

Healthy Living with Chronic Conditions

Stakeholder Kick – Off Meeting

July 7, 2010

County Data Center

MINUTES

Attendees: Sylvia Mann, Andrea Purdy, Ericka Danczak, Judy Ogan, Cheryl Wieland, Adrienne Stokols, Debra Kegel, Dustin Manhart, Lena Perelman, Karin Little, Christine Basterrechea, Muriel Guzzi, Nancy Sink, Susan Johnson, Cassie Parker, Karyl Dupee, Marilyn Giss, Peggy Salazar.

1) Welcome and Introductions

2) Program Overview –

- A video introducing CDSMP prepared by Kaiser Permanente was shown to the group.
- Judy Ogan presented an overview of CDSMP and the history of the program in Orange County.
- Judy Ogan discussed the materials used in the course including the Health Living Books and CDs for relaxation exercises.
- Judy Ogan discussed both benefits and challenges of the program saying it is a wonderful program, but participants have homework and action plans and must take charge of their own health.
- Judy Ogan highlighted the importance of facilitators to be engaged, willing to share about themselves, and often times the facilitators learn more from the participants than the other way around.
- Muriel Guzzi shared about her experience with the program, and the benefits of having evidenced-based programs that actually have proven outcomes of how it has changed people's lives.

3) Program Logistics –

- Ericka Danczak discussed implementation of CDSMP in Orange County will be a partnership between the Health Care Agency, WECARE, and the Office on Aging.
- Ericka Danczak discussed the goal of maintaining a master list of all classes scheduled which will be maintain through the call center to potential participants can learn about upcoming classes.

- Ericka Danczak reported that the goal for Orange County is to have 500 course completers over the two-year grant period, and a “completer” is defined by anyone who has attended 4 out of the 6 sessions.
- Ericka Danczak reported that Partners in Care Foundation has advised to sign-up 20 people for each class because of the high rate of attrition.

4) How You Can Help –

- Adrienne Stokols discussed opportunities for stakeholders to become engaged in the program:
 - 1) If your organization has a meeting room with space for at least 20 people, and can commit to one day a week for six consecutive weeks, than you could volunteer to be a host site.
 - 2) If your organization can help distribute flyers, post an article in a newsletter, or display flyers in a lobby/reception area, than you could volunteer to promote the program.
 - 3) If your organization provides a direct service to older adults or caregivers that might benefit from the program, you could volunteer to help recruit participants.
- An “Interest Form” was passed around to the group to complete as to how their organization can help.

5) Q&A –

- Dustin Manhart raised the issue of transportation being a barrier to homebound older adults. Adrienne Stokols responded that *Senior Centers Without Walls* is interested in piloting a telephone conference line to conduct CDSMP for people who are homebound.
- Lena Perelman requested to meet on a monthly basis initially while we are getting the program up and running so the group can share about securing host sites, scheduling, marketing, etc.