

To: Linda (Physician)

From: Marjorie

Subject: Workshop – “Living a Healthy Life with Chronic Conditions”

Date: September 7, 2010

This workshop has helped me to really take my conditions more seriously. I have diabetes, arthritis, and I am a cancer survivor. It caused me to look at my situation differently. The workshop was once a week (Tuesday) for six weeks, with two facilitators, who did a beautiful job. There were about sixteen participants. We were given an agenda each week and we were all impressed with the vicious symptom cycle, which include: disease, tense muscles, pain, depression, stress, anxiety, difficult emotions, and fatigue. We were lectured on the differences between acute and chronic disease and how to self-manage them.

The weekly “action-plan” was most valuable to me, because it made me focus on one project at a time and the plan had to be something accomplishable, such as: eating habits, exercise practice, cleaning a closet, or clean out a desk (to name a few), to set reachable goals and keep them, or if not, learn to substitute another or learn some goals are not reachable. My major weakness was not being able to accomplish all of the promises in my action plan. I expected too much from myself.

I've learned to be more dedicated to my exercise routine and to be more cautious about my eating practices (especially breakfast and sweets).

I've learned to be more serious about checking my blood sugar level and taking my medication correctly and on time.

I've enjoyed meeting people in my group with the same conditions that I have, and how we were able to discuss them, and not feel that *I* am the only person in the world going through all these changes. I am very appreciative to have been able to participate in this wonderful program and I do recommend that this program continues. Thanks to the "Capital Area Agency on Aging" (CAAA).

A handwritten signature in cursive script that reads "Marjorie". The signature is written in black ink and is positioned below the main body of text.