



Oregon Living Well with Chronic Conditions

June 2009 Newsletter

Parish Nurses Serve Homeless at Albany Helping Hands

Two parish nurses were invited to lead a *Living Well with Chronic Conditions* workshop at Albany Helping Hands, an local homeless shelter. Despite the leaders' initial worries about attendance and retention in this setting, ten residents signed up for the workshop and seven completed the series. The most exciting part of the workshop for these two leaders was seeing the participants work on their action plans each week and follow through to accomplish their goals. As participants began to open up about their health concerns, there was evidence of healthier eating, more physical activity, and improved stress management. Two participants were even inspired to start an exercise class at the shelter!



Northwest Parish Nurse Ministries (NWPNM) is an interfaith, nonprofit organization based in the Pacific Northwest that supports *Living Well with Chronic Conditions* through their parish nurse/faith community nurse program. For more information, visit www.parnurseministry.org.

Do you have a success story you'd like to share? Please contact us!

Living Well Calendar of Events

Thursday, June 18

9:00-10:00 am

Quality Assurance & Fidelity Workgroup call

Wednesday, June 24

3:00-4:00 pm

Reimbursement Workgroup call

Wednesday, July 8

10:00-11:00 am

Living Well Network call

Update on Living Well Cost Calculator Survey

Thanks to all the program coordinators who completed our cost calculator and training needs surveys! You've reported some great data and the picture of the true costs of providing Living Well programs is coming together. Here is just a quick snapshot of what we have learned so far:

The current Oregon average cost per participant for Living Well is **\$356.63** and the average organizational cost per workshop is **\$4,281.60**.

Call for Proposals: 2009 Oregon Public Health Association Conference

The 2009 Oregon Public Health Association annual conference will take place on October 26-27 in Corvallis. The 2009 conference will focus on food and public health, including obesity, diabetes, and health disparities. Poster and session proposals are now being accepted. For more information, visit www.oregonpublichealth.org. The deadline for proposal submission is Friday, July 31.

Contact us:

living.well@state.or.us

Phone: (971) 673-0984

Fax: (971) 673-0994

TTY: (971) 673-0372