

APRIL 25, 2011

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

WELL IF WE ARE HONEST WE WOULD SAY WHO IN THERE RIGHT MIND WANTS TO LEARN HOW TO LIVE WITH CHRONIC CONDITIONS. BUT LIFE IS FULL OF CHALLENGES AND WITH CHALLENGES COMES CHOICES. CHOICES THAT PEOPLE MAKE EVERY DAY. AS SOON AS YOU AWAKE IN THE MORNING WE HAVE THE CHOICE TO GET UP OR GIVE IN TO OUR FEELINGS AND THAT OF COURSE IS TO STAY IN BED. BUT YOU KNOW WE MUST TAKE CONTROL OF OUR LIVES. I HEARD THAT SOMETIMES YOU HAVE TO LET LIFE TURN YOU UP SIDE DOWN SO YOU CAN LEARN TO LIVE RIGHT SIDE UP. THAT'S WHERE PEOPLE LIKE OSCARLENE AND BETTY WHO CAME TO US BECAUSE THEY SAW A NEED. THEY HAD PREVIOUSLY TAKEN THIS WORKSHOP AND DECIDED TO SHARE IT WITH THEIR NEIGHBORS. THAT'S WHAT YOU CALL PAYING IT FORWARD. FOR THE LAST SIX WEEKS WE COULD HAVE BEEN SITTING AROUND HAVING PITY PARTIES. THESE TWO LADIES THOUGHT IF IT HELPED THEM IT COULD HELP SOMEONE ELSE. I WROTE THIS LETTER TO LET THEM KNOW HOW MUCH I APPRECIATE THERE DEDICATION AND COMMITMENT TO THIS WORKSHOP. WE THANK GOD FOR THEM BECAUSE THEY ARE EXAMPLES OF TRUE SERVANTS. THE WORKSHOP BLESSED THEM. SO THEY DIDN'T JUST KEEP THE INFORMATION TO THEMSELVES THEY MADE THE DECISION TO SHARE IT WITH OTHERS. WE THANK OSCARLENE AND BETTY BECAUSE THEY HAVE DONE FOR US IN THESE SIX WEEKS WHAT WE PROBABLY WOULDN'T HAVE DONE ON OUR OWN. THEY GAVE US COURAGE TO GET UP AND TRY. WE HAVE TO PUSH OURSELVES SOMETIMES EVEN WHEN WE DON'T FEEL LIKE IT. WE TALKED ABOUT DEPRESSION, AND OUR LAST WISHES. WE LEARN HOW TO RE-FOCUS OUR MIND AWAY FROM PAIN. WE DICUSS LONGTERM PLANS THAT WOULD HELP US WITH FUTURE FEARS. LIFE IS SHORT ENOUGH AND I BELIEVE THAT OSCARLENE AND BETTY HAVE HELPED US TO RENEW OUR MINDS IN A MORE POSITIVE WAY BECAUSE WE DIDN'T ASK FOR THESE CONDITIONS TO COME AND LIVE IN OUR BODIES BUT HERE THEY ARE MAKING US SOMETIMES TO HAVE BODIES WE DON'T WANT BUT WE DEAL WITH IT. THESE TWO BEAUTIFUL LADIES HAVE GIVEN US THE TOOLS TO TAKE CONTROL OF THE HAND THAT WAS DEALT TO US. THIS WORKSHOP HAS GIVEN US THE OPPORTUNITY TO MEET OTHERS AND SHARE OUR

STORIES. WE HAD HOME WORK AND MADE ACTION PLANS. WE HAD TO BRING OUR HOME WORK THE NEXT WEEK TO DISCUSS. EVEN IF YOU DIDN'T COMPLETE THE ASSIGNMENT AT LEASE YOU TRIED. I BELIEVE THAT WAS THE PURPOSE OF THE WORKSHOP, TO LET US KNOW THAT HELP WAS OUT THERE. WE CAME AND LISTEN THEN WE TRY , AND TRY AGAIN AND AGAIN AS LONG AS IN YOUR HEART YOU DID YOUR BEST. AT FIRST SIX WEEKS SEEN LIKE A LONG TIME. BUT EACH THURSDAY I BEGAN TO LOOK FORWARD TO THE CLASS. THE KNOWLEDGE I HAVE GAINED DURING THESE SIX WEEKS HAS GREATLY ENHANCED MY ABILITY TO DEAL WITH THE CONDITION. REMEMBER DON'T LET THE CONDITION TAKE ROOT IN YOUR BODY, FIGHT IT WITH THE INFORMATION THAT OSCARLENE AND BETTY HAVE PROVIDED FOR US. NEVER SAY MY DISEASE, BECAUSE WHEN YOU SAY MY YOU ARE CLAIMING IT AS YOURS AND IT'S NOT YOURS WE DIDN'T ASK FOR IT TO COME INTO OUR LIVES AND CAUSE ALL THESE PROBLEMS. BUT BECAUSE OF THIS WORKSHOP AND THESE LADIES WE KNOW WITH JUST A LITTLE PATIENT AND A LOT OF PRAYER WE TOO CAN BE BLESSED WITH A FULL LIFE. REMEMBER IT IS OUR CHOICE. SO I SAY HATS OFF TO OSCARLENE AND BETTY FOR A JOB WELL DONE. GOD BLESS YOU WITH CONTINUE HEALTH AND STRENGTH.

MARY LOUISE THOMAS.

The Health Study

4/25/11

I am writing to let you know you selected two wonderful people to teach the class, telling us how to live with chronic conditions. We learned about self-management, which enable us to live healthy lives, instead of worrying about our conditions.

We can live in a positive way and be happy every day.

We are so proud of ms. Oscarson, & ms. Betty for such a good job, they did in teaching the class.

We Love and Thank to ms Susan for being with us. The class was wonderful.

my God Bless the group.
Healthy Life Living with Chronic
Conditions

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