



# Living Well Rhode Island Community Newsletter

APRIL-JUNE 2011

## Self-Management Program for people living with chronic conditions

### LATEST NEWS

Due to the Rhode Island Implementation Mini-grant awards new workshop sites are sprouting up everywhere! The new sites will utilize LWRI Leaders to conduct workshops using money from the grants. The grants will allow Ambassadors to be reimbursed for participant recruitment.

### PARTNERSHIPS IN THE MAKING

- LWRI is collaborating with the Providence Veteran's Affairs Medical Center to organize workshops for their population.
- The POINT has agreed to refer callers to LWRI programs and distribute LWRI materials electronically via email.

### LWRI PROGRESS

The Living Well Rhode Island is more than half way to reaching a program goal of 300 RI seniors participating in LWRI workshops in Providence County! The workshops are now accepting participants who are 18 years of age or older living with a chronic condition (or in a supporting role acting as caregivers). We continue to expand the programs outreach throughout all Rhode Island communities.

### IMPORTANT REMINDER

In order to meet active LWRI Leader status, LWRI Leaders are required to teach a minimum of one class per year. Master trainers are required to teach one training and one workshop per year. If you are interested in facilitating a workshop, please contact Maria Matias, 222-7623 or Arlene Hartwell, 222-7636. If you are no longer interested in leading LWRI workshops, please contact us to have your name removed from the active LWRI Leader contact list.



Special thanks to our partners:



You are invited to the Living Well Rhode Island annual Spring Coalition Meeting and Award Ceremony on:

**April 27th, 3:00 p.m.**  
**AARP office**  
**10 Orms Street, Providence**

Help us celebrate the LWRI achievements over the past year and discuss plans for the future! Spend an enjoyable afternoon socializing with your fellow LWRI partners. Your thoughts and ideas on how to make the LWRI program stronger and sustainable are appreciated.

Light refreshments will be served.

Please contact:  
Arlene Hartwell, 222-7636 or  
Maria Matias, 222-7623, if you are  
planning to attend.



We look forward to seeing you there!

### CALENDAR OF WORKSHOPS ENGLISH

#### Chronic Disease Self-Management Workshops

Capitol City Senior Center (Lillian Feinstein)  
1085 Chalkstone Ave Providence  
March 28, April 4, 11, 18, 25, May 2  
Times: 10:00 -12:30 p.m.  
Leaders: Lisa and Ashlee

Johnston Senior Center  
1291 Hartford Ave, Johnston  
April 6, 13, 20, 27, May 4, 11  
Times: 10:00 -12:30 p.m.  
Leaders: Janice and Jean

DOA Conference Room B,  
1 Capitol Hill, Providence  
April 12, 19, 26, May 3, 10, 17  
Times: 4:00 - 6:30 p.m.  
Leaders: Ellen and Tammy

Blackstone Valley, 42 Park Place, Pawtucket  
April 18, 25, May 2, 9, 16, 23, 30  
Times: 1:00 - 3:30 p.m.

Crossroads, 160 Broad St., Providence  
April 20, 27, May 4, 11, 18, 25  
Times: 1:00 - 3:30 p.m.  
Leaders: Ellen and Sue

West End Community Center,  
109 Bucklin St., Providence  
April 26, May 3, 10, 17, 24, 31  
Times: 9:30-12:00 p.m.  
Leaders: Annibell and Max

Leon Mathieu Senior Center  
March 31, April 7, 14, 21, 28, May 5  
Times: 12:30 - 3:00 p.m.  
Leaders: Karen and Mercedes

#### Diabetes Self-Management Workshop

Narragansett Indian Health Center  
April 6, 13, 20, 27 May 4, 11  
Times: 1:00 - 3:30 p.m.  
Leaders: Cathy and Renee



### SPANISH

#### Tomando Control de su Diabetes

Blackstone Valley, 42 Park Place, Pawtucket  
April 18, 25, May 2, 9, 16, 23, 30  
Times: 9:30 - 12:00 p.m.  
Leaders: Carlos and Luz

St. Joseph Hospital, Providence  
March 28, April 11, 14, 18, 25, May 1  
Times: 5:00 - 7:30 p.m.  
Leaders: Grace and Irma

Clinica Esperanza  
April 6, 13, 20, 27 May 4, 11  
Times: 4:30 - 7:30 p.m.  
Leaders: Carlos and Luz

St. Patrick Church  
Saturday April 2, 9, 16, 23, 30 May 7  
Times: 1:00 - 3:30 p.m.  
Leaders: Isabel, Maximo, and Olivia

#### Tomando Control de su Salud

Progreso Latino  
March 17, 24, 31, April 7, 14, 21  
Times: 4:30 - 7:00 p.m.  
Leaders: Dominga and Franklin