Oneida County Office for Aging

Living Healthy NY

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Chronic Disease Self-Management

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Welcome to Living Healthy New York!

Oneida County Office for Aging now offers a series of courses to the community to help people manage their conditions and live a more active and fulfilling life.

We now offer classes in :

- Chronic Disease Self-Management
- Diabetes Self-Management
- Chronic Pain Self-Management with the Moving Easy Program
- Active Living Every Day

Classes are held throughout the county and no cost to the participants. Current classes and locations are attached .

You can be more active!

Living Healthy TIP

Remember to inform all your doctors of all the medications you are taking including over the counter and herbal supplements, eye drops, ointments or suppositories. Don't assume your Doctors know everything you are taking, keep them informed.

For additional Class schedules please go to :
https://ceacw.org/find-a-workshop

Living Healthy NY
Community Workshops

Diabetes Self Management

South Rome Senior Center

March 28 9:00a.m.—11:30 a.m.

Oriskany Falls Oliver Apts.

March 29 9a.m.—11:30 a.m.1130

Active Living Every Day

Forming now- call for locations

Chronic Disease Self Management

Vienna Methodist Church starting in April 2016

Sylvan Beach at VFW starting in April 2016

Neighborhood Center ARS Rome

March 15 at 11 a.m.

Chronic Pain Self Management

Classes forming in Barneveld, and Rome…

Lee Center Methodist Church starting April 6th

11:30—2:00 pm Register by March 31, 2016.

Do you suffer from Portion Distortion ?

Eating the proper portion amounts is critical to a healthy eating plan, but sometimes it can be difficult to know the amount of food to eat.. So here is a quick reference to help with portion distortion….

These are some familiar visuals to help guide you :

Cooked vegetables = 1/2 cup

Raw vegetables = 1 cup

Cheese = 1 ounce= pair of a dice

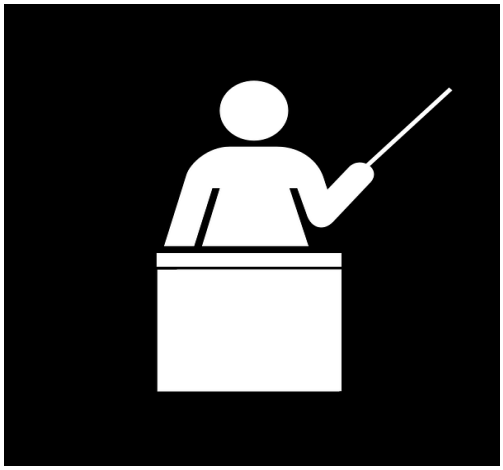
Healthy Eating Guidelines and Tips

- **Pre package your food into portion size container to avoid overeating snacks.**
- **Remember to cover half of your plate with fruits and vegetables…Include 5 to 7 portions of vegetables and fruit in your daily meal plan.**
- **Choose low fat and lean meat.**
- **Eat a variety of protein sources: fish, yogurt and dairy products, soy and other non animal based protein sources.**

Do you live with Chronic pain in your daily life?

Oneida County Office for Aging Living Healthy NY program now offers Chronic Pain Self Management classes in the community. These classes will teach you non-pharma methods to help you manage your pain through a variety of methods. This class also includes the Move Easy Program, a series of low impact exercises designed for people who suffer with chronic pain. Pacing and Planning is another important tool to use when dealing with chronic pain, this helps prevent the possibility of over doing it and causing more pain or additional injury. Classes run for 2.5 hours once a week, for six consecutive weeks. You must be 18 years of age to participate. All classes are free.

Call Office for Aging to register for a class : 315-798-5456, Learn how to dial down the



Peer Leader Trainings available in Chronic Disease and Diabetes

Oneida County Office for Aging is hosting a full Peer Leader Training in Chronic Disease Self-Management and a cross training in Diabetes Self-Management in June 2016. Participants must complete all classes in order to be certified as a Peer Leader. Classes run from 8:30 to 5p.m. each day. You do not have to take the Diabetes cross training unless you wish to lead both classes. Training will be held at Oneida County Office for Aging 120 Airline St. Oriskany NY.

Peer Leader Job Description http://ceacw.org/docs/QTAC/

SMP/CDSMP_PL_Job_Description_April_2013.pdf

Peer Leader Application form

Peer Leaders volunteer to help others learn how to self–manage their condition and live a more active and fulfilling life.

Area agencies and volunteers work hand in hand to help deliver Chronic Disease Self-Management workshops in the community. Workshops are held in convenient locations like churches, libraries and senior centers. All classes must have a minimum of ten participants. You do not need a medical background or special education to deliver the workshop. In order to take the Diabetes Self-Management training you must be trained as a Peer Leader in the Chronic Disease Self-Management program first.