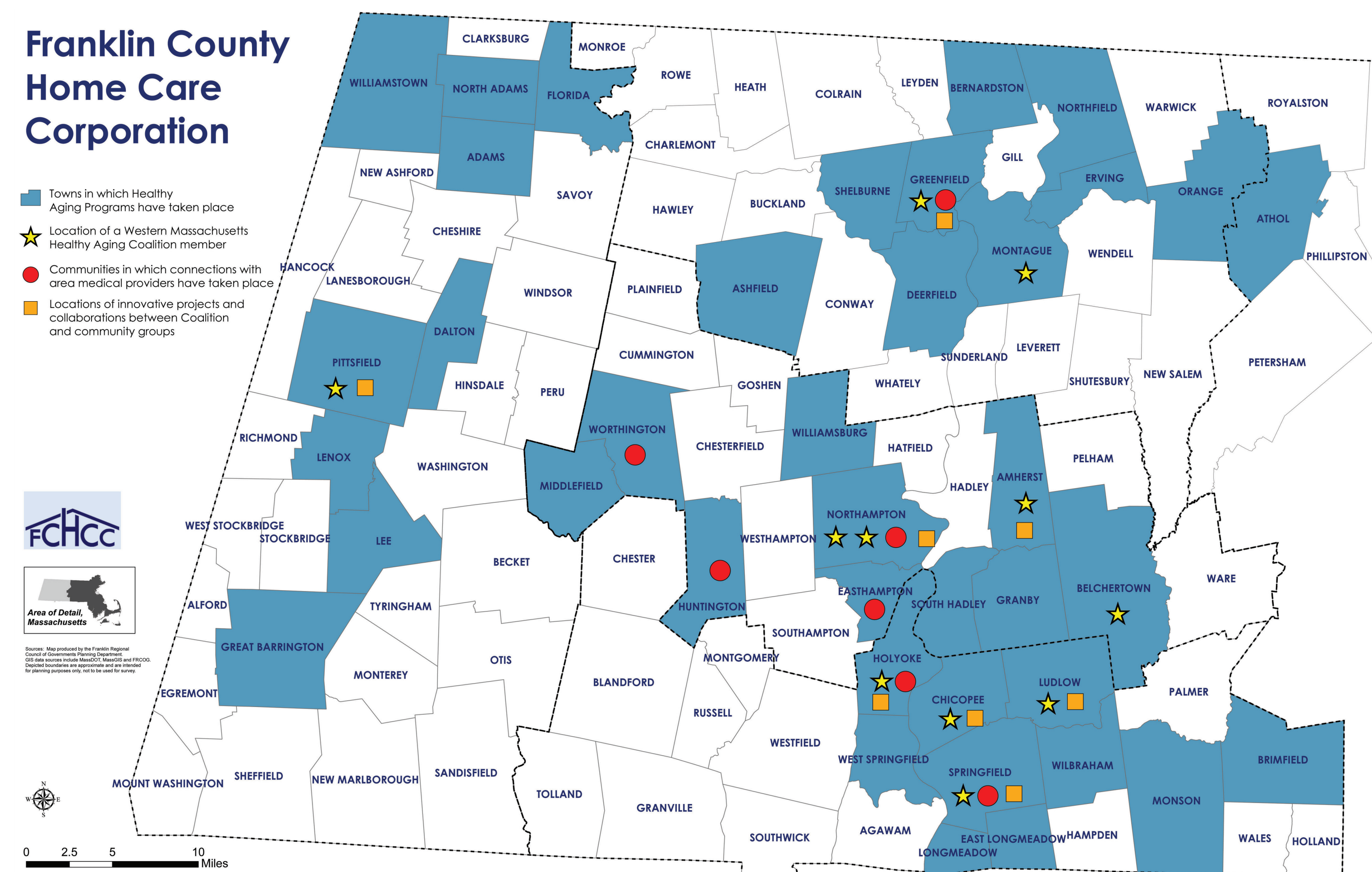
Coalition partners support each other when attending the Coalition meetings, which bring members together quarterly to share progress, best practices, receive and share updates and information on the local and state level, and to plan for collaborative projects. Leader training workshops are led by local master trainers and sponsored and/or hosted by partner agencies. Leaders teach workshops across different regions, and training materials are shared when needed and available. In the coming year, additional support will be offered to coalition partners through new publicity sessions that will offer guidance and assistance to each partner to improve overall community outreach efforts and increase partnerships with medical providers.

► Medical Provider Connections

In order to create sustainability and to reach the greatest number of participants in Western Massachusetts, the Coalition has been striving to establish partnerships with medical providers. The following practices have either hosted or actively promoted and referred patients to Healthy Aging workshops:

- **Baystate Health Rehabilitation Care** at Baystate Franklin Medical Center in Greenfield has sent referrals from practitioners.
- **Center for Excellence in Diabetes Education** at Cooley Dickinson Hospital in Northampton has sent referrals from practitioners and is making plans for collaborative projects.
- **Community Health Center of Franklin County** in Greenfield has sent referrals and is making plans for collaborative projects.
- **Hilltown Community Health Centers, Inc.**, with practices in Huntington and Worthington, has in-house leaders trained in CDSMP and DSMP and offers direct referrals from practitioners as well as community health workers.
- **Mercy Medical Center in Springfield** has hosted workshops and sent referrals from practitioners.
- **Valley Medical Group**, with practices in Amherst, Easthampton, Florence and Greenfield, has hosted workshops and sent referrals from practitioners.

Franklin County Home Care Corporation



► Innovative Collaborations & Projects

Some unique and innovative collaborations and projects that have occurred throughout the four-county region include:

- **Senior Community Service Employment Program** in Holyoke offered a CDSMP training with CareerPoint and WestMass ElderCare, Inc.
- **YMCA in Greenfield's Exercise is Medicine Program** and **Franklin County Home Care Corporation (FCHCC)** partnered to offer workshops in CDSMP and A Matter of Balance.
- **Western Massachusetts Public Health Training Center**, in partnership with the **University of Massachusetts, Amherst, School of Public Health** joined with FCHCC; **Greater Springfield Senior Services, Inc.**; **Ludlow Council on Aging**; and the **YMCA of Greater Springfield** to offer CDSMP workshops.
- **Elms College School of Nursing** offered A Matter of Balance leader training for students in Chicopee, who went on to lead workshops in Springfield and Holyoke in cooperation with **Greater Springfield Senior Services, Inc.** and **WestMass ElderCare**.
- **CDSMP** and **CPSMP** programs are being planned for employees of two Aging Service Access Points: **Elder Services of Berkshire County, Inc.** and **Highland Valley Elder Services, Inc.**

Healthy Aging Programs offered by the Western Massachusetts Healthy Aging Coalition:

- **Chronic Disease Self-Management Program (CDSMP)**
- **Chronic Pain Self-Management Program (CPSMP)**
- **Diabetes Self-Management Program (DSMP)**
- **Diabetes "Step Up" Program**
- **Healthy Eating**
- **A Matter of Balance**
- **Osteoporosis Exercise Program**
- **Powerful Tools for Caregivers**
- **Tai Chi for Healthy Aging**

TUFTS **Health Plan**
FOUNDATION

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

FCHCC

United Way
Partner Agency

Hebrew SeniorLife

Affiliated with Harvard Medical School