

Chronic Disease Prevention *and* Self-Management Resource Directory



Douglas County

Douglas County, Oregon
March 2013

CHRONIC DISEASE PREVENTION and SELF-MANAGEMENT RESOURCES

PROGRAMS & WORKSHOPS

ARTHRITIS FOUNDATION EXERCISE PROGRAM *offered by the YMCA*

The Arthritis Foundation Exercise Program is an evidence-based program that provides gentle exercise to increase flexibility, muscle strength, and reduce pain associated with arthritis. The program is designed for people with arthritis, but is appropriate for anyone who is new to an exercise program. The program is generally offered 2-3 times a week for 8 weeks. Participation is free to YMCA members.

Contact: 541-440-9622 or www.ymcadougco.org

BETTER BONES AND BALANCE *offered by Umpqua Community College*

Better Bones and Balance is an evidence-based program designed for people living with or at risk for osteoporosis. Instructors are trained and certified by Oregon State University. Classes are generally held for 6 week sessions at various locations throughout Douglas County.

Contact: 541-440-4601 or www.umpqua.edu



BETTER BREATHERS *offered by Mercy Medical Center, Community Education*

Better Breathers is an educational and networking group for people who have chronic lung disease. Developed by the American Lung Association and sponsored by Mercy Medical Center, Lincare Inc., and Parkway Medical Supply, Better Breathers offers an opportunity to learn how to cope with lung disease while getting the support of others. Better Breathers provides the tools people need to live the best quality of life they can. Better Breathers meets from 1:30–2:30 PM on the first Monday of every month at Mercy Community Education, Roseburg.

Contact: 541-677-4314 or susanpiekarski@chiwest.com

DIABETES EDUCATION *offered by Bay Area Hospital, Coos Bay*

Diabetes Education at Bay Area Hospital provides assistance and classes for people living with diabetes or who are at risk for diabetes, including “borderline” diabetic, pre-diabetic, glucose intolerant, high blood pressure, high triglycerides, high cholesterol, or a family history of these conditions. Certified diabetes educators provide information on how to make simple lifestyle changes that can help people prevent or and control diabetes. Cost is covered by most major insurance and Medicare.

Contact: 541-269-8111 or www.bayareahospital.org

DIABETES PREVENTION PROGRAM offered by **Cow Creek Health & Wellness**

The Cow Creek Health & Wellness Center, as part of the Southern Oregon Tribal Diabetes Prevention Consortium, provides the evidence-based diabetes prevention program for all Tribal members and employees. Certified diabetes educators provide counseling, information and support for people with diabetes, pre-diabetes, and health conditions that increase the risk of developing diabetes. No cost to eligible participants.

Contact: 541-677-5575 or www.cowcreek.com

DIABETES SELF-MANAGEMENT TRAINING offered by **Mercy Medical Center, Community Education**

Mercy Medical Center's Diabetes Learning Center provides Diabetes Self-Management Training for people with diabetes, whether they are newly diagnosed, changing treatment to improve blood sugar control, or needing a refresher on diabetes management. Classes on diabetes prevention and pre-diabetes are also provided. Individual counseling, group classes and support groups are available to teach people about how diabetes affects the body, how to reduce the risk of related health problems, how to monitor and regulate blood glucose, how food affects blood glucose, meal planning, physical activity, medications, and coping skills. Instruction is provided by certified diabetes educators who specialize in diabetes management. Cost is covered by most insurance and Medicare.

Contact: 541-677-2102 or www.mercyrose.org



DIABETES PREVENTION PROGRAM offered by **the YMCA**

This community-based Diabetes Prevention Program is an evidence-based program that helps people who are at risk of diabetes to make lifestyle changes to reduce their risk. Classes are generally held for 8 weeks, 2 sessions per week in a classroom setting with a trained lifestyle coach. Participants learn how to make healthier food choices, how to add physical activity to their daily routine, and how to achieve and maintain a healthy weight. Medical provider referral for pre-diabetic or at risk for diabetes patients is preferred. Call ATRIO Health Plans to find out about member benefit, 541-672-8620. Call the YMCA for program registration fee and to request a diabetes risk questionnaire.

Contact: 541-440-9622 or www.ymcadougco.org

GET YOUR BONES MOVING offered by **Rose Haven Outpatient Therapy & Wellness Center**

Get Your Bones Moving is designed for people living with or at risk for osteoporosis. Classes are held at the Rose Haven's Outpatient Therapy and Wellness Center. Call for class times. Space limited. Donations accepted.

Contact: 541-464-2811

LIVING WELL WITH CHRONIC CONDITIONS offered by **Umpqua Community Health Center**

Living Well with Chronic Conditions is an evidence-based program that helps people learn how to manage their chronic conditions. The program was developed by Stanford University and leaders are trained and monitored by Stanford master trainers. Workshops are generally held for 6 week sessions, and are designed to help participants learn how to make lifestyle changes to reduce the symptoms of chronic conditions, including tips to deal with frustration, fatigue, pain and isolation. Information is provided on exercise, medication management, nutrition, and how to communicate effectively with family, friends and health care professionals. Call for class schedule and to learn about other chronic disease prevention and self-management programs offered.

Contact: 672-9596 or <http://www.umpquachc.org/>

PARKINSON PARTNERS offered by **Mercy Medical Center, Institute of Rehabilitation**

Early referrals to skilled rehab teams throughout the course of Parkinson's disease (PD) can help reduce complications, delay disability, and improve quality of life through a comprehensive team care approach. If you, or someone you know, suffers from Parkinson's disease, please ask your doctor about Mercy Institute of Rehabilitation.

Contact: 541-677-4546 or <http://www.mercyroze.org/rehabinstitute.php>

COMMUNITY EDUCATION FITNESS & HEALTH CLASSES offered by **Umpqua Community College**

UCC's Community Education Program offers many classes and workshops in various county locations to help residents achieve their health goals, including Zumba, Qi Gong, and other popular programs.

Contact: 541-440-4601 or www.umpqua.edu/commed.

CHRONIC DISEASE SUPPORT SERVICES

A.W.A.K.E. offered by **Mercy Medical Center, Sleep Lab**

A.W.A.K.E. is an educational and support group for people with various types of sleep apnea. The program from the American Sleep Apnea Association is provided by Mercy Medical Center's Sleep Lab. Meetings are held every other month.

Contact: 541-677-4314

FAMILY CAREGIVER SUPPORT PROGRAM offer by **Douglas County Senior Services**

A family caregiver is an adult family member or another individual who is an informal provider of in-home and community care to an older individual. The Family Caregiver Support Program of Douglas County works in partnership with the Area Agency on Aging (a network of State and local programs that help older people to plan and care for their lifelong needs), to provide the following services:

- Information to family caregivers about available services
- Assistance to family caregivers in gaining access to services
- Access to individual consultations, support groups, and caregiver training
- Information about respite care options
- Access to supplemental services to complement family care

Contact: 541-440-3677

HEALTH CALENDAR & SUPPORT GROUP MEETING SCHEDULE

Mercy Medical Center maintains an up-to-date health and support group calendar with contact information and meeting locations. Visit www.mercyrose.org/calendar.php to get more information about the many support groups available in Douglas County.

MEDICATION MANAGEMENT RESOURCES

CAREMARK PRESCRIPTION DISCOUNT PROGRAM

A program offered through the National Association of Oregon Counties (NACo) to help residents save money on prescriptions not covered by insurance. There are no enrollment or application fees. Visit the Caremark website or pick up a card at your nearest Health Department location.

Contact: 1-877-321-2652 or www.caremark.com

PRESCRIPTION ASSISTANCE PROGRAM

A program offered through UCAN RSVP. Trained volunteers help locate free/ low cost prescription medications, apply for pharmacy discount cards, conduct a personal review of your prescription needs, and offer cost-saving options. Services are available for low and moderate income individuals of all ages and seniors needing Medicare “gap” coverage.

Contact: 541-492-2103 or www.ucancap.org/

OREGON PRESCRIPTION DRUG PROGRAM

A drug purchasing pool to assist uninsured individuals and families with prescription drug costs. The program is available to Oregon residents who are uninsured or underinsured for prescription medications. Enroll by phone or online.

Contact: 1-888-411-6737 or www.oregon.gov/OHA/pharmacy/OPDP

QUITTING TOBACCO

OREGON TOBACCO QUIT LINE

The Oregon Tobacco Quit Line provides free, confidential quit help to all Oregonians regardless of income or insurance status. Quit Coach are available by phone or online to help you develop a personal quit plan and think through the challenges to quitting. Callers and online participants may be eligible to receive free nicotine gum or patches.

Contact: 1-800-QUIT-NOW (1-800-784-8669), Español: 1-877-2NO-FUME (1-877-266-3863), www.quitnow.net/Oregon/



QUIT SMOKING OR CHEWING RESOURCE LIST Quitting is not easy, but help is available. For a list of local classes, phone and online counseling services, and other quit resources, visit www.co.douglas.or.us/health/PH/Quit or call the Douglas County Tobacco Prevention & Education Program at 541-440-3563.

DRUG & SHARPS DISPOSAL PROGRAMS

MEDICATION DISPOSAL

Douglas County residents may safely dispose of expired and unwanted prescription and over-the-counter medicines at the following locations. Collection is free and anonymous. Participants are encouraged to remove or black out personal information on prescription labels before disposal.

The following items may not be disposed of at these locations: thermometers, sharps, needles, syringes, hydrogen peroxide, aerosol cans, inhalers and medical waste of any type. These disposal sites are for personal use medications only; disposal is not accepted from businesses such as nursing homes, doctor's offices, clinics, or hospitals.

Douglas County Sheriff's Office

1036 SE Douglas Avenue
Justice Building, Rm 210
Roseburg, OR 97470
541-440-4450

Myrtle Creek Police Department

215 Northwest Pleasant Street
Myrtle Creek, OR 97457
541-863-5221

Oregon State Police

761 NE Garden Valley Blvd
Roseburg, OR 97470
541-440-3334

Reedsport Police Department

146th 4th Street
Reedsport, OR 97467
541-271-2100

Sutherlin Police Department

126 E. Central Avenue
Sutherlin, OR 97479
541-459-2211

Winston Police Department

201 NW Douglas Blvd
Winston, OR 97496
541-679-8706



PERSONAL NEEDLES & SHARP DISPOSAL

Personal use needles, sharps, pipettes and other personal use sharp medical supplies may be disposed of at the following locations. These sharp disposal sites are for personal use only; disposal is not accepted from businesses such as nursing homes, doctor's offices, clinics, or hospitals.

Douglas County Landfill

When you bring a full approved sharps container to a solid waste station, you will receive a new, approved sharps disposal container in exchange. You may purchase approved containers at many local pharmacies and medical supply stores.

Contact: 541-440-4267 or www.recyclepower.org

Douglas County Health Department, Roseburg

Bring a full approved sharps disposal container to the Health Department's registration counter to receive a new, approved one-quart container in exchange. Individual personal sharps may be disposed of in a secure, outdoor drop box outside the Health Department. You must bring in a container to receive a new container in exchange.

Contact: 541-440-3500 or www.co.douglas.or.us/health

LIVE WELL AT ANY AGE

- 1 Eat Well.** Choosing healthy foods and avoiding foods that are high in fat, sugar and salt is one of the most important things we can do to live well. Learning to read nutritional labels, eating more fruits and veggies and avoiding soda and other sugar-sweetened drinks are just a few of the things we can do to take control of our health. Learn more at www.choosemyplate.gov.
- 2 Move More.** Physical activity can help maintain a healthy weight, strengthen muscles, improve mood and lower the risk or symptoms of many chronic conditions. Just walking for 10-15 minutes 3 times a day can make a real difference. Learn more at www.healthfinder.gov.
- 3 Be Tobacco Free.** Quitting smoking is not easy, but free help is available by phone or online. Learn more by calling the Oregon Tobacco Quit Line at 1-800-QUITNOW (784-8669) or visit www.quitnow.net/oregon.
- 4 Get Screened.** Talk with your healthcare team about tests that look for disease before you have symptoms. Tests for diabetes, high blood pressure or high cholesterol can help prevent more serious health conditions. Learn more at www.healthfinder.gov.
- 5 Take Control.** If you have a chronic condition or have been told by your doctor that you're at risk of developing a chronic condition, find out about free or low cost classes, workshops and resources in your community to help you stay healthy, manage your symptoms, and take control of your health.

This information does not constitute medical advice nor imply endorsement of the services listed. Please talk with your healthcare provider about programs and services that are right for you.



Public Health
Prevent. Promote. Protect.

**Douglas County Public Health
Douglas County Health & Social Services**

621 W. Madrone, Roseburg, OR 97470

541-440-3563 | www.co.douglas.or.us/health

and



Main Office: 2270 NW Aviation Drive, Suite 3, Roseburg, OR 97470

Customer Service: (541)672-8620 or Toll-Free (877)672-8620

Customer Service Hours: 8 a.m. to 8 p.m.

If you have corrections or questions about this document, please contact
Douglas County Public Health Promotion at 541-440-3563.