



Live Life
to the Fullest
With Your Ongoing
Health Condition.

Waterloo Wellington Self-Management Program Newsletter

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Here at the Waterloo Wellington Self-Management Program, we are so excited to share our first program newsletter.

The purpose of our bi-annual newsletter will be to keep all of our current leaders informed about upcoming trainings, individual and health care professional workshops, program updates, leader appreciation events and so much more!

We believe it is so important to stay connected with all of our leaders and keep everyone up to date on important but fun topics of interest!

We hope that you will find value in our newsletters and if you have any recommendations or suggestions on topics we could include in future issues, please contact us at selfmanagement@langsg.org.

We would just like to thank each and every one of you for your continued support and dedication to the Self-Management Program. We would not be able to keep our program running successfully without the commitment of all our amazing leaders.

For this, we thank you!



Special points of interest:

- New Leader Training- Fall 2017
- Stanford Updates
-  New workshops for individuals
- Michael Vallis- March 2018
- Leader Profile
- Privacy and Confidentiality Training

Upcoming Leader Training- Fall 2017

This Fall will be busy for the Self-Management Program as we start preparing for our upcoming Take Charge Leader Training. If you are interested in attending either of these training sessions, please contact Laurie Hodgkinson at laurieh@langsg.org or 519 947 1000 ext 265.

Upcoming Leader Training Sessions			
Leader Training Program	Date	Time	Location
New Leader Take Charge Chronic Disease	November 6 + 7, 2017 November 13 + 14, 2017	9:00am- 4:30pm	Langs CHC 1145 Concession Road, Cambridge, ON Room: N210
Take Charge Chronic Pain Cross Training	October 23 +24, 2017	9:00am- 4:30pm	Fairview Centre for Health and Wellness 515 Langs Drive, Cambridge, ON 3rd Floor Lounge

A Message from Kate Lorig– Self-Management Resource Centre

As we enter the fall season I just wanted to thank you all for being leaders. Do you know that there are about 10,000 of you across the United States and that each year you offer workshops to about 100,000 people? This is quite a record. The entire self-management movement works because you give workshops and follow the guidelines for fidelity. These are important as they keep the programs safe for participants and assure uniformity. I know that there are sometimes things you would like to add or maybe something you would rather not teach. Believe it or not, I feel the same way. However, as we design workshops we have to make them both safe and as important something that all of our leaders can teach. At the same time we serve a very diverse population so that we cannot have content that would be great for one population but not so great for another. That is why we let participants self-tailor the workshops.

What do you mean self-tailor? Every time a participant makes an action plan, works on solving a problem or making a decision they are self-tailoring. We are not telling them what to do or how to solve a problem. What we are doing is supporting them as they make small changes and work on problems that are important to them. In this way each workshop is different, depending on the people, and each workshop is the same because of fidelity. It is a careful balance but one that seems to work.



Workshop for Individuals– Better Sleep Program

As of June, we decided to add a new workshop to our current list of offerings.

Better Sleep is a workshop designed to promote better and a more restful sleep.

During this free, 5 week group session you will learn strategies to help relax your mind and

body, to decrease insomnia, and to fall asleep or back to sleep easily.

This workshop is facilitated by Kathy Somers, *R. Kin, BCB* from the Stress Management and High Performance Clinic.

The next upcoming Better Sleep Program is scheduled for:

October 16 – November 13
2:00pm– 3:00pm
Fairview Centre for Health and Wellness
515 Langs Drive
Cambridge, ON
Craft Room #3



It's My Health– Strategies for Communicating with your Healthcare Provider

Formerly known as Communication Skills 101– Bootcamp for Patients has now been recently changed to be called “*It's My Health– Strategies for Communicating with your Healthcare Provider*”.

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

Upcoming session: **September 14, 2017**
Fairview Centre for Health and Wellness
Cambridge, ON
9:00– 11:30AM

Registration is available on our website www.wselfmanagement.ca



Moving Towards Change– Michael Vallis

We are excited to announce that we will be hosting a “***Moving Towards Change***” workshop with Michael Vallis in the Spring of 2018.

This program was developed for the Waterloo Wellington region, as a 1.5 day

workshop for health care professionals, to gain greater knowledge and skill in the behaviour change process.

The program is delivered by Dr. Michael Vallis, who is a psychologist from Capital Health in Halifax and an associate professor with Dalhousie University.

If you are a healthcare professional and are interested in attending this workshop, please register online at

www.wselfmanagement.ca

The workshop will be held at the **Waterloo Region Museum in Kitchener March 5th + 6th, 2018**. For more information, please visit our website .

Update to Take Charge Workshop Kits

If you are currently a leader for the Take Charge Chronic Disease/ Chronic Pain workshops, please take note of a few changes we have made to the workshop kit materials.

- ⇒ Refreshment cards will no longer be included
- ⇒ Medical Emergency Form
 - ◆ For leaders only in case of emergency
- ⇒ Workshop Registration Form
 - ◆ Participant Workshop Registration form and Emergency Contact form have been merged into one document
- ⇒ Tent cards will be used as name tags instead of the lanyards
- ⇒ Community Resources Sheet
 - ◆ List of community resources for individuals to refer to for additional support

Mark Your Calendar

Volunteer Leader Appreciation Dinner

March 22, 2018

Location: Cambridge -- Time: 4:30– 6:30

More information to follow

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SAVE THE DATE

Stay
CONNECTED

Do you want to stay connected with the Waterloo Wellington Self-Management Program to learn more about upcoming events, contribute to discussion boards, and network with others?

Sign up for a free TimedRight account today and join our group!

wwwselfmanagement.timedright.com

In the Spotlight

CHAITALI MAYBHATE



Introduction Chaitali! She is currently a Take Charge and Craving Change leader. Chaitali is a nutritionist specializing in Community Nutrition. At present, she leads several Community Nutrition programs in Waterloo Region.

Her programs are popular as she makes them interesting by bringing in recipes from all over the world tying them neatly with Canada's Food

Guide. Her quick and easy tips and the wealth of knowledge she has about local resources in Waterloo Region are especially helpful to many people. In the past, Chaitali has worked as Nutritionist and Childhood Obesity specialist in Berkshire, UK.

Chaitali holds a bachelor's degree in biotechnology, Masters degrees in Life Sciences as well as Nutrition

and a post-graduate diploma in Obesity Management. Chaitali's major interests are learning recipes from around the globe and physical activity for groups. Over the weekends she runs a Nordic Pole Walking Group in the region.

Chaitali – she herself never drinks tea, but she can make very good Indian Masala Chai. She does not eat meat, but can make several meat-based recipes.



The Self-Management Program has implemented a yearly *Privacy and Confidentiality Training* for all of our leaders to remain compliant with our legislation.

All leaders are required to complete the following training PowerPoint presentation. Once you have read through the presentation, the last slide will contain a direct link to an acknowledgment form. Please fill out this form to notify our Self-Management team that you have read, received and understood the training material. We will update your leader file to show that you have successfully completed the training.

To access the training presentation, [click here](#)

We thank you for your cooperation

Waterloo Wellington
Self-Management
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Stay Connected ...