

Montana Health Literacy Month Toolkit

Last Update: March 1st, 2019

October is Health Literacy Month, and libraries can get involved with helping patrons learn about health literacy and why it is important. This purpose of this toolkit is to provide interested libraries with a wide variety of ideas and resources to create Health Literacy Month programming to fit their community needs.

If you have any feedback or suggestions on this toolkit, please email Amelea Kim at akim@mt.gov!

Table of Contents

Contents

Table of Contents.....	1
Intro to Health Literacy: What is it, and Why is it Important?.....	2
What is Health Literacy?.....	2
Why is Health Literacy Important?.....	3
More Health Literacy Reading.....	3
Social Media Graphics and Printables.....	3
Health Literacy Month Social Media Banner.....	3
Printable Bookmarks: Online Health Resources.....	4
Printable Flyer: American Indian and Alaska Native Health.....	4
Book Displays and Book Lists.....	4
For Kids/Families.....	4
For Teens.....	4
For Adults.....	4
Easy Reading level.....	4
Programming Materials.....	5
Stanford University - Your Health Scout.....	5
Classes on Health Topics.....	5

Classes on Specific Online Health Websites	5
Queens Library - Health Literacy Curriculum Classes.....	6
Health Programming Ideas from MT Adult Programming Guide	6
Health Programming Ideas from MT Libraries	6
Potential Partners for Health Programming	19
Alzheimer’s Association.....	19
AARP Montana.....	20
Cover MT	22
Local County Health Department.....	22
Local Area Agency on Aging (AAA).....	23
Health Webinars	23
Montana State Library Webinars – Vimeo Channel	23
NNLM Webinars	23
WebJunction Webinars.....	24
Montana Community Health Assessment Data	24
Free Health Literacy Materials from Other Organizations.....	24
Libraries Transform	25
PLA Website: Healthy Community Tools for Public Libraries	25
Health Literacy Month Handbook.....	25
Understanding Medicare Video Series from SMP	26
Virginia Adult ESOL Health Literacy Education Toolkit	26
Other Free Stuff	26
Cover MT - Back to School Vaccination Bookmarks	26
Graphic Design Resources	27
Canva.....	27
The Noun Project	27
Unsplash	27
Butterick’s Practical Typography.....	27
Colors.....	27
Color Contrast Checker	27
Slides Carnival	27

Intro to Health Literacy: What is it, and Why is it Important?

What is Health Literacy?

From the Institute of Medicine report, *Health Literacy: A Prescription to End Confusion*, health literacy is defined as "the degree to which individuals have the capacity to obtain, process, and

understand basic health information and services needed to make appropriate health decisions." Basically, do people have the tools to make informed decisions about their health, and take responsibility and ownership for their health care?

These are all great starting points to learn about health literacy and how it can affect a person's health and well-being.

1. [National Network of Libraries of Medicine Health Literacy Page](#): Has great information on research done regarding health literacy, particularly how health literacy is not necessarily linked to education level or reading ability, and how lower health literacy results in lower overall health, increased use of health care services, and greater risk of hospitalization.
2. [Quick Guide to Health Literacy \(Health.gov\)](#): A quick snapshot of health literacy concepts. Touches on plain language, how different rates of health literacy affect rates of use of different services, as well as how to advocate for health literacy in your community.
3. [MedLinePlus - Health Literacy Topic](#): This is a collection of many government website links that talk about health literacy. This is a consumer-facing resource, so it provides very practical advice on how to be prepared for a doctor's appointment, how to find information on your medication/drugs you are taking, common medical terms, etc.

Why is Health Literacy Important?

1. [Helping Patients Understand](#) (this is a really great, really illuminating video on health literacy!!)
2. [Are You Confused About Health Information?](#)

More Health Literacy Reading

- [CDC Article on Health Literacy](#)
- [NJ State Library – The Importance of Health Literacy](#)
- [Health.gov Quick Guide on Health Literacy](#)
- [Duke University Health Literacy Guide](#)

Social Media Graphics and Printables

Health Literacy Month Social Media Banner

This provides a brief explanation of National Health Literacy month - what it is, and why it is important. This social media graphic is editable and all fonts are embedded in the pptx file.

[PDF Preview](#)

[Editable PPT file](#)

Printable Bookmarks: Online Health Resources

These bookmarks, measuring 2.25" x 8", each highlight a specific online health resource and briefly describes what information the website provides. An explanation of health literacy month is on the back. Color and B&W versions are both included. These bookmarks are editable and all fonts are embedded in the pptx files

American Indian and Alaska Natives Health - [PDF Preview](#) / [Editable PPT](#)

DailyMed - [PDF Preview](#) / [Editable PPT](#)

Drug Information Portal - [PDF Preview](#) / [Editable PPT](#)

Family Doctor - [PDF Preview](#) / [Editable PPT](#)

HealthFinder - [PDF Preview](#) / [Editable PPT](#)

Indian Health Service - [PDF Preview](#) / [Editable PPT](#)

MedlinePlus - [PDF Preview](#) / [Editable PPT](#)

National Center for Complementary and Integrative Health - [PDF Preview](#) / [Editable PPT](#)

PillBox - [PDF Preview](#) / [Editable PPT](#)

TeensHealth Nemours - [PDF Preview](#) / [Editable PPT](#)

Printable Flyer: American Indian and Alaska Native Health

This flyer was created by the National Library of Medicine and lists relevant and important websites specific to American Indians and Alaska Natives, as well as general health information resources.

[PDF Link](#)

Book Displays and Book Lists

For Kids/Families

- [ALA Health Literacy Book List](#)
- [Reading Bright Start – Book List for Parents](#)

For Teens

- [Multnomah County Library - Sexual Health Teen Book List](#)

For Adults

- [New York Public Library Health Literacy Resources](#)
- [ALA Health Literacy Book List](#) (scroll down to second half of the list for Adult-focused)

Easy Reading level

- [Easy to Read Health Books – IHA Book Series](#)
- [Further Description on the iha4health Books](#)

Programming Materials

Stanford University - Your Health Scout

“Your Health Scout’s objective is to teach comprehensive health education to the young through online courses with videos to build and achieve health literacy”.

History: This site was developed in collaboration with Stanford University and H.E.L.P. for Kids, and has curriculum and teaching materials aimed at middle schoolers and high schoolers.

[Your Health Scout Website](#)

Classes on Health Topics

These powerpoints were created as a basic template for teaching about the following topics: Health Literacy, Medicare, and general Health Insurance. They are meant to be very broad overviews of the topics, and the information can be easily adapted and edited to fit your needs.

Introduction to Online Health Information - [PDF Preview](#) / [Editable PPT](#)

This powerpoint covers where to find reliable health information online, and how to tell if a website is trustworthy or not. This class was adapted heavily from the following presentation:

1. Evaluating Health Information on the Internet, by Terri Ottosen (Community Engagement and Health Literacy Librarian at the UNC Health Sciences Library): Great information, very in depth and detailed

Introduction to Medicare Class - [PDF Preview](#) / [Editable PPT](#)

This powerpoint covers the very basics of Medicare and how it works and was adapted from the following 2 AARP publications:

1. Meet Medicare: Get to Know How it Works
2. AARP’s Medicare Guide for Family Caregivers

Both of these publications are available FOR FREE from AARP - you can call them/email them and ask for as many copies as you like, and they will mail them to you. Look for details on this in the “Potential Partners for Health Programming → AARP” section of this toolkit.

Introduction to Health Insurance Class - [PDF Preview](#) / [Editable PPT](#)

This powerpoint covers the basics of health insurance, such as general health insurance terms, types of plans, and important dates. All of the information found in this powerpoint was taken from healthcare.gov, which is a great resource for all health insurance-related questions.

Classes on Specific Online Health Websites

These powerpoints were created as a basic template for teaching about specific online health websites. These slides introduce the basic navigation of the site, how to search for topics, and provides practice searching opportunities.

American Indian and Alaska Natives Health - [PDF Preview](#) / [Editable PPT](#)
 Indian Health Service - [PDF Preview](#) / [Editable PPT](#)
 DailyMed/Drug Information Portal/PillBox - [PDF Preview](#) / [Editable PPT](#)
 Family Doctor - [PDF Preview](#) / [Editable PPT](#)
 HealthFinder - [PDF Preview](#) / [Editable PPT](#)
 MedlinePlus - [PDF Preview](#) / [Editable PPT](#)
 National Center for Complementary and Integrative Health - [PDF Preview](#) / [Editable PPT](#)
 National Institute on Aging - [PDF Preview](#) / [Editable PPT](#)
 TeensHealth Nemours - [PDF Preview](#) / [Editable PPT](#)

Queens Library - Health Literacy Curriculum Classes

[Curriculum Website](#)

While this curriculum is aimed at ESOL students, parts of it could definitely be adapted to address general health literacy skills. Powerpoints and audio files are all provided, and lesson plans are also included for each class.

Health Programming Ideas from MT Adult Programming Guide

These programming ideas were taken from the “What’s Your Story?: Find it at the Library” programming guide that was published in September 2006.

- [Cooking Healthy for One or Two](#)
- [Good Health for Baby Boomers](#)
- [Long Term Care](#)
- [Parenting Your Parent - Caregiving](#)
- [Taking Care of Your Heart](#)
- [To Your Health - Finding Health and Medical Info Online](#)
- [Organizing a Health Fair](#)

Health Programming Ideas from MT Libraries

Health-Themed StoryTimes (Bozeman Public Library)

Contact Information	Kathleen McPherson-Glynn (kmchphersonglynn@bozeman.net)
How did this program start?	We have always done thematic storytimes, and healthy topics fit well for educating families about topics such as hand washing, eating healthy, fire safety, going to the doctor, and oral health.

How often do you offer this program?	Once or twice a year. There are two children's librarians who provide storytimes. We both generally cover these topics.
Who did you partner with for this program?	We often invite community members such as pediatric dentists, fire fighters, and community health nurses.
What materials/budget are needed for this program?	Materials include simple craft supplies. We don't have special budgeting for these.

Tai Chi and Meditation Classes (North Valley Public Library)

Contact Information	Daniel Ray (danielr@northvalleylibrary.org)
How did this program start?	<p>The meditation course began by having a local physician who was interested in the health benefits of meditation come in to perform a 3 part course--I believe this was educational on different styles as well as practical. The class has been continued by an attendee who is knowledgeable on the subject and willing to put together a presentation and practical demonstration around 3 times a month. They do take gaps as he is retired and travels a few times each year, but consistently had an attendance of 6-10 patrons.</p> <p>The tai chi class was also 3 or 4 times each week with a group of 8-12 patrons. I approached an instructor who was interested in giving free instruction to improve physical well being to elderly community members. Originally he wanted the class to be for elderly, and we geared it towards that group, but of course had it open to anyone who wished to participate. The tai chi group ceased to meet at our facility during the summer as the park down the street was a much nicer location. They are planning on picking back up here at the library when the weather turns cool again.</p>

How often do you offer this program?	Weekly, depending on instructor
Who did you partner with for this program?	Local physician and community member for meditation Tai chi instructor for the tai chi classes
What materials/budget are needed for this program?	Neither of these programs cost the library any money or resources other than use of the space and borrowing the library's laptop and projector equipment for presentations.
Other notes	I hope this information can encourage other libraries to find similar programs. These programs brought in quite a few community members who do not commonly use the library and made them aware of all of the other programs the library hosts.

Senior Healthy Living Group (Dutton Public Library)

Contact Information	Cheri Fuhringer (duttonpubliclibrary@gmail.com)
How did this program start?	The Teton County Center on Aging received a grant to offer a 6-week class on healthy living aspects; Barb Shaffer led the group and chose to focus on exercises and tips to avoiding slips, trips, and falls. After the 6 weeks, those attending loved it so much they asked Barb to keep doing it. The Teton County Center on Aging agreed to pay Barb's wage (she was already an employee of TCCOA) for meetings 1 time a month. It was then that they asked the library to be a part of the group. Lynn Habel also volunteers her time with the group.
How often do you offer this program?	The library hosts 1 meeting a month between October and April. The topic can be anything the librarian wishes to cover. (they also meet 1 time a month at the senior center and usually focus on physical exercises).
Who did you partner with for this program?	Teton County Center on Aging

What materials/budget are needed for this program?	It has just become part of the staff hours for the year, so currently we don't have a budget associated with it.
Other notes	<p>Barb did have to become certified to run/receive funding for the initial 6-week course. The partnership with the library really came from the avid readers of the group coming to the library (it's across the street from the Senior Center) to check out books after the meeting, and that got Barb to thinking.</p> <p>Cheri can give Barb's contact information if you would like it</p>

Stepping On: Exercise/Balance Class for Seniors (Ennis Public Library)

Contact Information	Karen Ketchu (ennislib@3rivers.net)
How did this program start?	The program started after a conversation with the nursing home and how we could help them. We were lucky in that they had someone qualified to teach the program so it fell together easily.
How often do you offer this program?	It was once a week for weeks and will run again this winter.
Who did you partner with for this program?	The nursing home Occupational Therapist
What materials/budget are needed for this program?	An open space, chairs for balance, and a screen/dvd player
Other notes	

Health Care Saturdays for Seniors (Ennis Public Library)

Contact Information	Karen Ketchu (ennislib@3rivers.net)
How did this program start?	It's interest based. We have a large retired demographic here in Ennis, and I'm constantly soliciting opinions about programs interesting enough that they would be willing to leave home on a Saturday.
How often do you offer this program?	Once a month for a year; we've taking a break at at the moment.
Who did you partner with for this program?	Local health care professionals
What materials/budget are needed for this program?	Space, chairs and a screen.
Other notes	

Iron Chef Competition (Ennis Public Library)

Contact Information	Karen Ketchu (ennislib@3rivers.net)
How did this program start?	I stole this one straight out of a Library Journal issue because it looked like a lot of laughs.
How often do you offer this program?	It was once a week for three weeks; the time was dependent on the # of participants.
Who did you partner with for this program?	school district; she provided the guidelines and commercial kitchen at the school, we provided the food and the judges.
What materials/budget are needed for this program?	The kitchen was extremely helpful, and the budget was offset with donations, but was a total of \$300. The focus of the program was low-cost nutrition, so we made a point to keep the budget reasonable.

Other notes	
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Alzheimer's Association Lectures (Drummond School and Community Library)

Contact Information	Jodi Oberweiser (librarydhs@blackfoot.net)
How did this program start?	Community Conversations about Alzheimers began about two years ago. I was approached by the Montana Director of the Alzheimer's Association about the library hosting conversations to make our community Dementia capable. Our original plan was to host informational programs, outreach, training and support for caregivers.
How often do you offer this program?	We meet monthly
Who did you partner with for this program?	Alzheimer's Association
What materials/budget are needed for this program?	I do not have a budget, however, our assistant librarian was willing to seek donations from local and nearby businesses to host a BBQ for The Longest Day in June.
Other notes	We are currently trying to form a team to participate in the Walk to End Alzheimer's.

Brain Health Program (Drummond School and Community Library)

Contact Information	Jodi Oberweiser (librarydhs@blackfoot.net)
How did this program start?	The Brain Health program was an informational program connected with the Alzheimer's Association.
How often do you offer this program?	One time, presented at our recurring monthly event called Night @ The Library

Who did you partner with for this program?	Alzheimer's Association. One of their representatives traveled to Drummond to present the program
What materials/budget are needed for this program?	
Other notes	

Heart Health Program (Drummond School and Community Library)

Contact Information	Jodi Oberweiser (librarydhs@blackfoot.net)
How did this program start?	The Heart Health program was another program that was part of the Night @ the Library programming
How often do you offer this program?	One time
Who did you partner with for this program?	Co-hosted by the Granite County Medical Foundation
What materials/budget are needed for this program?	
Other notes	

Yoga Class (Drummond School and Community Library)

Contact Information	Jodi Oberweiser (librarydhs@blackfoot.net)
How did this program start?	The Heart Health program was another program that was part of the Night @ the Library programming

How often do you offer this program?	One time
Who did you partner with for this program?	Co-hosted by the Granite County Medical Foundation
What materials/budget are needed for this program?	
Other notes	

Tai Chi Classes (Boulder Community Library)

Contact Information	Jodi Smiley (jsmiley@mtlib.org)
Description	<p>We are an on going class of Tai Chi players, in a club style format. Yang Tai Chi is a slow, flowing style martial art, with proven health benefits including: mental focus, heart and lung, balance, blood pressure, and strength. We are grateful to all our teachers, and honor our Tai Chi lineage from the Choy family. We practice in a regular format of a variety of Tai chi warm up exercises, twice through the long form, 5 minutes of a standing post meditation, and end with exercises including push hands.</p> <p>We encourage dropping in and welcome newcomers, and modifying form for safety and comfort, and taking breaks as needed. All are welcome.</p> <p>Our partner, the Boulder community Library kindly invited us to begin this class, which had been well received, with a regular attendance averaging 4-7, and we thank them for providing this welcoming space.</p>
How often do you offer this program?	M/W/F 9 - 9:45 am

Community Partner Contact	lynnmpricept@gmail.com
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Alzheimer's Association Lectures (Boulder Community Library)

Contact Information	Jodi Smiley (jsmiley@mtlib.org)
Description	This is an ongoing support group. It began with a grant from Montana Geriatric education Center (MTGEC) as a part of the effort to provide awareness of Alzheimer's and Dementia, and resources for support. in all communities across Montana. We began with the Boulder Community Library, Area 1V, Agency on Aging, the Alzheimer's Association presenting resources. These included materials in the library for all ages in formats including books and videos, and panmplets, speakers including from DPHHS, Alzheimer's Association, Area 1V Agency on Aging, and included groups having a chance to share personal experiences and questions. We have continued since our grant ended using materials from Alzheimer's Association. We are currently working on a series for Healthy body, Healthy Brain, which uses the latest research on how exercise, diet, cognition, and socialization keep us healthy, and in a support group format, how to set goals where we are now, at any age.
How often do you offer this program?	Every 4th Thursday, 6 - 7 pm
Community Partner Contact	lynnmpricept@gmail.com

Diabetes Training (Boulder Community Library)

Contact Information	Jodi Smiley (jsmiley@mtlib.org)
Description	FREE diabetes classes! These classes support, not replace professional diabetes self-management education. They are meant for people with Medicare, but all are welcome!

How often do you offer this program?	Tuesdays, 3 - 4:30 pm, July 17th - August 21st
Community Partner Contact	Kim - 406.447.8042

Yoga Class (Belgrade Community Library)

Contact Information	Sarah Creech (screech@mtlib.org)
How did this program start?	A 50 minute gentle yoga class presented by a local instructor that meets once per week. The program started at least two years ago with one instructor, and has continued on and off every spring and fall since I've been at the library. The original had limited availability, though, so when a library volunteer mentioned they were working on their yoga teacher certification and mentioned they were interested in teaching the gentle yoga class at the library we jumped at the opportunity for more continuity.
How often do you offer this program?	The program is offered every Wednesday night from August through December (unless another library program is scheduled for that night).
Who did you partner with for this program?	We partnered with the instructor, Terry Hawley.
What materials/budget are needed for this program?	None if the program advertises that participants should bring their own yoga mat and the instructor donates their time and expertise. We have since purchased 10 yoga mats, 20 blocks, 10 straps, and we pay our instructor \$25 per class since we have some funds from a raffle that is meant for health and wellness programming.
Other notes	

Low Impact Cardio Class (Belgrade Community Library)

Contact Information	Sarah Creech (screech@mtlib.org)
How did this program start?	This program started with the name "Fitness with Friends" and has since transformed to "Self-Paced Cardio" and now to "Low-Impact Cardio."
How often do you offer this program?	It will start October 15 and go through December.
Who did you partner with for this program?	Gale Bacon, our library director, is a former aerobics instructor so she leads the group through a walking DVD.
What materials/budget are needed for this program?	Materials needed: projector, laptop, speakers, screen, fitness/cardio DVD.
Other notes	

Nutrition Classes (Belgrade Community Library)

Contact Information	Sarah Creech (screech@mtlib.org)
How did this program start?	We worked on a community survey that asked what people are interested in learning about nutrition, when they are available, and for other suggestions or comments.
How often do you offer this program?	We will likely offer 1-2 nutrition classes per month depending on instructor and library meeting space availability.
Who did you partner with for this program?	These haven't begun yet, but we are partnering with Rocky Mountain Nutrition and Dietetics to offer some sort of wellness classes in the future

What materials/budget are needed for this program?	
Other notes	

Add Massage to Your Medicine Cabinet (Belgrade Community Library)

Contact Information	Sarah Creech (screech@mtlib.org)
How did this program start?	Beth Ann, owner of BodySolutions, is a patron that started a discussion around bringing massage to the Belgrade Community with Keiley
How often do you offer this program?	This program is scheduled for October 27 from 11:30-1PM. Here's a link to the event on our website: Add Massage to Your Medicine Cabinet Event
Who did you partner with for this program?	Beth Ann is donating her time and expertise and will suggest some reflexology titles to add to our collection in lieu of payment
What materials/budget are needed for this program?	We will use the yoga mats that have already been purchased for this class.
Other notes	We will hopefully turn this program into a 1x per month event depending on community enthusiasm. Registration is limited so each pair of participants can receive some one-on-one instruction from Beth Ann.

Bozeman Health's Mobile Clinic (Belgrade Community Library)

Contact Information	Sarah Creech (screech@mtlib.org)
How did this program start?	I'm not sure when this program started, but twice a year BCL hosts the mobile clinic. Here is a link to their website: Bozeman Health Mobile Clinic

How often do you offer this program?	Twice a year
Who did you partner with for this program?	Bozeman Health - HealthCare Connections Mobile Clinic
What materials/budget are needed for this program?	There is no budget for this program, as HealthCare Connections provides advertising materials in the form of a calendar and we post on our website and in our newsletter that the event is happening.
Other notes	

MTLiving Bozeman Health Class: Living with Chronic Pain (Belgrade Community Library)

Contact Information	Sarah Creech (screech@mtlib.org)
How did this program start?	The Gallatin City-County Health Department approached us last year for this multi-part series. This is the second time we've hosted and helped advertise the event.
How often do you offer this program?	
Who did you partner with for this program?	Gallatin City-County Health Department
What materials/budget are needed for this program?	They provide advertising materials and we promote the class on our website and in our newsletter. Here's a link to the event on our website: Belgrade Community Library – Living with Chronic Pain
Other notes	

Add Your Own

If you have a health program in your library that you would like to share, please submit it on this [Health Program Survey](#). This toolkit will then be updated with your contribution!

Potential Partners for Health Programming

Alzheimer's Association

Statewide Contact: Whitney Thompson, wthompson@alz.org (Whitney is in charge of education efforts state wide, and can put you in contact with an AA volunteer/educator in your area)

[Alzheimer's Association Website](#)

General Background of the Alzheimer's Association MT

Alzheimer's Association MT focuses on not just wheelchair compliant and dementia-friendly, but dementia capability.

Work with Libraries/Services Available

Walk to End Alzheimer's: This is the Alzheimer's Association main fundraising and awareness event. Walks are usually held in September (during Alzheimer's Awareness month), although they can be scheduled whenever a local community decides.

[Walk to End Alzheimer's Website](#)

Date: Usually held in September (can vary)

Ways for Libraries to Get Involved

1. Create a team to walk in the event (either with patrons, or among your staff)
2. Ask to have a bookmobile/table/booth at the event
3. Advertise the event at your library

Resource Corner: The Alzheimer's Association has numerous publications, pamphlets, brochures, informational documents, etc. that they can provide to libraries who are interested in creating a resource center. The AA website also has various online resources that can be used as well, such as:

1. E-learning Workshops: AA's training and education center. This resource has various online courses available for free that you can take. They also have courses available in Spanish if needed. Course topics include First Responder Training to Dementia, Communication Strategies, Healthy Living Lifestyle Choices, Living with Alzheimer's, and many others.
2. Virtual Library: AA's library that is dedicated to Alzheimer's and dementia information. The physical library is located in Chicago, IL, but there are many resources available online, such as downloadable publications and brochures, databases and searching tutorials, librarian availability for questions, and many other topics.

3. **Alz Connected:** A free online community for everyone and anyone who is affected by dementia. This includes people with the disease, caregivers, family members, friends, and people who have lost someone to Alzheimer's. This resource is also available in Spanish.

Presentations: The Alzheimer's Association has evidence-based curriculum presentations that cover various aspects of Alzheimer's, such as caregiver training, the 10 warning signs of Alzheimer's, the basics of the disease, Alzheimer's research updates, etc. Certain topics can be requested and are free.

Online Help Hotline: AA has a 24-hour, 365-day FREE available hotline number where anyone with questions about Alzheimer's can call and talk to a trained social worker or specialist that can provide guidance and counseling.

Current Library Partnerships

Drummond Library: The Alzheimer's Association provided a resource binder, and the library created an Alzheimer's resource corner that was an all-in-one stop

Boulder/Drummond Libraries: Once a month, the library hosts a presentation that is open to the public that has an evidence-based curriculum for Alzheimer's. They go over topics such as the 10 warning signs of Alzheimer's, caregiver training, etc.

AARP Montana

Statewide Contact: Nancy Andersen, Outreach Director and Volunteer Program Manager, nandersen@aarp.org

Regional Contacts: A few volunteers are available in certain regions in Montana. Please contact Nancy for more information.

[AARP Website](#)

General Background Information

AARP is an organization whose mission is "empowering people to choose how they live as they age." AARP does this in numerous ways, through outreach and advocacy, as well as providing quality information to their members on a variety of topics, including health, finances, and travel.

Work with Libraries/Services Available

Books and Resources: AARP has numerous publications available to be mailed to any library for free. All that is needed is the publication number, the quantity desired, and the mailing address. Below is a list of current publications to choose from:

1. Medicine Made Easy - Information on how to talk to your pharmacist and manage your medications
2. Supporting Caregivers in the Workplace: A Practical Guide for Employers – Information on how to support your staff who might be caring for loved ones at home
3. The Montana Caregiver Act Info Sheet – Details on the Montana Caregiver Act that was enacted on October 1st, 2017
4. Meet Medicare – A comprehensive introduction to Medicare and the essentials that you need to know
5. Prepare to Care – A planning guide for families who will be the main caregiver for a loved one. Covers information on logistics, financial planning, emotional support, as well as providing quality resources to consult with other questions you may have.
6. AARP's Medicare Guide for Family Caregivers – Information on Medicare in the context of caregiving
7. HomeFit Guide – A booklet on how to make your home more fit for elderly living so that people can live longer at home, as opposed to moving into a nursery home.
8. AARP's Medicare Resources for Family Caregivers – Informational sheet on caregiving and Medicare, as well as AARP's I Heart Caregivers initiative.
9. AARP Montana: Real Possibilities in Action – Pamphlet on the areas of focus that AARP MT has for the state, as well as information on volunteering with AARP
10. AARP Bookmarks – Advertises the Fraud Watch Network from AARP
11. The Con Artist's Playbook – Information compiled from interviews with prisoners convicted of fraud on how they scam their victims.
12. AARP Watchdog Alert Handbook: 13 Ways Con Artists Steal Your Money – Information on how to avoid fraud, and how to be careful with people who are trying to take advantage of you.

Presentations: AARP has 30 minute and hour-long presentations that are available for free, although scheduling will be very dependent on location and travel needed. Topics include:

1. Fraud: How to avoid it, recognize it, and report it
2. Prepare to Care: How to prepare yourself for becoming a caregiver, what things to think about, basic logistics and planning

DIY Kits: AARP has many resources online for volunteers who are interested in leading their own presentations and workshops. All of the information, slides, materials, facilitator suggestions, etc, are available in DIY-kits, and training/orientation is provided by AARP.

Current Library Partnerships

Lewis and Clark County Library: Nancy has consulted with Suzanne Schwichtenberg about their Big Read activities and Suzanne is currently an AARP volunteer with access to the AARP DIY-kits.

Cover MT

Statewide Contact: Olivia Riutta, Outreach and Engagement Manager, oriutta@mtpca.org

Regional Contacts: To find an enrollment assister in your area, enter your zip code into the [Get Covered Connector](#)

[Cover MT Website](#)

General Background Information

Cover Montana is a health outreach project that is under the auspice of the Montana Primary Care Association (MPCA). They are a coalition of organizations across Montana who work to find health coverage for people in their communities. Their main goal is to put people in contact with an enrollment assister in their area who can help explain options for health insurance and potentially enroll them in a plan that works for them.

MPCA provides training and technical assistance to 17 community health centers (CHCs) across the state. Cover Montana partners with these CHCs and a number of other health agencies and provides support for outreach and enrollment work.

Work with Libraries/Services Available

Navigators and Certified Application Counselors (CACs): Many CHCs and other health agencies have trained staff who are available to meet with and enroll people in health insurance plans. Once you find a navigator/CAC in your area, they can be a resource that you refer people to. Some navigators and CACs are also trained to do presentations on health care and health insurance.

Handouts: MPCA and Cover Montana create and provide resources about Medicaid and other health insurance plans, screenings and disease prevention, and some other topics. These handouts may be available at CHCs and other Cover Montana partner organizations. You can also contact Cover Montana directly to request these free materials.

Referral Training: Cover Montana can train staff on what information they need to know to do a good referral for a patron looking for health insurance information.

Local County Health Department

[DPHHS Website with contact information for each County Health Department](#)

Local Area Agency on Aging (AAA)

[DPHHS Website on Local AAAs](#)

[Contact information for all Local AAAs](#)

Health Webinars

Montana State Library Webinars – Vimeo Channel

The Montana State Library has hosted various health-focused webinars and will continue to do so. All webinars are recorded and posted on MSL's Vimeo channel. To browse and view the Health Literacy Channel on the Montana State Library Vimeo, please see the link below:

[Montana State Library Health Literacy Channel Link](#)

Currently listed in this channel are the following webinars:

- Preventing Medicare Fraud – What Libraries Can Do to Help (Recorded on 8/14/18), presented by Renee Labrie-Shanks of the Montana Seniors Medicare Patrol Program
 - For more information on SMP and the Mobile Kiosk: [MSL Mobile Kiosk Webpage](#)
- Medicare Services Through KEPRO (Recorded on 10/16/18), presented by Shannon Sheppard, KEPRO Outreach Specialist
- The Affordable Care Act – An Update for Montana Librarians (Recorded on 11/5/18), presented by Jeannie Keller of the Montana Commissioner of Securities and Insurance
- Be a Health Champion – Health Literacy At Your Library (Recorded on 12/11/18), presented by John Finn, Director of the Lewis and Clark Library, Tori Koch, Assistant Director at the Billings Public Library, Mary Anne Hansen, Research Services Librarian at Professor at MSU, and Amelea Kim, Lifelong Learning Librarian at the Montana State Library.

NNLM Webinars

All links below are to the Youtube recording of the NNLM webinar.

- [American Indian Health Information Resources](#)
- [Making Sense of Numbers: Numerical Literacy in Health](#)
- [Providing Consumer Health Information at Your Library](#)
- [The Elephant in the Room: Helping Your Community Navigate the Financial Aspects of Healthcare](#)
- [Activate, Collaborate, And Educate: Health Outreach and Programming in Your Community](#)

- [Are You Ready?: Essential Disaster Health Information Resources for Keeping Your Loved Ones Safe](#)
- [From Movies to Meals: Senior Services and Spaces At Your Local Library](#)
- [Understanding the Opioid Crisis: Where Do I Begin?](#)
- [Providing Mental Health Information](#)
- [Genetic Testing in the Era of Genomic Sequencing](#)
- [Beyond an Apple a Day: Health Information Resources](#)
- [Pride at the Library: LGBTQ Programming For All Ages](#)

WebJunction Webinars

[Health Information Resources for Library Staff](#) (Recording)

[Pathways to Guide Health Education at Your Library](#) (Recording)

[Librarians as Health Literacy First Responders](#) (Recording)

Montana Community Health Assessment Data

If you are curious as to what the stated, research-based health concerns in your local community are, this is a great source to find that. The Community Health Services Development (CHSD) project is a community health needs assessment process that worked with local communities and hospitals, conducted surveys and interviews, and talked with focus groups to create community health needs assessments all over the state of Montana. This project was and is being conducted through the Montana Office of Rural Health, and they store all of their data in the CHSD Data Hub, which contains:

1. An interactive map displaying the top needs found in each community by hospital and public health department, in addition to health and wellness resources across the state!
2. Archived CHNA data: view Community Health Needs Assessments, Implementation Plans, secondary data sets by county, and our Montana Aggregate Report.
3. Opportunities for Collaboration: View our resource map and resource table to learn about potential stakeholders in your community with similar health improvement goals

[CHSD General Info Website](#)

[CHSD Data Hub Website](#)

Free Health Literacy Materials from Other Organizations

[Libraries Transform](#)

This is an initiative from the American Library Association, and they have created a campaign specifically for Health Literacy. You can download graphics and posters, and have pre-packaged key messages about Health Literacy, such as the examples below.



Note: You will need to create a free account to access these materials

There is a webinar from NNLM that explains how to use this toolkit – [NNLM Libraries Transform Toolkit Webinar Link](#)

[PLA Website: Healthy Community Tools for Public Libraries](#)

This website is from the Public Library Association and contains training resources, program ideas, and trustworthy health websites and databases. This website was developed by both PLA and the National Network of Libraries of Medicine (NNLM) and does a great job at bringing in NNLM's vast network of free resources into one place.

[Health Literacy Month Handbook](#)

Website: healthliteracymonth.org

This is a PDF of the Health Literacy Month Handbook that was put together by Helen Osborne, the founder of Health Literacy Month. This is a great guide for creating, planning, running, and evaluating Health Literacy Month events.

Understanding Medicare Video Series from SMP

Montana Senior Medicare Patrol created these short videos on “Understanding Medicare” that tells you more about the services that SMP provides, as well as showing how to read an Medicare Summary Notice (MSN)

[Episode 1: Bill Learns about SMP](#)

[Episode 2: Bill Learns about Keeping Track of his Medicare Statements](#)

[Episode 3: Bill Learns How to Read his MSN](#)

[Episode 4: Bill Finds a Quick Fix](#)

Virginia Adult ESOL Health Literacy Education Toolkit

“Created by a hospital social worker and ESOL educator, this toolkit offers explanations, tips, materials, and links to help ESOL teachers and programs better understand and address the health literacy challenges faced by adult English language learners in U.S. health care.”

While this was designed for an ESOL context, the information in here is still very good, and very focused on teaching specific health literacy skills.

Other Free Stuff

Cover MT - Back to School Vaccination Bookmarks

If you are interested in having these bookmarks about back-to-school vaccinations for your library, you can request them from Cover MT! Send an email to Nat Cortes at NCortes@mtpca.org with your library name, your mailing address, and how many you would like, and Cover MT can mail your request directly to you, or coordinate with other MPCA staff to drop them off. Due to budget constraints, Cover MT will only mail packages with more than 150 bookmarks.

The bookmarks are linked below in various file formats for you to use. You can also print these out yourself!

[Vaccine Bookmark Front \(PNG\)](#)

[Vaccine Bookmark Back \(PNG\)](#)

[Vaccine Bookmark Front \(PDF\)](#)

[Vaccine Bookmark Back \(PDF\)](#)

[Vaccine Bookmark Front and Back \(PDF\)](#)

Graphic Design Resources

If you are interested in creating your own design materials for posters and such, here are some recommended tools:

[Canva](#)

Free, easy-to-use design website. You select elements from the side bar, and drag-drop them into your poster. Canva also has a great set of tutorials on design principles that you can check out – [Canva Design Principles Tutorials](#)

[The Noun Project](#)

Free vector icons for most things imaginable. Make sure to give credit to the creator when using materials from here.

[Unsplash](#)

Free, high quality, beautiful images that are in the public domain.

[Butterick's Practical Typography](#)

If you are interested in learning more about typography, this is a great place to start. Plus, it's an interesting look at an experiment in online, web-based book publishing.

[Colors](#)

This is a great website to get quick and easy color combinations for design projects. The color generator provides CMYK, RGB, and Hex numbers for each color, and you can make as many combinations as you like. Make sure to check the contrast of colors for visual accessibility with the Color Contrast Checker below!

[Color Contrast Checker](#)

This is a great tool to make sure that the graphics you design fit visual accessibility standards. You can input your colors (foreground color and background color) and see if the contrast meets ratio standards for Web Content Accessibility Guidelines. This website also has more web accessibility information in the sidebar, if you are interested.

[Slides Carnival](#)

If you are looking for free, simple, and eye-catching powerpoint templates, this is a great place to browse. All of their content is freely available under the Creative Commons license. Just make sure that you credit the creator!

