



# 2014 Health Topics

<p><u><b>JANUARY</b></u> Living Will/Durable Power of Attorney National Soup Month</p>	<p><u><b>FEBRUARY</b></u> Low Vision Awareness Month Heart Health</p>
<p><u><b>MARCH</b></u> Cancer Awareness: Decreasing Your Risk National Nutrition Month</p>	<p><u><b>APRIL</b></u> Foot Health Awareness Fad Diets</p>
<p><u><b>MAY</b></u> National Arthritis Month National Fitness Day</p>	<p><u><b>JUNE</b></u> Surviving Summer Blood Pressure Awareness</p>
<p><u><b>JULY</b></u> Workplace Safety Food Regulations</p>	<p><u><b>AUGUST</b></u> Immunization Awareness Healthy Grocery Store Shopping (Nuval)</p>
<p><u><b>SEPTEMBER</b></u> Flu Shots Foods to Support Immunity</p>	<p><u><b>OCTOBER</b></u> Cholesterol GI Health</p>
<p><u><b>NOVEMBER</b></u> Sleep Better, Feel Better American Diabetes Month</p>	<p><u><b>DECEMBER</b></u> Alzheimer's Disease Healthy Cooking Substitutions</p>

# About LifeCare Alliance

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Formed in 1898, LifeCare Alliance is Central Ohio's first in-home health care agency, Ohio's first agency to provide visiting nurses, and the nation's second agency to deliver Meals-on-Wheels. LifeCare Alliance is a not-for-profit organization that provides a comprehensive array of health and nutrition services to older adults and chronically ill or homebound residents of Central Ohio through its signature programs: Meals-on-Wheels, Senior Dining Centers, Wellness Centers, Help-at-Home, Visiting Nurses, Columbus Cancer Clinic, Project OpenHand-Columbus, Groceries-to-Go, and IMPACT Safety. The Agency's mission is *to lead the community in identifying and delivering health and nutrition services to meet the community's changing needs.*

LifeCare Alliance has emerged as a national leader in merger collaborations, having successfully completed four in the last eight years with Meals-on-Wheels of Madison County, Project OpenHand-Columbus, Columbus Cancer Clinic, and IMPACT Safety. These mergers have eliminated or reduced costs and the redundancy of services in Central Ohio, resulting in more funds for programs, enhanced services and an increase in client access to basic needs.

LifeCare Alliance has begun several social entrepreneurship endeavors to provide added funding for our clients, including L.A. Catering, meal sales, corporate wellness programs, immunizations and travel vaccines.

**LifeCare Alliance's** mission is *to lead the community in identifying and delivering health and nutrition services to meet the community's changing needs.*

**Wellness Centers** provide high quality health care services either in wellness centers located throughout Franklin County or at specific corporate wellness locations. Services include, but are not limited to, adult immunizations, health assessments, skilled nursing care, and screening tests with a focus on health promotion, disease prevention and disease management.

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**Administrative Offices**  
1699. W. Mound Street  
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(614) 278-3130 - Services  
(614) 444-MEAL - Volunteer Opportunities  
(614) 278-3143 - Fax

**Meal Distribution Facility,  
L.A. Catering Event Center  
-&- Carrie's Café**  
670 Harmon Avenue  
Columbus, OH 43223  
(614) 437-2989

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[www.lifecarealliance.org](http://www.lifecarealliance.org)