



# Oregon Living Well With Chronic Conditions

January 2009 Newsletter

Happy New Year from the Living Well Staff!

## Living Well Annual Forum Update

The 4<sup>th</sup> Annual Living Well Forum will be taking place on Thursday, March 5, 2009 at the St. Charles Medical Center in Bend. Please register and make your hotel reservations for the Forum by **Friday, January 23**. Please note that you will still be able to register for the Living Well Forum after January 23, but you will not be guaranteed a hotel room at the Phoenix Inn at the government rate. DHS will only reimburse hotel stays at the government rate of \$90/night plus tax, and only for those traveling more than 70 miles to attend.

Registration and hotel information is now available online at <http://oregon.gov/DHS/ph/livingwell/forum09.shtml>

**Agenda highlights** include:

- Opening plenary with Dr. Nancy Whitelaw, Senior Vice President, National Council on Aging
- Panel discussion on engaging diverse populations
- Outcome evaluation workshop with Katherine Smalley, Yakima Valley Farm Workers' Clinic and Sharon Johnson, OSU Extension Services
- New statewide marketing and quality assurance tools

## Submit best practice award nominations!

Recognize your colleagues and leaders by submitting nominations for lay leaders, Master Trainers, coordinators, and organizations. Selected awardees will be recognized at the Living Well Forum.

Nominations can be submitted by email or online at <http://oregon.gov/DHS/ph/livingwell/forum09.shtml>, through **Friday, January 23**.



**Your Program,  
Highlighted Here!**

DHS would like to highlight Living Well programs, Leaders, and Master Trainers across the state for the hard work they have been doing by featuring their stories here. Please share your successes, challenges, lessons learned, and resources with us by emailing: [living.well@state.or.us](mailto:living.well@state.or.us), and we'll include it in an upcoming newsletter!



**Contact Us:**

[living.well@state.or.us](mailto:living.well@state.or.us)

Phone: (971) 673-0984

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## Living Well Network Meeting – March 4, 2009

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Current members of the Oregon Living Well Network as well as other organizations implementing Living Well, Tomando Control, and/or Positive Self-Management for HIV/AIDS and partners are encouraged to the next in-person Living Well Network meeting on Wednesday, March 4 from 3:00-7:00 pm. The meeting will take place at the Phoenix Inn Bend, located at 300 NW Franklin Avenue, Bend. Please come share your input with others!

The purpose of this meeting will be to develop a strategic plan for statewide expansion and implementation of chronic disease self-management programs. The outcomes of this meeting will be used to inform the development of a business plan which will help better position Living Well programs for reimbursement. Information on the Living Well Network is available at: <http://oregon.gov/DHS/ph/livingwell/partners.shtml#network>.

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### Updated Participant Information Forms

DHS has updated the Participant Information Form in both English and Spanish to include some additional chronic conditions and ways participants have heard about the workshop. DHS is now also collecting data for all Positive Self-Management for HIV/AIDS (PSMP) Programs. **Please use the new forms when submitting your data.**

The revised forms are available online at <http://oregon.gov/DHS/ph/livingwell/reportprograminfo.shtml> or request an electronic copy by phone or email.



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### Thanks For Your Feedback!



April Rautio, our new Living Well Administrative Specialist, has been conducting the annual Living Well Leader check-in to gain valuable feedback from you on your program, needs and experiences. We will continue calling Leaders during the month of January. As always, thank you for taking the time to share your thoughts with us!

Here's what we've been hearing from you:

- “It is an amazing thing to see the dramatic, life-changing improvements in participants from the first to last session.”
- “The program is far-reaching and can help nearly everyone cope with a chronic condition, supporting a family member, or overall stress and anxiety.”
- “I always learn something new with each workshop that I co-lead. People have so much knowledge that they share during these workshops! I have tried to modify my lifestyle and practice what I teach.”



We hope that you have a healthy and happy 2009! Our team has grown over the last year, so you may contact us individually about the following topics:

**Cara Biddlecom**, Living Well Coordinator  
cara.m.biddlecom@state.or.us or (971) 673-2284

Contact Cara about: Living Well Forum, Leader training, Living Well Network, Marketing and Recruitment Workgroup, Oregon WISEWOMAN Program, technical assistance requests.

Fun fact: Cara's recent hobby has been moving—she has lived in 6 cities in the last 10 years.

**April Rautio**, Administrative Specialist for Living Well and Arthritis  
april.l.rautio@state.or.us or (971) 673-2283

Contact April about: Submitting program data, Requesting program books, Upcoming program and Leader training information, Submitting lists of newly trained Leaders, Updating your contact information, Updating your county contacts, Arthritis Foundation Exercise Programs.

Fun fact: April plays roller derby at the local and national level.

**Jennifer Mead**, Seniors and People with Disabilities  
jennifer.mead@state.or.us or (971) 673-1035

Contact Jennifer about: Aging populations, State Unit on Aging and Area Agencies on Aging, Quality Assurance and Fidelity Workgroup, Tai Chi for Falls Prevention.

Fun fact: When not working on state strategies for healthy aging, Jennifer tries to ensure her own healthy aging through gardening in her backyard!

**Sarah Bartelmann**, Health Systems and Self-Management Coordinator  
sarah.e.bartelmann@state.or.us or (971) 673-1080

Contact Sarah about: Living Well integration into health systems, Reimbursement Workgroup, Tobacco Quit Line, Tobacco Related and Other Chronic Diseases.

Fun fact: Sarah is learning how to spin fire.

**Jamie Thompson**, Research Analyst  
jamie.h.thompson@state.or.us or (971) 673-1047

Contact Jamie about: State and county Living Well, Tomando Control and PSMP program data.

Fun fact: Jamie has been to trapeze school.

**Laura Saddler**, Self-Management Programs Manager  
laura.c.saddler@state.or.us or (971) 673-0987

Fun fact: Laura used to play violin and cello professionally.

**Any other questions?** You may contact us at our general email address, [living.well@state.or.us](mailto:living.well@state.or.us) and toll-free line, 1-888-576-7414 and we'll connect you to the right person to answer your question.



Left to right: Laura Saddler, Sarah Bartelmann, Jennifer Mead, April Rautio, Cara Biddlecom, Jamie Thompson