

TO WHOM IT MAY CONCERN:

During the past 6 weeks (February 18 – March 25, 2011) I have had the privilege of participating in a program "Living a Healthy Life with Chronic Conditions" which was held at St. Elizabeth Hospital, Gonzales, LA. Susan Demers and her assistant, Susie, were our leaders. These ladies did an outstanding job in all of their presentations. We covered so many wonderful topics during our classes each day. Somehow they managed to keep us very interested in the subject matter, and they kept us on track with our agenda.

There were so many helpful topics which we discussed and learned which will make us want to live healthier lives. I am so thankful that I participated in the classes. Because of these classes, I am more aware of the necessary things I need to choose in my everyday life. Without these reminders and new knowledge, I probably would not have even tried to eat, exercise and just be more aware of living a healthier life. We all need a reminder every now and again of the many things we need to do when eating and exercising. We covered many ideas about taking our medicine (like how to take it properly, follow our doctor's advice, discuss with our pharmacist any questions concerning our medicine/prescriptions, etc.). We also covered relaxation methods. The action plans we chose each week is the perfect answer to planning a healthy week. By setting up a plan for the week, we wanted to accomplish those goals so that we could report to the group that we had succeeded and accomplished those goals. This was very helpful and something I will continue to do. Positive thinking was also discussed and we all realize that plays an important role in our well being.

I hope this pilot program will become a program for all areas. Senior citizens need to hear all these things to remind us to pay closer attention to our eating, sleeping, exercising habits, etc. This is a good way to open our eyes and show us that we can do many things we didn't think we could accomplish.

Again, thanks to Susan and Susie for sharing their time and talent with us.

Sincerely,

Dianna