

Living Well Network

Notes for July 8, 2009 Meeting

Participants

Carole Kment, Samaritan Health Services
Ann Way, Lincoln County Health and Human Services
Beverly Cridland, PeaceHealth Gerontology Unit
Lisa Nielson, OHSU Center for Women's Health
Yugen Rashad, LifeWorks Northwest
Elizabeth Takahashi, Asian Family Center
Brenda Johnson, Deschutes County Health Department
Carole Kment, Samaritan Health Services
Linda Graham, Tuality Healthcare
Julia Fleet, Latino Community Association
John Fleet, Latino Community Association
Rocio Munoz, Benton County Health Department
Diane Pietrzak, DHS – Children, Adults and Families, Douglas County
Patti Dunning, Samaritan Health Services
Linda Hicks, Bay Area Hospital
Jennifer Mead, DHS – Seniors and People with Disabilities
Sarah Bartelmann, DHS – Public Health Division
April Rautio, DHS – Public Health Division
Laura Saddler, DHS – Public Health Division
Cara Biddlecom, DHS – Public Health Division

Regional Collaboration in Central Oregon

The Central Oregon Living Well program was just granted an additional \$40,000 from the PacificSource Foundation to expand efforts into Crook and Jefferson counties. Deschutes County will remain the lead agency on the Central Oregon collaborative project and Brenda Johnson's position will involve more regional coordination of Living Well. HealthMatters of Central Oregon has been a major source of support in efforts to expand Living Well to Crook and Jefferson counties.

Workgroup Updates – Marketing and Recruitment

The Marketing and Recruitment Workgroup has adapted the Spanish language/Tomando Control de su Salud marketing materials that were produced by the National Council on Aging (NCOA) to include some more updated, diverse images of Latinos. The small and large sized posters are already available through DHS and brochures should be available later this week. The templates have been added to the marketing Web page at

<http://oregon.gov/DHS/ph/livingwell/resources.shtml#marketing>. The Marketing and Recruitment Workgroup continues to discuss strategies for recruitment and retention of participants and leaders.

**Next meeting – Tuesday, July 28 at 10:00 am*

Workgroup Updates – Quality Assurance and Fidelity

The Quality Assurance and Fidelity Workgroup has completed the Living Well Fidelity Checklist for lay leaders (Tomando Control version is in process), as well as the Leader Training Fidelity Checklist for Master Trainers, both of which are available online at <http://oregon.gov/DHS/ph/livingwell/resources.shtml#quality>. The July Living Well Newsletter content was focused on quality assurance and fidelity. A question was added to the Program Summary Form about whether a fidelity observation occurred during the series and it was pointed out that for some programs, it may not be necessary to check yes if the leader has already been observed that year. It was suggested that the Program Summary Form be updated to include a “Not applicable – leaders already observed for fidelity” option. Jennifer will draft this change and send to the Quality Assurance and Fidelity Workgroup for review. The final new version of the Program Summary Form will be sent out to the listserv and with all new books sent out for data.

**Next meeting – Thursday, August 20 at 9:00 am*

Workgroup Updates – Reimbursement

The Reimbursement Workgroup completed the Living Well cost calculator survey and determined that the average cost per Living Well participant in Oregon is \$375. Programs that offered more workshops and had more participants yielded a lower cost per participant than those programs offering fewer workshops. The Reimbursement Workgroup will also be working over the next few months to develop some messaging around the true cost of the workshop series even though the average charge to participants is much lower.

**Next meeting – Thursday, September 10 2009, at 1:00 pm.*

Update on 2010 Living Well Forum

The Living Well Forum will take place in April 2010 in the Newport/Lincoln City area per several requests on the 2009 Forum evaluations. DHS is no longer limited to holding the Forum in March, so an April date will hopefully make it easier for those that have to cross over the mountains for their travel. A Living Well Network meeting will be hosted in conjunction with the Forum as in Bend in March. The Living Well Network membership agreed that a Thursday-Friday meeting in April would be best. Due to funding limitations this year, DHS will not be able to reimburse for mileage as has been done in the past, however, hotel rooms will be covered for individuals traveling 70 miles or more to Newport. The

Living Well Network membership agreed that this limitation should not pose a barrier for their participation in the Forum and that most local programs would either be able to cover a leader's mileage or would encourage carpooling to save on travel expenses.

Review Living Well Network structure description

The Living Well Network had additional edits to the structure document. Cara will input the edits in track change and send to the group to review. Once complete, the document will be reformatted (benefits section moved to the top of the document) and included in Leader's Manuals and discussed by Oregon Master Trainers during Day 4. Additional information will be prepared for Master Trainers on how to talk about the Living Well Network and state resources.

Review Living Well Network goals and activities and next steps

Activities 1 and 2 under Goal #1 – Define Network membership including expectations, roles, resources, benefits, and structure have just been completed. Goal #1, Activities 3 and 4 will be complete once the Living Well Network structure description is finalized and reformatted into a user-friendly document to be used with new leaders.

Under Goal #2 – Increase capacity of coordinators and Master Trainers to support local programs, Activity 1 has already been completed when the training needs assessment was sent out to program coordinators a few months ago. The Living Well Network membership decided that goal-setting (Activity #2) would be an excellent panel session at the 2010 Living Well Forum. It was also decided that having one region present on each quarterly call on what they're working on, as was done during this call with Central Oregon, would

Goal #3 will be reviewed at the next Living Well Network call.

Next Network Call

Wednesday, October 7, 2009 from 10:00-11:00 am