



# Georgia Rural Health Association

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## Save the Date!

GRHA's 2007 Conference will focus on Making Rural Healthy People 2010 a Reality for Georgia. The conference will be held at the UGA Center for Continuing Education in Athens Sept 17-19. Insurance Commissioner John Oxendine has already committed as a speaker. Sessions will include preparing successful grant applications, the importance of oral health as part of primary healthcare, and the role of public health as a means of helping rural communities live healthier. Contact Annual Meeting Chair Mary Kate Pung at [mkpung@georgiasouthern.edu](mailto:mkpung@georgiasouthern.edu) to be involved in plans for the 2007 conference.

## Member Renewals

Annual membership renewal statements have been mailed. Please be sure to complete the member contact sheet enclosed with your renewal statement. We will be adding new member features next year to our website that will require up to date membership information.



## Please help get our kids excited about becoming more active and healthier.

Researchers report that this generation of youth could be the first not to outlive their parents, due largely to the sedentary lifestyle of kids today. Let's do something about this before it's too late! Take Action Now by enrolling your children in the The Let's Just Play Go Healthy Challenge at [www.nick.com/letsjustplay](http://www.nick.com/letsjustplay)

The Alliance for a Healthier Generation – a joint initiative of the American Heart Association and the William J. Clinton Foundation–has joined forces with Nickelodeon in a multi-media campaign for kids to motivate other kids to become more active. The Let's Just Play Go Healthy Challenge encourages kids to make a big difference in their health by adopting four simple lifestyle changes. The goal is that these small changes will become lifelong healthy habits.

The campaign has been very well received by kids, generating the web excitement equal to the very popular Sponge Bob Square Pants! Our kids are excited about this fitness challenge. We just need help in getting the word out. Will you help us get the word out to kids and parents in your area?

Kids can enroll in the Go Healthy Challenge when visiting [www.nick.com/letsjustplay](http://www.nick.com/letsjustplay) and selecting a kid role model to follow. The web site also contains a message board, details about the kid role models and additional tips on staying active.

Thank you for helping get our kids excited about this fitness challenge. Your actions could very well change a kid's life forever.

Laura Bracci  
 Georgia Health Alliance Director  
 American Heart Association  
 American Stroke Association

### Featured Articles:

<i>AHA urges physical activity for kids.....</i>	1
<i>Save the Dates.....</i>	1
<i>WCRMC Health Fair.....</i>	2
<i>Rural Health Day.....</i>	2

**Need to contact us?**

GRHA

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[info@garuralhealth.org](mailto:info@garuralhealth.org)**Share Your Success Story and Upcoming Events.**

**In 2007 we plan to release a newsletter every two months. Please limit articles to 250 words and use high resolution photographs.**

**Send your newsletter articles to [katherine@garuralhealth.org](mailto:katherine@garuralhealth.org)**



## WCRMC Annual Community Health Fair a Great Success

Washington County Regional Medical Center held its annual Community Health Fair on November 8<sup>th</sup>. This year's health fair was a great success with thirty-eight booths, which consisted of WCRMC departments, outside agencies and businesses. The WCRMC departments that participated were: rehabilitation, radiology, laboratory, social services, respiratory, Wellness Works, cardiac rehabilitation, Taekwondo, nursing services, dietary, and the WCRMC auxiliary volunteers. The outside agencies and businesses that attended were: Regency Hospital, Touched by an Angel, Help Link, Independence Plus, Sandersville Technical College, Women's Healthcare Center, University Home Health Care, United Hospice, Chapco, Hospice Care Options, West Drug Company, Washington Co. Family Connections, Children's Healthcare Center, Home and Health Enterprises, MCG, Wal-Mart Vision Center, Community Health Care Systems Inc., Source, Walton Rehabilitation, DFACS, Right from the Start, American Cancer Society, Sheppard Community Blood Center, Heritage Inn, Johnson Co. Nursing Home, Wellcare of Georgia, and Smith & Partners Insurance. The attendance was great considering the weather. The health fair provides our community with free health screenings such as blood pressure, blood sugar, bone density, cholesterol, vision and weight. Over 200 elementary students toured the displays at the health fair that consisted of the Sandersville Fire and Rescue Truck and the WCRMC M-1 ambulance. Anna Sheram health fair coordinator stated, "I would like to thank all the hospital departments and outside agencies and businesses that made the health fair a success." Refreshments were donated by Jet Food and Coca-Cola Bottling Company. If you missed this year's health fair, be sure to attend the downtown health expo that will take place in the spring.

Submitted by Anna Sheram,  
Washington County Regional Medical Center

## Rural Health Day 2007

Be sure to mark your calendar for Rural Health Day 2007. We will meet with legislators the morning of Tuesday, February 13 in the South Wing of the Capitol. Join other GRHA members and healthcare advocates for dinner on Monday night, February 12 at Ruth's Chris Steakhouse at Centennial Park. Look for details on dinner and discounted hotel rooms at the Embassy Suites on the GRHA website in early January.