



Have you taken ownership of your health?

Do you remember the “10 Keys to Healthy Aging?” Close your eyes for a moment. Can you name all “10 Keys?” Can you name at least two or more of the “Keys?” How well did you do in naming the “10 Keys to Healthy Aging?” As you know, taking ownership of YOUR health is

very important. So you ask yourself — How can I do that? How can I age in a healthy way?

Learn the 10 Keys. Know your numbers. Become an “Ambassador” for your own health and the health of the people around you! Only you can do this. Fight for your health. Sign up for the Community Ambassador Training Program today. All it would take is a commitment of four weeks, once a week. The program is FREE to the public.

Community Ambassador Program

The Community Ambassador Training Program educates adults to take ownership of their health by practicing the “10 Keys to Healthy Aging.” The training program is a certificate class for individuals who want to help promote and support healthy aging. Classes meet once a week for two hours for four weeks. Class size is limited to 10 to 20 participants and the resource book on the “10 Keys” to Healthy Aging is used.

The following classes are being offered starting this fall. For more information, call the Center for Healthy Aging at 866-350-6509.

- CCAC South Campus, Wednesdays, 1 to 3 p.m. Sept. 12 through Oct. 3
- CCAC South Campus, Wednesdays, 6:30 to 8:30 p.m. Sept. 12 through Oct. 3
- CCAC North Hills, Fridays, 9 to 11 a.m. Sept. 14 through Oct. 5
- CCAC Boyce Campus, Mondays, 1 to 3 p.m. Sept. 17 through Oct. 8
- UPMC McKeesport, Mondays, 9 to 11 a.m. Sept. 17 through Oct. 8
- Osher Lifelong Learning Center, University of Pittsburgh, Tuesdays, 10 to 11:50 a.m. Oct. 16 (no class Oct. 9) through Nov. 20

Update of the Community Ambassador Program

Over the past several years, the Center for Healthy Aging has conducted the “10 Key” Community Ambassador Classes in the community with 250 people completing the program. The classes have been offered in over 13 locations throughout Allegheny and the surrounding counties. Locations of some of the programs include:

- Community College of Allegheny County offers the course at four different campuses. The colleges provide a convenient location for easy access and parking.

- Silver Sneakers sponsored the program to their members in Natrona Heights, Mt. Lebanon Jewish Community Center and New Kensington.
- The Woman’s Relief Corps, a senior service organization in Brookville offered the Ambassador program for 20 of their employees. The employees have incorporated the 10 Keys into monthly learning sessions for caregivers and clients.
- The Hill House Senior Center and Lemington Community Services Center are offering “10 Key” sessions focusing on one Key each month.

The 10 Keys To Healthy Aging Program can be offered in schools, businesses, corporations, organizations, community groups, churches, and health care facilities. The program is flexible and can be adapted to the needs of the organization.

The Community Health Ambassadors also have a newsletter, which is an excellent way of communicating between Ambassadors. The newsletter allows them to share experiences and learn from each another. They announce upcoming community health events and describe individual and community successes and failures in the “10 Keys to Healthy Aging” campaign. Motivational stories describing healthy lifestyle changes that friends and families have made in their lives help to reinforce the program’s effectiveness. The newsletter is published twice a year.

Certified Ambassadors can become members of the Community Health Ambassador Program Advisory Group. Members’ suggestions help evaluate and guide the program. The advisory group meets twice annually, during which the ambassadors share their experiences.

Take ownership of your health. Join a group of people who believe in aging gracefully and successfully. Become an ambassador for your own health and the health of the people around you. Live life to the fullest. Strive for a “Healthier Tomorrow.”

10 Keys to Healthy Aging

- Be Active
- Lower Systolic Blood Pressure
- Prevent Bone Loss and Muscle Weakness
 - Regulate Diabetes
 - Lower LDL Cholesterol
- Participate in Cancer Screenings
 - Combat Depression
 - Get Regular Immunizations
- Maintain Social Contact and Keep Smart
 - Stop Smoking

This column was written by Kathy Williams, RN, MHSA, Clinic Coordinator and Community Ambassador Education Director of the Center for Healthy Aging. For more information on this article, please call 1-866-3506509.

CHA is a part of the Department of Epidemiology in the Graduate School of Public Health at the University of Pittsburgh. It is one of 33 Prevention Research Centers in the United States funded by the Centers for Disease Control. For questions or more information contact David J. Fetterman, Community Outreach Coordinator at the Center for Healthy Aging at 412-383-3121 or visit www.healthyaging.pitt.edu.