The Ties That Bind:
Black Family Health History Symposium
Friday, February 21, 2014, 9:00-12:00 pm
Allen County Public Library
900 Library Plaza Fort Wayne, IN
RSVPs required
Contact Dr. Ruby Cain at (765) 285-9126 or rcain@bsu.edu
2000 W. University Ave. TC 845 Muncie, IN 47306
Open to community-at-large

Do you want to be an informed advocate for your health and wellness?
Are you tired of filling out the same family health history profile, when you go to your health professional? Do you struggle with the spelling of your medications?
What questions should you ask? What decisions can you make?
How can you separate myth from fact for chronic disease treatment and prevention?

Join us for a morning of education, screenings, and resources. Create a family health history profile that you can print and take to each health professional visit. Participate in health screenings for high blood pressure, diabetes, cholesterol, stroke risk assessment. Receive a flash drive of health education resources (supplies limited). Learn more about your medications, generic vs. brand name, etc. Receive health educational consultations and materials.

Program of It is Well With My Soul of Ball State University Department of Educational Studies; University of Saint Francis Nursing and Physician Assistant Departments; and Indiana University - Purdue University Fort Wayne (IPFW) Psychology Department.

Partners: American Heart Association; Ball State University Nursing Department; Community Home Health Care, Inc.; Delta Sigma Theta Sorority, Inc. Fort Wayne Alumnae Chapter and Anderson Muncie Alumnae Chapter; Indiana Conference Branch of the Women’s Missionary Society of the AME Church; Indiana University - Purdue University Fort Wayne (IPFW) Nursing Department; Manchester University College of Pharmacy; NAACP Fort Wayne/Allen County Branch 3049; Parkview Community Nursing, Parkview Health.

Registration Form for The Ties That Bind: Black Family Health History Symposium

Name: ___________________________ Address: ___________________________
Phone: ___________________________ Email: ___________________________

I will attend the following workshops (check one for each time frame):

9:30-10:20 am:  □ Creating Family History Profile (computer lab)  □ Health Screenings & Educational Resources
□ Strategies For Mental Health and Wellness Across Cultures
□ Don't Be Tongue-Tied. Communication: Keys to Reduce Barriers To Your Health Information

10:30-11:20 am: □ Creating Family History Profile (computer lab)  □ Health Screenings & Educational Resources
□ Get the Facts Stay on Track
□ Health Care Decision-Making

11:30-12:00 am: □ Creating Family History Profile (computer lab)  □ Health Screenings & Educational Resources
□ Researching Your Family Health History Using Genealogy Resources
□ Don't Be Tongue-Tied. Communication: Keys to Reduce Barriers To Your Health Information
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Workshops, Health Screenings, Health Education Resources and One-on-One Assistance

⇒ Family Health History Profile: Create an online file of your family health history profile that can be continuously updated. Receive a printed copy of your profile for your records and to share with your health professional. Receive a flash drive of health resources and your saved profile.

⇒ Health Screenings, Educational Consultations and Resources: Receive screenings for high blood pressure, diabetes, cholesterol, and stroke risk assessment.

⇒ Don't Be Tongue-Tied. Communication: Keys to Reduce Barriers To Your Health Information by Wendy Clark RN, FNP-BC, DNP, University of Saint Francis Department of Nursing
♦ Learn the importance of communicating accurate health history. Use terminology/phrases to communicate in the health care environment. Ideas to improve health literacy in the community, importance of genograms.

⇒ Get the Facts Stay on Track by Christine Moore, Registered Dietitian, Parkview Health
♦ Risk factors for prevention of diabetes, high blood pressure. Getting the facts on diabetes, high blood pressure. Disputing misinformation (separating myth from facts). Connecting the dots between chronic disease and obesity

⇒ Health Care Decision-Making by Victoria Duke, J.D. Associate Professor, Indiana Tech Law School

⇒ Strategies For Mental Health and Wellness Across Cultures by Rachele Dixie, Drug and Alcohol Therapist, Park Center Family Empowerment Program
♦ Cultural factors and differences impacting mental health, substance use, diagnosis, treatment, and prevention

⇒ Researching Family Health History Using Genealogy Resources by Dr. Ruby Cain, Assistant Professor, Adult and Community Education, Ball State University Department of Educational Studies
♦ Search genealogy family health information on your ancestors.

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