

# Oregon Living Well with Chronic Conditions



August 2009 Newsletter

## First T-Trainer Certified in Oregon

Bernadette Maziariski, Registration Coordinator for Living Well of Southern Oregon, was trained as Oregon's first T-Trainer in July 2009. Bernadette is a seasoned Living Well leader and Master Trainer. Living Well of Southern Oregon was given the designation of the 2009 Living Well Outstanding Practice Award for an organization at the fourth annual Living Well Forum in Bend.

During her T-Training, Bernadette had the opportunity to work directly with Kate Lorig, Katy Plant, Sonia Alvarez, and Diana Laurent and participate in training 20 new Master Trainers from all over the United States and Canada. Bernadette also helped train Oregon's newest Master Trainer, Pinky Beymer of Warm Springs. Congratulations, Bernadette!



Bernadette Maziariski poses with Stanford's Katy Plant and co-T-Training apprentice, Sarah Cronin.

## Featured Program: Living Well Central Oregon

Living Well Central Oregon is a collaborative regional initiative, made possible through the cooperation and support of multiple organizations, including Deschutes, Jefferson and Crook County health departments, Mosaic Medical, Cascade Healthcare, Pioneer Memorial and Mountain View Hospitals, PacificSource, and the Northwest Health Foundation. HealthMatters of Central Oregon has been supportive of these efforts and has served as a neutral convener, bringing everyone together to create a coordinated system to support chronic disease self-management programs. HealthMatters has written several grants to help sustain and expand Living Well infrastructure. As a result, Living Well Central Oregon now has a dedicated coordinator for the tri-county area. Through this collaboration, residents in Deschutes, Jefferson and Crook counties have access to regularly scheduled Living Well programs, consistent marketing, and centralized program information. Visit the brand new Living Well Central Oregon website to learn more (and check out the online registration feature!): [www.livingwellco.org](http://www.livingwellco.org).



Bernadette's Master Trainer cohort, Stanford University, July 2009.

## Living Well Calendar of Events

Quality Assurance & Fidelity Workgroup meeting—August 20 at 9:00 am

Reimbursement Workgroup meeting—September 9 at 1:00 pm

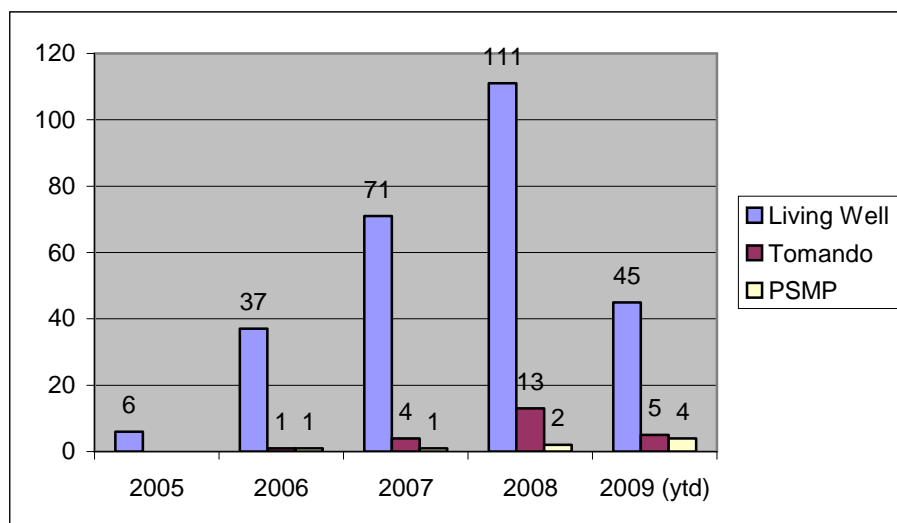
Marketing and Recruitment Workgroup meeting—September 22 at 10:00 am

## Save the Date: Living Well Annual Forum, May 6-7, 2010, Newport

The fifth annual Living Well Forum will take place on May 6 and 7, 2009 in Newport, Oregon. Please save the date to join us for a full day of exciting speakers, panel discussions, and breakout sessions, and a half-day Living Well Network planning meeting.

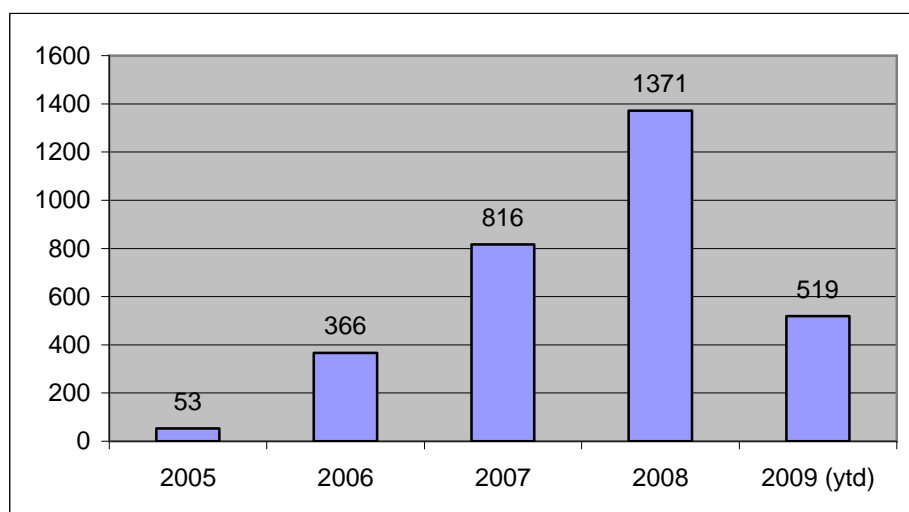
## 2009 Living Well Data Update

**Living Well Programs, 2005-2009**



The Oregon Living Well program produces annual Living Well Data Reports and County Data Fact Sheets at the beginning of each year. In 2009 to date, 54 Living Well, Tomando Control, and Positive Self-Management Programs have been offered, reaching 519 participants, compared to 126 programs and 1,371 participants in 2008. This information is available because our local partners submit their program and participant data forms back to the Oregon Living Well Program.

**Living Well Participants, 2005-2009**



To view the 2008 data reports, visit <http://oregon.gov/DHS/ph/livingwell/pubs.shtml>. To access the Oregon Living Well Program data collection forms, visit <http://oregon.gov/DHS/ph/livingwell/.reportprograminfo>.



### Coming Soon: Living Well Program Guidebook

The Oregon Living Well Program has developed a Living Well Guidebook for Implementation, which provides leaders, Master Trainers, and Living Well program coordinators with detailed Living Well-specific information, including a background on the program and the evidence base, licensing, workshop scheduling, recruitment and retention, quality assurance and fidelity, data collection, leader and master training, reimbursement, and sustainability. Sample resources are included with each section of the guidebook. This user-friendly resource will be available online by section and in limited print quantities for each licensed organization and Living Well coordinator. The Living Well Program Guidebook will be available in September 2009.

