



healthmatters<sup>SM</sup>  
of Central Oregon

*Many voices. One vision for health.*



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## **Central Oregon Residents to Benefit From Newly Expanded Regional Chronic Disease Management Program “Living Well-Central Oregon”**

BEND, OR – PacificSource Charitable Foundation has awarded a \$40,000, one-year grant to HealthMatters of Central Oregon to strengthen and expand a regional chronic disease self-management program based known as **Living Well — Central Oregon**.

“Our charitable foundation is committed to providing financial support to nonprofit organizations working to meet health care needs in the communities PacificSource Health Plans serves,” said Laura Brennan, Executive Director of PacificSource Charitable Foundation. “We are proud to support HealthMatters of Central Oregon and believe that by working together we will assure better health for more people at less cost.”

With the economy in crisis and health care costs skyrocketing, a growing number of Central Oregonians are at risk due to lack of access to timely, coordinated and effective health care. HealthMatters of Central Oregon aims to ease that pressure by implementing strategic initiatives that will improve the health of Central Oregonians through a variety of programs and services. With the grant award from PacificSource Charitable Foundation, HMCO will continue to support the development and expansion of **Living Well – Central Oregon**, which will provide a direct health benefit to the residents of Central Oregon.

**Living Well – Central Oregon** is designed to meet the needs of those who have chronic conditions and limited access to care for treatment of those conditions. The program teaches real-life skills to participants, empowering them with tools to strengthen their health. It is a collaborative effort between Deschutes County Health Services, Jefferson County Health Department, Mosaic Medical, Cascade Healthcare Community, HealthMatters of Central Oregon and more local agencies.

The program consists of weekly two-and-a-half hour workshops offered in community settings such as senior and community centers, churches, libraries and hospitals for six consecutive weeks. Workshops are facilitated by two trained peer leaders who have personal experience with chronic diseases. Topics include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation,

- Appropriate exercise for maintaining and improving strength, flexibility and endurance,
- Appropriate use of medications,
- Communicating effectively with health professionals,
- Nutrition
- How to evaluate new treatments.

Each participant receives the book *Living a Healthy Life with Chronic Conditions* and an audio relaxation tape. Central Oregon residents interested in participating may call the regional coordinator (Brenda Johnson, M.Ed. 541-322-7430) to sign up for courses held throughout the region. **Living Well – Central Oregon** will offer a regional Web site for online signup and news updates by late summer 2009.

### *About HealthMatters of Central Oregon*

HealthMatters of Central Oregon is a 501 (c) (3) nonprofit organization dedicated to improving the health of Central Oregonians through active community participation. We work in partnership with a broad range of stakeholders to improve coordination, to eliminate duplication within the entire health and human services system and to empower individuals to take responsibility for their health. We provide Central Oregon with a centralized, collective and neutral voice on issues including health care integration, access, coverage, prevention and wellness. We encourage and facilitate community projects, cooperative partnerships, voluntary contributions, and the coordination of medical, financial and in-kind resources throughout the community. The initiatives we are developing, intend to improve access to effective, efficient and sustainable health care services that assure better health for more people at less cost.

### *About PacificSource Charitable Foundation*

Since its incorporation in 1992, the PacificSource Charitable Foundation has assisted thousands of people through grants to numerous nonprofit organizations. The purpose of the Foundation is to provide resources and funds for the health and welfare of the underserved, and lessen the burden on government in this regard. The PacificSource Charitable Foundation's mission is to provide financial support to nonprofit organizations working to improve health status and meet health care needs in the communities PacificSource serves, with an emphasis on children and youth. The Foundation's vision is to: **Fund programs and projects** that address the health care needs of children and youth in communities PacificSource Health Plans serves; **Develop and implement strategies** for assisting the uninsured and underinsured, particularly children and youth; and **Work in partnership with PacificSource** and its many business partners and customers, including physicians, other health care providers and insurance agents.

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