

# Network

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## Public Health Week Activities Set

*Empowering Americans to Live Stronger, Longer*

In observance of National Public Health Week, GW's SPHHS will host several sessions focusing on the theme of healthy aging. Sessions are open to the GWUMC and Foggy Bottom community. They will be interactive and informative for seniors, their families, healthcare and social service providers, and the community.



Monday, April 4, 2005

11:30 a.m., Building K, Room 101A

*Enhancing Diet and Physical Activity to Prevent Osteoporosis and Other Chronic Conditions*

The Department of Exercise Sciences' WellFit program will be hosting this brown bag lunch seminar session. The program will cover a description of osteoporosis and bone health, and what can be done with diet and exercise to eliminate or slow the progress of osteoporosis. Participants will then learn basic exercises targeted at osteoporosis and other chronic diseases.

Noon-5 p.m., Ross Hall, 2nd Floor Lounge (Refreshments available)

*The online "Living to 100" Life Expectancy Calculator! Learn what it takes to live to be 100!*

Take this short Quiz!

The calculator translates what has been learned from studies of centenarians and other research into a practical and empowering tool for individuals to estimate their longevity potential. It asks a number of short questions, then "calculates" an individual's estimated life expectancy based on the responses. Following the answer is a key to explain why each item is related to longevity potential.

1:15-2:45 p.m., Ross Hall, Room 227

*Simple Secrets of Living Stronger, Longer!*

Learn about the important role mental health plays in living stronger, longer. This seminar will review research on aging, present media portrayals, discuss real-life programs, and share therapeutic advice for aging resiliently. Featured speakers include: Austin Heyman, founder of Interages Inc.; Grace Lebow, LCSW-C, co-founder of Aging Network Services LLC; Suzanne Stutman, MSW, MA, BCD, GW assistant research professor. Light refreshments served. Seats limited; call (202) 467-2285 or email [sphkec@gwumc.edu](mailto:sphkec@gwumc.edu)

3-4:30 p.m., GW Hospital, Room 6115

*The Top Ten Things You Need to Know About the Upcoming Medicare Prescription Drug Benefit*

On January 1, 2006, the new Medicare Prescription Drug Benefit kicks in to provide Medicare beneficiaries with a federally financed drug plan. Students, Medicare recipients, care-givers, and policy-makers, come learn the basics of the drug plan to teach others and/or learn before enrolling! What drugs does the new law cover? What does it leave out? Does it matter where one resides? What happens to people that are both Medicare and Medicaid eligible? Will the new plan cost more than what people are now paying? Come learn the top ten things about the new drug plan!

Tuesday, April 5

8:30 a.m.-4:30 p.m., Howard University Blackburn Center

The Metropolitan Washington Public Health Association will hold its annual conference, *The Effects of Social Injustice on Health Disparities*. The conference will examine social and health inequalities. Marilyn Hughes Gaston, Thomas LaVeist, Isabel van Isschott, Damu Smith, Ed Lazere, and others will speak on the social factors that affect health. The day ends with a popular education exercise led by Tom Pruski and Howard Straker to help develop an action plan against disparities in health. Register at [www.mwpha.org](http://www.mwpha.org).

## Network

The newsletter for and about the students, faculty and staff of the GW School of Public Health and Health Services, 2300 Eye Street, NW, Ross 106, Washington, DC 20037.

Network is published by the Office of Communications and Marketing for SPHHS; send questions and articles to [mcmladb@gwumc.edu](mailto:mcmladb@gwumc.edu); fax 202-994-8052.



*World Health Day Events, Multicultural Community Celebration, Research Day - see page 2*

## Coming events ...

### •April 26, 6-9 p.m., HIV/AIDS

*Update* cosponsored by the Department of Prevention and Community Health (SPHHS), Division of Infectious Diseases (SMHS), Whitman-Walker Clinic and the Greater Washington Chapter of the Association of Nurses in AIDS Care, with an educational grant from iMedOptions LLC. The program includes a lecture presenting highlights from the recent Conference on Retroviruses and Opportunistic Infections ([www.retroconference.org](http://www.retroconference.org)). CE credits available. Registration free but required. For information or registration: [hnova@gwu.edu](mailto:hnova@gwu.edu).

### •Wed., May 11, Global Health and the National Hispanic Council on Aging are co-sponsoring the first-ever *Hispanic Elderly Policy Symposium*—a designated White House Conference on Aging—Kaiser Family Foundation. For info, [carolina@nhcoa.org](mailto:carolina@nhcoa.org).

### Thursday, April 7—World Health Day—“Every Mother and Child Counts”

The theme for World Health Day 2005 reflects the fact that the health of women and children is not yet a high enough priority for many governments and the international community. Far too many mothers and children are suffering and dying each year. Visit [www.paho.org/English/DD/PIN/whd05.htm](http://www.paho.org/English/DD/PIN/whd05.htm)

### Friday, April 8

*World Health Day 2005 Celebration*—9:45 a.m.-12:45 p.m., Pan American Health Organization

Healthy Mothers, Healthy Children: Emerging Public Health Issues in Newborn Health and Development Experts, including GW’s Dr. Ayman El-Mohandes, will discuss strategies to protect the health and quality of life of mothers and children and foster their potential for full, productive living. Register onsite, 9 a.m.

### Monday, April 11

*World Health Day Activity*—9 a.m.-Noon, Pan American Health Organization

Domestic Violence in Minority Pregnant Women in the District of Columbia: The Tip of an Iceberg. Dr. Ayman El-Mohandes will join a six-member panel.

### GW Medical Center’s 10<sup>th</sup> Annual Research Day – Friday, April 22, 2005

Registration begins at 7:30 in the Ross Hall Lobby, followed by presentations beginning at 9 a.m. in Ross 101. The morning’s keynote address by Michael Brownstein, MD, PHD, from the Laboratory of Genetics at the NIH’s National Institute of Mental Health, honors Dr. Julius Axelrod, a Nobel Laureate, GW alumnus and long-time GW faculty member in Pharmacology, who recently passed away. Presentations by medical students, medical residents, and IBS students round out the morning.

Poster presentations, including those by public health students, staff and faculty, will take place 12:30-2:30 p.m. on the 1st and 2nd floors of Ross Hall. Lunch will also be available at that time.

The afternoon features public health content, with a keynote address at 2:30 p.m. in Ross 101 by Linda Lambert, PhD. Dr. Lambert is acting chief of the Influenza, SARS, and Related Respiratory Viruses Section at the NIH’s National Institute of Allergy and Infectious Disease. She will discuss public health and clinical aspects of avian flu. Following the keynote, SPHHS students Hala Nsouli, Kenneth Hance and Amii Kress will present their research, along with health science students. The afternoon wraps up with an awards ceremony and wine and cheese reception from 5:30–6:30 pm.

## Student, Staff and Faculty Spotlight ...

- Jessica Joy Federer (BSPH student, graduating this May) was recently awarded a GW Presidential Administrative Fellowship. Currently two Presidential Administrative Fellows are getting their MPH degrees at SPHHS: Tom Shannon, Health Promotion, and Jeremiah Davis, Health Policy.
- Dr. Muhiuddin Haider, Global Health, recently edited a new book, *Global Public Health Communication: Challenges, Perspectives and Strategies*. Dr. Haider also contributed to four chapters in the book.
- Dr. Cecilia Brienbauer, MPH candidate in the MCH program, was involved in the development of PAHO’s latest book to address adolescent health issues, *Youth: Choices and Change*. For details, [www.paho.org/English/AM/PUB/SP\\_594.htm](http://www.paho.org/English/AM/PUB/SP_594.htm).
- Fourteen students from the Health Services Management and Leadership department traveled to Chicago for the Annual Congress of the American College of Healthcare Executives. More than 4,300 attendees from across the country came to take part in the four-day conference, consisting of lectures, hot topic seminars and alumni events. GW students met with many healthcare executives, as well as fellow GW administrative residents. The meeting of the Health Services Management and Policy Alumni Association was a great success.
- Adjunct instructor Colleen Yout, ExSc, will present *Balancing Body Image, Health and the College Experience* at the American College of Personnel Administrators in April in Nashville.

## Join us!

Saturday, April 2

*SPHHS Multicultural Community Celebration*  
(formerly International Night)

6-7 p.m.—Dessert Reception & Exhibits

7-9:30 p.m.—Cultural Entertainment

MPA Building, 805 21st Street, NW. Tickets \$1, available in Ross 221; tickets are limited.

9:30-11 p.m.—International Dance Party  
(Marvin Center)