



Live Life
to the Fullest
With Your Ongoing
Health Condition.

Waterloo Wellington Self-Management Program

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Hello Spring

The sun has finally appeared and the flowers are in full bloom, this must mean Spring has officially sprung!

The Waterloo Wellington Self-Management Program had quite a busy Fall/Winter season between planning community programs, hosting healthcare professional workshops, coordinating new leader trainings and attending various health fairs around the region.

Our program has flourished and we couldn't have done it without all of our amazing, loyal and dedicated leaders. We want to thank each and every single one of you who help make our program a success.

If you have any suggestions on the type of content you would like to see in our future newsletters, please contact Justine justinem@langs.org. You can also find our previous newsletters on our website under the “Other Self-Management Supports” tab.



Be
Our
Guest

Leader Appreciation Dinner

IT WILL BE OUR PRIVILEGE TO HAVE YOU
JOIN US ON

MAY 2, 2019

4:00PM- 6:30PM

BLACKSHOP RESTAURANT
595 HESPELER ROAD
CAMBRIDGE, ON
N1R 6J3

PLEASE RSVP BY APRIL 25 TO JUSTINEM@LANGS.ORG

THIS YEAR, WE ARE EXCITED TO WELCOME **JAMIE GOOD** AS OUR GUEST SPEAKER.

JAMIE GOOD WORKS TO IMPROVE MENTAL WELLNESS THROUGH APPLIED EMPATHY, SELF-CARE AND MINDFULNESS SKILLS TO CREATE HAPPIER, MORE PRODUCTIVE WORKPLACES AND TEAMS.

A FEW THINGS JAMIE IS PROACTIVELY WORKING TOWARD IN 2019 AND BEYOND INCLUDE:

- HELPING ORGANIZATIONS MAKE MENTAL WELLNESS A CORE VALUE
- HELPING THOSE LIVING WITH MENTAL ILLNESS ACHIEVE A STATE OF MENTAL WELL-BEING
- REDUCING THE FIRST RESPONDER SUICIDE RATE BY 25%
- MAKING EMPATHY GREAT AGAIN





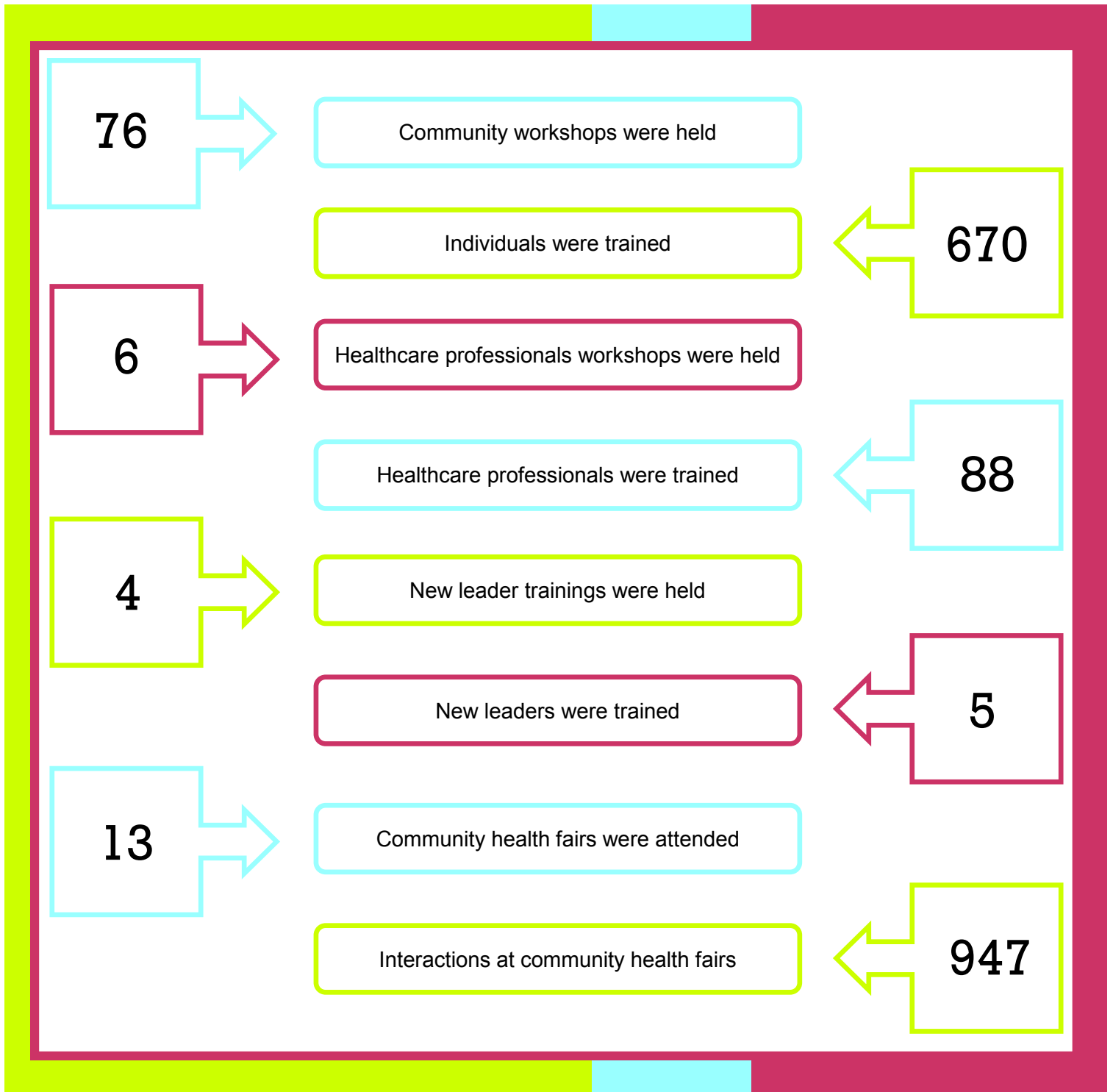
Moments of Excellence



- ◆ *“This class was very honest and hopeful to our situation. Thanks for that”*
- ◆ *“Very informative, have already passed this information to 2 friends”*
- ◆ *“Was able to apply myself and understand chronic illness”*
- ◆ *“Helpful for dealing with everyday obstacles”*
- ◆ *“Happy I was referred to the program. Looked forward to going every week”*
- ◆ *“I have changed things in my life that have helped me deal with pain”*
- ◆ *“I appreciate this opportunity. Thank you Siddharth and Bernice for running this course. I loved it.”*
- ◆ *“Thank you. This program exceeded my expectations, so many valuable tools to use– will share with others”*
- ◆ *“Very organized course, amazing facilitators and insightful material”*
- ◆ *“This workshop exceeded my expectations in all aspects. So helpful. Wish it was more than 5 weeks, Thank you so much”*
- ◆ *“This course helps you to be positive about yourself and helps you to get better”*

OUR YEAR IN REVIEW.. HOW DID WE DO?

From April 1 2018 to March 31 2019





Survey SAYS

Participants felt motivated to make lifestyle changes	51%
Participants felt they improved their health and general well-being	62%
Participants felt they increased their knowledge	81%
Participants learned new skills	77%
Participants heard about our program from their healthcare provider	26%
Participants felt more connected to people with similar conditions	22%
Participants said they would recommend this workshop to a friend	98%

Cancer: Thriving and Surviving (CTS) Program

This summer our program will be offering the Self-Management Resource Centre (SMRC) program Cancer: Thriving and Surviving. It was originally adapted from the Chronic Disease Self-Management Program at the Macmillan Cancer Support Trust in the United Kingdom. Kate Lorig being one of the primary developers of the current program, it is modelled after the chronic disease program originally developed at Stanford.

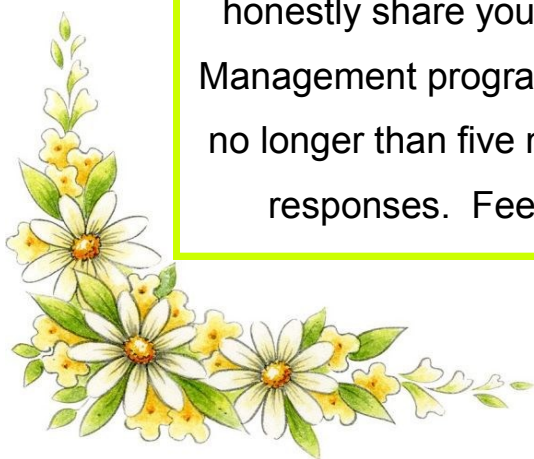
The 6 week interactive workshop is for individuals who are managing cancer or are in remission. It will be facilitated by 2 trained leaders, one or both of whom are themselves cancer survivors.

Participants will learn:

- Techniques to deal with problems such as: frustration, fatigue & pain, isolation, living with uncertainty
- Appropriate exercise for regaining and maintaining flexibility, and endurance
- Making decisions about treatment and complementary therapies

Leader Feedback Survey

As part of our commitment to continue offering opportunities for you to provide feedback, we created an on-line survey for you to openly and honestly share your suggestions, ideas and concerns regarding the Self-Management program. The survey includes nine questions and should take no longer than five minutes to complete. We look forward to receiving your responses. Feel free to contact us should you have any questions.



[Click Here to Complete the Survey!](#)



M.A.S.T

Mindful Awareness Stabilization Training



The Mindful Awareness Stabilization Training (M.A.S.T) Program was developed by St. Michaels Hospital and is sponsored by the Bell Mental Health Foundation. This 4-week workshop introduces individuals to mindfulness practices that they can build upon over the four sessions. This program will help participants to gradually feel more balanced and present in their lives.

Program Objectives:

- ◇ To ride the wave of emotions rather than get stuck in reactivity and survival mode
- ◇ Breathing skills to help to focus the mind and increase awareness of the body, creating an overall sense of calm
- ◇ How to build even more resilience by learning to sit with emotions
- ◇ Strategies to decrease stress and develop a self-care action plan

If you are interested in attending this program as a participant, please visit our website for upcoming dates.



Online Chronic Disease Self-Management Program

The Online Chronic Disease Self-Management Program is a province-wide online version of the in-person **"Take Charge"** workshops that are offered in the Waterloo Wellington region.

Our team was notified in March that Canary Health, a US based software company that support the platform, would no longer be offering contracts to any groups in Canada after March 31st.

At this time, we will not be promoting the Online Chronic Disease Self-Management Program until further arrangements can be made to continue to offer this program in the future.

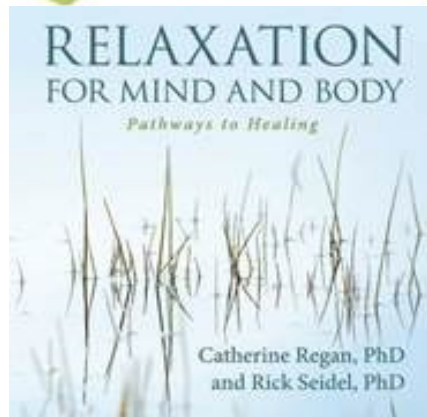
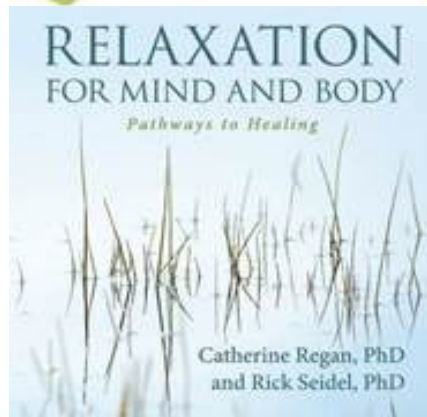
Getting the
MOST
from your
HEALTHCARE
APPOINTMENT[®]

This program helps participants learn how to ask the right questions of their doctor or health care provider so they understand and feel confident in taking an active role in their own healthcare.

This is a certified program developed in London, Ontario by the Southwest Self-Management Program. Kim Barfoot and Chaitali Maybhatte have been trained to facilitate this program and have been offering many sessions around the region this year.

We are excited to announce that we will now be able to offer this program in the Hindi language.

If you know of a group that could benefit from this program, please reach out to Kim kimba@langs.org



(Take Charge Workshops Only)

As CD players/CD drives on computers are becoming less popular, we will be offering an MP3 version of the "*Relaxation for Mind and Body*" CD as an option to workshop participants. Each option costs us \$10.00, so participants will have to choose if they would like a CD or the MP3 version. Both options will be included with the workshop materials.

How will it work:

- The WWSMP will purchase the "*Relaxation for Mind and Body*" MP3 cards, each with an individual code to redeem
- Participants will go to the URL on the back of the card (www.dropcards.com/relax) to input their code
- The MP3 file can be easily downloaded and imported onto iTunes or Windows Media Player
- The total length is 61 minutes. This MP3 file can be played on a computer or transferred to a mobile device or smartphone

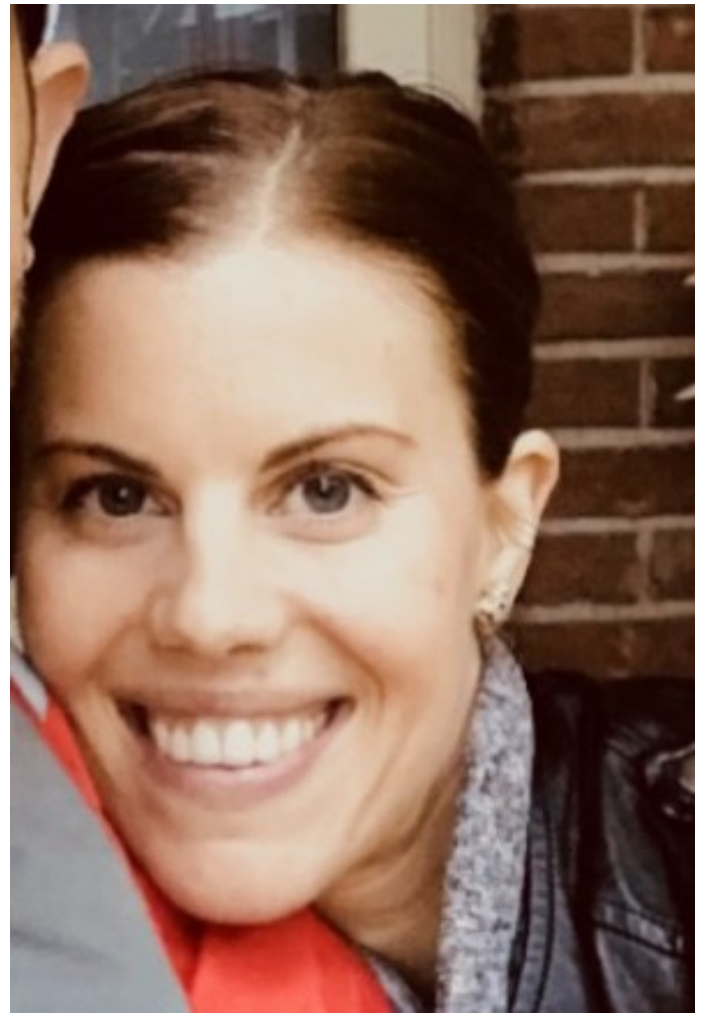


Julie Keta

Julie has spent the last 5 years working in various primary care centres. She is grateful for past work experiences with the Community Diabetes Program of Waterloo Region at the Kitchener Downtown CHC, and Langs CHC in Cambridge, where she first was exposed to the power of behaviour change in client's lives.

Currently she provides nutrition care to patients at New Vision Family Health Team, and loves to help them implement sustainable lifestyle changes that lead towards their optimal health.

Outside of the workplace, Julie enjoys spending lots of time with her family, outdoor nature walks, is always happy to catch a yoga class, and wind down with a good book and cup of tea (or two!).






Robin McQuillan



Robin's career has had numerous turns over the years as her interests continue to evolve with her experiences. Her career began in the Waterloo Region as an Early Childhood Education consultant. She specialized in character education facilitating courses and workshops in the use of the 5 Strategies of the Virtues Project; bringing out the best in ourselves and others. These strategies helped Robin through treatment for lymphoma in 2006 sparking another change in her career path toward working with people who were affected by cancer.

Today, Robin works with Public Health as a Family Visitor with the Healthy Babies Healthy Children Program. She advocates for quality health care as a Patient Advisor on the Patient and Family Advisory Council at Grand River Regional Cancer Centre and works part-time in a chiropractor's office.

Robin recently joined the Self Management Program as a Facilitator for the Treating Patient's with C.A.R.E Program. Robin's happiest moments usually occur around the dinner table, talking and laughing with her husband and children. These moments have become even more precious since both of her kids are away at university. Robin likes to organize things, all things, including events for family and friends; Canada Day Olympics, Mystery Box Dinner, Ribfest Challenge, etc. She enjoys travelling when she can, getting into a good book (always fiction), drinking red wine and scrapbooking with friends. Robin has learned that life is short and shouldn't be taken for granted. She surrounds herself with things she likes, people she enjoys being with and work that gives her purpose.



*We make a living by what we get.
We make a life by what we give.*

- Winston Churchill

 Waterloo Wellington
Self-Management
Program

Self Management Program  Ontario

150 Pinebush Road, Unit 6
Cambridge, Ontario
N1R 8J8
Phone: 519 947 1000
Fax: 519 621 8188

Host Organization



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www.wwselfmanagement.ca



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