



## Put Life Back Into **YOUR LIFE**

Feel better, be in control and do the things you want to do.

For millions of Americans, managing their chronic health problems can seem like a full-time job.

The myriad of daily challenges — learning to take medication correctly, the importance of keeping doctor's appointments, and working through daily problems as they arise like pain, fatigue, frustration and depression — can be overwhelming.

The good news is there is a program being offered in Central Oregon to help those people struggling with the challenges of living with ongoing health conditions such as diabetes, heart disease, arthritis, fibromyalgia, depression, chronic pain, asthma or cancer.

The Living Well with Chronic Conditions workshop is a six-week workshop, held for two and a half hours each session. Classes are offered to small groups of 10 to 15 people and are facilitated by trained leaders, some who have experienced chronic health problems themselves.

Topics covered include: managing symptoms and medications, working with your health care team, setting reasonable goals, problem solving, physical activity and healthy eating.

Participants also learn how to deal with changes in lifestyle that come up on a daily basis such as fatigue, coping with depression and anxiety and handling common problems like frustration, pain and isolation.

Several local Central Oregon residents recently shared what they had learned from attending the Living Well workshops.

Betty shared that “the classes gave me the confidence that I could go out and do things that I didn't think I could do. Before the class, there would be many days that I would just sit in my apartment and read or watch TV. Now I get out and do things knowing that I can, without fear.”

According to Samantha, the most important thing she got out of the class was that “I am not alone. There are people out there going through so many of the same struggles as me. I'm not the only one. I don't have to defend myself that I am 39 years old and at times feel like I'm 80.”

## Volunteers Needed!

Have a few hours to spare? Giving a little time can greatly help seniors.

Central Oregon Council On Aging is always in need of volunteers for their Meals On Wheels programs, in the administrative area and for their YANA (You Are Not Alone) senior companion program.

After an application process and background check, volunteers can give as little as a couple hours a month or as much as several hours each day, to help seniors in a variety of ways. Delivering meals to home-bound seniors, helping answer phones or visiting seniors—time is well-spent when supporting seniors in our community.

Have an interest in helping? Call 541-678-5483. COCOA is a nonprofit organization and supports and gratefully thanks all volunteers who help them fulfill their mission.

The key for Jerry was “learning to set realistic goals and finding ways to work through the limits your condition gives you.”

The Living Well program came to Oregon via Stanford University's School of Medicine in California. The original research study with Kaiser Permanente of California was published in 1996, and the results were impressive.

People who completed the program, versus people who didn't, had more energy, engaged in more social activities, gained confidence, improved communication with their physicians and developed an overall sense of empowerment.

There were even more tangible results, however. Those who completed the program reported fewer doctor visits, fewer emergency room visits and fewer

nights in the hospital.

Overall, cost savings were substantial.

If you are one of the 72 percent of adult Oregonians who are living with a chronic health condition, the Living Well program may help you feel better, be in control and help you continue to do things you enjoy.

The Living Well workshops are offered in all three counties: Deschutes, Crook and Jefferson. The actual cost of the workshop is \$375, but due to generous donations from private foundations, local health and social service agencies and state grants, there is a nominal charge of \$10 for the six-week workshop.

Scholarships are also available for those who cannot afford the registration fee. Each participant

also receives a copy of the reference book, “Living a Healthy Life with Chronic Conditions.”

The Living Well with Chronic Conditions program is being coordinated through the Deschutes, Jefferson and Crook County Health Departments in collaboration with many regional community partners: HealthMatters Central Oregon, St. Charles Health System, Mosaic Medical, Pioneer Memorial Hospital, Pacific Source Health Plans, Oregon Health Authority, and COCOA.

For more information about workshops, please call the Regional Coordinator at: 541-322-7430 or visit [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell) or [patienteducation.stanford.edu](mailto:patienteducation.stanford.edu).

## SAVE THE DATE: Baseball, It Marks the Time

The third annual Central Oregon Council on Aging (COCOA) Father's Day Tribute Event at the Bend Elks will be held on Saturday, June 16 when the Elks will play the Corvallis Knights at Vince Genna Field. Join COCOA for a wonderful night of world-class baseball, delicious food, entertainment and lots of surprises.

Three ticket levels include:

- Home Run: \$25 per person includes priority seating for the game, a pre-game VIP reception, a

barbecue meal, entertainment and souvenirs.

- Triple Play: \$15 per person includes reserved seating, a hot dog and soda, and a great game.

- Run Batted In: \$7 per person includes a general admission ticket — and supports seniors.

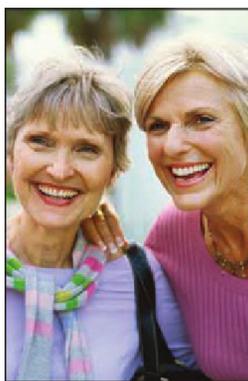
Limited sponsorship opportunities with visibility to more than 3,000 people is also available.

All proceeds from these tickets will benefit COCOA, a local nonprofit organization dedicated to promoting dignity, well-being, security and independence for

Central Oregon seniors for the past 36 years, and which serves as the Area Agency on Aging.

Your support helps COCOA continue services to seniors in the tri-county region including more than 70,000 meals on wheels, 65,000 congregate meals, 85,000 information and referral calls, 16,000 hours of in-home care, and supporting 300 volunteers.

For more information, call 541-678-5483, e-mail [admin@councilonaging.org](mailto:admin@councilonaging.org), or visit [www.councilonaging.org](http://www.councilonaging.org).



*Always Look Your Best...*

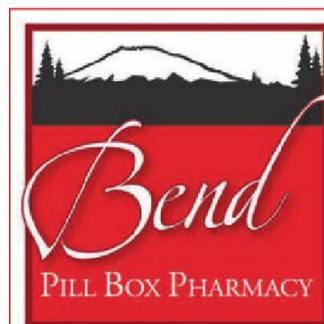
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