

AR SOPHE *Talk*



www.arsophe.org

February 2007

PRESIDENT'S COLUMN

Greetings Arkansas SOPHE Members!

I am honored to serve as your 2007 President. I pledge to work diligently to carry out the mission of our organization which is to promote, encourage



and contribute to the advancement of the health of all people through education. Joining me in this effort are the elected officers for 2007. They are: Alison Rose, President-Elect; Dana Smith, Vice-President; Carrie Poston, Secretary; Janie Runkle, Historian; Barbie Brunner, National Delegate; Kim Miller, Treasurer; Members at Large: Kanisha

Caesar, Chara Stewart, Carla Gilbreth, Amanda Hobby and Lisa Weaver. I ask that you continue to support AR SOPHE and the officers for 2007.

Make sure you complete and submit your registration forms for the upcoming 2007 "Spring into Wellness" conference to be held March 6-7 at the Comfort Inn and Suites in Downtown Little Rock. The deadline is fast approaching. The conference has been planned to reach individuals from various health professions to ensure a well-rounded plat-

form that will benefit all participants. Do not miss this opportunity for growth and professional development. I would like to thank the 2007 Conference Co-Chairs, Misty Paschall and Chara Stewart, and their committee for all their hard work to present a success event.

Visit our website to learn about upcoming AR SOPHE membership meetings, events, partnerships and initiatives at

www.arsophe.org. I challenge each of you to become more involved in 2007 with AR SOPHE. Together we can make a difference.

Sincerely,
Kim Dean, MS, CHES

2007 AR SOPHE President

Special points of interest:

- *Upcoming AR SOPHE Conference*
- *CEU Opportunitites*
- *Membership Invite*
- *New Executive Board Appointees*

Paschall to Speak at APHA Meeting

The annual meeting of the Arkansas Public Health Association will be May 9 – 11, 2007 at the Austin Hotel and Hot Springs Convention Center. AR SOPHE will again sponsor two educational sessions at this year's conference. Misty Paschall is scheduled to present a two-part session titled "See Dick and Jane Learn: Utilizing Adult Education Principles for Public Health Education and Training". Category I CECH will be available for CHES and CPHE. APHA will offer continuing education credit for other professionals as well. Registration information will soon be available at www.arkpublichealth.org

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Holiday Project 2006 *By: Kim Miller*

The holiday season is such an exciting time of year. AR SOPHE members had such a good time last year during our holiday project we voted to do it again. AR SOPHE had the opportunity to adopt the same Head Start Class we met last year. This project was a wonderful success because of AR SOPHE members giving very generously of their money and time. Several AR SOPHE members donated money or items, shopped, stuffed the stockings, and delivered the stockings to the children. Each part of the adventure was equally important and exciting. How-

ever, seeing the children's faces was priceless. The morning of the delivery of the gifts the teachers of the classroom, Ms. Kim and Ms. Darla, told the kids they had a surprise, but did not tell them what was in store. As we came into the classroom with stockings bigger than most of the kids, with their names on them, backpacks for everyone, and cookies it was very evident that the kids were surprised and blown away. As they literally dove into the stockings they pulled out coloring books, crayons, play dough, books, tooth brushes and tooth paste, cars, helicopters,

dress up shoes, jewelry, new underwear and socks, and so many other fun things. Needless to say there was excitement in the room. One child said "this is exactly what I wanted" as he pulled out a toy of the stocking. They are a wonderful group of kids and very appreciative. We had the opportunity to sit with them at their tiny little tables and talk with them about the goodies in their stockings. Their enthusiasm was contagious.



Executive Committee Board Meeting

Tuesday, March 7th ~10-11pm ~

A Word from your National Delegate

By Barbara Brunner

Arkansas SOPHE members: It was my honor to be able to attend the National SOPHE meeting in Boston in November. Thank you for the support you offer the delegate in attending these meetings. Below is a summary of the action items conducted during the House meeting:

- **Request for Proposal from National SOPHE for Chapter** Opportunity to Convene Town Hall Meetings addressing health Disparities approved.
- **2007 Speaker of the House** confirmed. Congratulations to Dawn Getsch from Iowa SOPHE.
- **2007 Delegate Trustees** – Congrats to Mark Shaw (Pacific Northwest SOPHE) representing Group #3 and to Connie C. Polonsky (New Jersey SOPHE) representing Group #4..
- **Chapter Redesignations for 2006** – Congratulations to the following chapters for House and Board approval of their redesignations: Great Lakes, Greater New York, National Capital Area,

Northern California, Pacific Northwest, Southern California, & Texas. Also, approval was granted for chapter redesignation application extensions for the following chapters: Pennsylvania, New England, Florida, Minnesota, & Delta.

- **2006 Chapter Innovation Award** – Congratulations to Indiana SOPHE for their selection as the recipient of the 2006 Chapter Innovation Award.
- **President's Task Force on Chapters Report** – The Board of Trustees accepted the President's Task Force Report on Chapters, chaired by Regina Pulliam (NC SOPHE) and Fran Butterfoss. This report included four recommendations: (1) Request dedicated staff support from National; (2) Eliminate the 15 chapter members who are also national members requirement; (3) Chapter members receive discount off national membership dues; and (4) Chapters contribute yearly assessment to national for enhanced services. Please let me know if you would like more information about this report. It has some direct implications for local chapters in the future.

- **House Approves Aging Resolution** – The House of Delegates approved the Healthy Aging resolution. The Board of Trustees also voted to approve the resolution with minor grammatical changes. A final draft of the resolution will be distributed to chapters.
- **SOPHE Strategic Plan** – House of Delegates members voted to accept the strategic plan with a motion to provide detailed comment (specific to chapters) in light of the President's Task Force report and recommendations.
- **SOPHE Budget** – the House approved the draft 2007 SOPHE budget. Budget highlights include: 5 supported staff, additional webinars and chapter development. The budget was also approved by the Board of Trustees.
- **Midyear Conference Proposals** – The House voted and approved the selection of Chicago, IL for the 2008 Midyear Conference and New Orleans as the site for the 2009 Midyear Conference.

Upcoming CEU Opportunities for 2007

Arkansas SOPHE Conference

Comfort Inn and Suites Downtown
707 Interstate 30, Little Rock, AR
March 6 - 7, 2007
CEUs available: Approximately 7
Information: Misty Paschall at mlmp34@yahoo.com
(See pages 4-5)

3rd Regional HIV Conference - Expanding the Circle of Compassion: HIV Care in Arkansas

February 1-2, 2007
The Peabody Hotel
Little Rock, AR
CEUs available: 7
For further information, please contact Michelle R. Smith,
Phone: 870-534-3448, ext 106, msmith9X@aol.com or
http://www.angelwish.org/care_centers/jefferson.html

Prevention Certification Exam Prep

January 26, 2007
CEUs available: 6
Location: MidSOUTH Training Locations

Program Planning

April 18, 2007
CEUs available: 4
Location: MidSOUTH Training Locations

Grant Writing for Prevention

January 29, 2007
CEUs available: 6
Location: MidSOUTH Training Locations

Building Grassroots Support Using Advocacy for Policy Change

April 23, 2007
CEUs available: 3
Location: MidSOUTH Training Locations

Prevention Generalist Training

February 6 - 8, 2007
CEUs available: 18
Location: MidSOUTH Training Locations

Evaluation 101

May 9, 2007
CEUs available: 6
Location: MidSOUTH Training Locations

Cultural Awareness

March 13, 2007
CEUs available: 6
Location: MidSOUTH Training Locations

Online Sexual Predators

May 17, 2007
CEUs available: 2
Location: MidSOUTH Training Locations

Prescription Drug Abuse

March 21, 2007
CEUs available: 3
Location: MidSOUTH Training Locations

34th Annual MidSOUTH Summer School On Alcohol & Other Drug Abuse Problems

June 3-8, 2007
Little Rock, AR

Cultural Awareness

April 5, 2007
CEUs available: 6
Location: MidSOUTH Training Locations

MidSOUTH Programs Events: For information contact LaKisha Johnson, 501-569-8237

The UAMS Patient Education Department offers a number of prenatal education classes. Patients and non-patients of UAMS are eligible to participate. Fees are nominal. Classes include: Breastfeeding, Newborn Care and Infant CPR, Preparing for Birth, Sibling Class. Please call (501) 686-8084 or visit www.uams.edu/patienteducation to register or for more information.

Arkansas SOPHE–Spring Into Wellness 2007

Conference Dates:

March 6, 2007 – 1:00 p.m. to 4:00 p.m.

March 7, 2007 – 8:30 a.m. to 4:30 p.m.

Registration Costs:

\$130 – 2-Day Registration
(Includes 2007 AR SOPHE membership)

\$90 – 1-Day Registration
(includes 2007 AR SOPHE membership)

\$100 – Presenter Registration for Two Days
(does not include AR SOPHE membership)

\$40 – Student Registration ****Full-time Students Only.**
Students will be expected to provide volunteer services throughout the conference.



-TENTATIVE AGENDA- March 6, 2007

Time	Event
10:00 – 11:00 a.m.	AR SOPHE EXECUTIVE COMMITTEE MEETING
11:00 – 12:00 p.m.	AR SOPHE MEMBERSHIP MEETING
12:30 – 1:00 p.m.	REGISTRATION
1:00 – 4:00 p.m.	<p>SESSION A: SKILL-BASED TRAINING SESSION FOR PROFESSIONALS - (CEUs Awarded – 3.0 hours)– <i>"Health Literacy: What You Need to Know and What You Can Do About It"</i></p> <p>Summary: This workshop will provide an overview of why health literacy is important including recently released data on the prevalence of low health literacy in America. The presenter will also discuss strategies for improving health literacy, ways to integrate health literacy into the work of workshop participants, and an overview of important health literacy resources.</p> <p>Presenter: Sandra W. Hilfiker, Public Health Advisor, Office of Disease Prevention and Health Promotion U. S. Department of Health and Human Services, Rockville, Maryland</p> <p>SESSION B: FOR STUDENTS– <i>"Preparing for a Career in Health Education"</i></p> <p>Summary: This workshop will provide information and tools for students who are preparing for a career in health education. Topics will include:</p> <ul style="list-style-type: none"> ● Preparing for the CHES Exam ● Health Education Careers ● Interview/Resume Skills <p>Presenters: Janea Snyder and April Winningham, Department of Health Sciences, University of Arkansas at Little Rock</p>

March 7, 2007

Time	Event	Speaker
8:00 – 8:30 a.m.	REGISTRATION	
8:30 – 10:30 a.m.	<p>OPENING SESSION - (CEUs Awarded – 1.5 hours) Welcome</p> <p>AR SOPHE Awards: "Dick Jones Health Education and Promotion Scholarship" "Honorary Fellow" "Distinguished Member"</p> <p>Keynote: "The National Health Information Center and Other Resources You Can Use"</p> <p>Summary: This workshop will provide an overview of useful health information resources from the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion. <i>healthfinder.gov</i>, the Healthy People 2010 Health Communication Focus Area, the Prevention Communication Research Database, the Health Literacy Toolkit, and other resources will be discussed and demonstrated. The presenter will also discuss ways to apply these tools and resources into the work of workshop participants.</p>	<p>Kim Dean, MS, CHES President, AR SOPHE</p> <p>Sandra W. Hilfiker, Public Health Advisor U. S. Dept. of Health and Human Services</p>
10:45 – 12:00 p.m.	LUNCHEON	
12:15 – 1:30 p.m.	<p>BREAKOUT SESSIONS 1 - (CEUs Awarded – 1.25 hours each) <i>"Creative and Population Appropriate Ice Breakers: Meeting Your Audience Where They Are"</i> <i>"Using What Works: Adapting Evidence-Based Programs to Fit Your Needs"</i></p>	
1:45 – 3:00 p.m.	<p>BREAKOUT SESSIONS 2 - (CEUs Awarded – 1.25 hours each) <i>"Innovative Approaches to Nutrition Education: Healthy Eating Made Easy"</i> <i>"Tobacco Use and Dependence"</i></p>	
3:15 – 4:30 p.m.	<p>CLOSING SESSION: - (CEUs Awarded – 1.0 hours) <i>"The Whole Child and Coordinated School Health: There is Life After Tests...And Before!"</i></p> <p>CLOSING REMARKS</p>	<p>Dr. Pat Cooper, Superintendent McComb, Mississippi School District</p> <p>Kim Dean, President – AR SOPHE</p>

For further information, contact: Misty Paschall, Conference Chair • (870) 367-0178 or mlmp34@hotmail.com.
The deadline to register is February 26, 2007 • Registration forms are available online at www.arsophe.org.



Arkansas SOPHE Health Education Conference Registration Form

Name: _____ Agency: _____

Mailing Address (including ZIP): _____

Telephone: _____ E-Mail: _____

- Please check: _____ \$130 – 2-Day Registration (includes 2007 AR SOPHE membership)
 _____ \$90 – 1-Day Registration (includes 2007 AR SOPHE membership)
 _____ \$100 – Presenter Registration for two days (does not include AR SOPHE membership)
 _____ \$40 – Student Registration

Please mail your registration form with your check made payable to Arkansas SOPHE by **February 26, 2007** to:



Arkansas SOPHE
P.O. Box 251169
Little Rock, AR 72225

CEUs Offered

Application for CEUs will be made for the following professions:

- Certified Health Education Specialists
- Certified Public Health Educators
- Prevention Specialists

CHES: An application has been submitted to SOPHE to award Category I CEUs. The Society for Public Health Education Inc. (SOPHE) is a designated provider of continuing education contact hours by the National Commission for Health Education Credentialing.

CEU Forms and Certificates of Attendance will be available for:

- School Personnel and Teachers
- Registered Dietitians
- Social Workers
- Registered Nurses
- School Counselors

Hotel Information

Location: Comfort Inn & Suites Downtown
707 Interstate 30
Little Rock, Arkansas 72202
(501) 687-7700

Hotel Rates: \$72 + tax (Standard Room);
\$82 + tax (Suite)

Reservations: Identify yourself as a conference participant to receive the conference room rates. *Hotel reservations must be made by February 15.*



Arkansas Society for Public Health Education
P.O. Box 251169
Little Rock, AR 72225



Arkansas SOPHE Health Education Conference
March 6 - 7, 2007
Comfort Inn & Suites Downtown
Little Rock, Arkansas



To contribute to the next edition of
AR SOPHE Talk
contact Janie Runkle, JGRunkle@uams.edu
OR
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AR SOPHE Wants YOU!
Go to www.arsophe.org to
become a member today!