



Oregon Living Well With Chronic Conditions

December Newsletter

Living Well Annual Forum

March 5, 2009

Please join the Oregon Department of Human Services and your Living Well colleagues at the 4th Annual Living Well Forum! This year's forum will be held at the **St. Charles Medical Center in Bend** on **March 5, 2009** from 8 am-4 pm. Program highlights include a keynote address on national program implementation by **Nancy Whitelaw** from the National Council on Aging in Washington, D.C. Presentations and discussions will focus on recruitment and retention, community partnerships, outreach to specific populations, marketing, funding, reimbursement and more.

Do you know of an outstanding leader, coordinator or organization? Nominate them for an Outstanding Practice Award! This year, three individuals and one organization will be honored for their outstanding practice of Living Well with Chronic Conditions, Tomando Control de su Salud, and Positive Self-Management Programs.

Register now! Registration information and nominations are available online at www.healthoregon.org/livingwell

New Living Well Website

Please visit our **updated website** for expanded information on Oregon's Living Well Program, locate upcoming workshop and leader trainings, network with partners and more! Visit www.healthoregon.org/livingwell

Living Well Network Call - January 7, 2009

Please save the date for the next Living Well Network call on Wednesday, January 7 at 10 am. The dial-in number is (877) 468-2134, passcode: 868346.

OHSU Group Therapy Program Study

REFLECTION, INSIGHT, and SELF-EMPOWERMENT

Women with physical disabilities who experience depression may be eligible to participate in an Oregon Health & Science University (OHSU) study. The purpose of the study is to test a peer-implemented 12 week group therapy program. Participants will be randomly assigned to an initial intervention group and a wait-list control group, however, all enrollees will eventually receive therapy. Depending on group assignment, participation will last between 6 and 12 months. Participants will receive monetary compensation. Study sites include Eugene and Portland. For more information in Eugene call Roxie Mayfield at (541) 688-8388 or email rdmayfield@yahoo.com. For information in Portland call Elizabeth McNeff at (503) 475 4307 or email mcneffea@comcast.net. You may also contact the OHSU Principal Investigator Dr. Hassouneh at (503) 494 2714 or email phillide@ohsu.edu to inquire about the study (OHSU IRB#3768).



New Toll Free Number

Oregonians may now dial the statewide toll free number to locate a class in their county by calling **(888) 576-7414**.

Yearly Check-In

April and Cara will be calling many coordinators, master trainers and leaders to update our records and contact information. We appreciate your time and feedback during this

Share Your Ideas

Share your success stories with us! Have you tried something new?



Contact Us:

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