

COOPERATIVE EXTENSION SERVICE
WEEKLY UPDATE
Week Ending 5/23/08

1. Items for Approval – None this week.
2. Items for Discussion – None this week.
3. Summary of County Visits by Dr. Jon Ort

DATE	COUNTY VISITED	PURPOSE
5/20/08	Clay County	Visit with Staff and Advisory Leaders
5/21/08	Cherokee County	Visit with Staff and Advisory Leaders
5/21/08	Graham County	Visit with Staff and Advisory Leaders
5/21/08	Cherokee Reservation	Visit with Staff and Advisory Leaders
5/22/08	Polk County	Visit with Staff and Advisory Leaders

4. Items for Information

- ✚ Seventeen nurse home health aides working with the Aging Unit of the Department of Social Services have been trained in using the “Women Living Healthy, Women Living Well” CD. All seventeen nurse aides have indicated that they are more mindful of what they eat, and are making positive health behavior changes in their own diets and exercise plans because of information gained through this training. They are encouraging their patients and families to eat a healthier diet and to exercise more in order to enjoy good health and happiness for life. All seventeen nurse aides want to be healthy, fit role models for their family members and patients. These nurse aides are distributing Extension's nutritional pamphlets to their patients and the patients' family members in order to further emphasize the importance of good nutrition.

5. Routine Items – None this week.