



2011

# *Directory of Evidence-Based Health Promotion Programs for Older Adults in Central MN*

- *Falls Prevention* • *Healthy Eating*
- *Chronic Disease Management*
- *Caregiver*



# TAKE CONTROL: 4 Evidence-Based Health Promotion Programs

Here you can find out about four evidence-based programs that have been proven successful in helping people make healthier choices for older adults and family caregivers.

**Powerful Tools for Family Caregivers** is a 6 week program to help family and friends caring for an older adult with a long-term health condition to develop skills and confidence to better care for themselves while caring for others.

**Chronic Disease Self-Management Program (CDSMP), also known as Living Well with Chronic Conditions** is a 6 week / 2.5 hours per week workshop designed to cover a variety of topics important to those with ongoing health issues such as: goal setting, relaxation, nutrition, medication management, exercise, communication and problem solving.

**Healthy Eating for Older Adults** is a workshop that over the course of 6 sessions, participants will have an increased knowledge about enhancing heart and bone health through healthy diet choices and physical activity.

**A Matter of Balance (MOB)** is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The Matter of Balance curriculum includes 8 sessions / 2 hours each. Through these classes, participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors and promote exercise to increase strength and balance.

What is an “evidence-based program”?

- It is a program that has been evaluated in two important types of research and shown to have important outcomes for your health.
- The program was first evaluated in rigorous research, usually done by universities or large medical centers. The research compared results for those who participated in the program and those who did not and found important benefits for those who participated.
- Second, the program was evaluated in real world situations with the types of organizations, program staff and volunteers available to offer these programs in communities. This research showed that the programs could be implemented effectively in communities and have the same important benefits for those who participate.

# Powerful Tools for Caregivers®

Powerful Tools for Caregivers® is an education program to help family and friends caring for older adults with long-term health conditions (e.g., stroke, Alzheimer's, Parkinson's disease, and others).

Powerful Tools helps caregivers develop skills and confidence to better care for themselves while caring for others. It is a 6 week series led by trained facilitators using a standardized curriculum. The weekly topics range from reducing your stress to communicating in challenging situations and mastering caregiving decisions.

Many caregivers have found this class beneficial, including those caring for a spouse or partner, or adult children caring for parents. The older adult you are caring for can be living with you, in a nearby community or across the country.

Powerful Tools for Caregivers® class participants report they:

- are better at caring for themselves,
- have fewer feelings of anger, guilt and depression,
- have increased confidence and ability to cope with the demands of caregiving, and
- are more likely to use community services.

Classes are held for 2.5 hours once a week for 6 weeks.

For more information about classes in your area, call 1-800-333-2433 or [www.mnhealthyaging.org](http://www.mnhealthyaging.org). If you are interested in providing a Powerful Tools class, contact Lynn Loew at (320) 253-9349 or [lynnloew@cmcoa.org](mailto:lynnloew@cmcoa.org).

<b>Providers with Trained Leaders</b>	<b>Contact</b>	<b>Communities Available</b>
Cass Faith in Action	Theresa Eclov 218-675-5435	Walker
Lutheran Social Services	Iva Thielges 218-732-7451	Cass, Todd, Wadena
East Central Senior Resource Center	Anita Sparks 320-679-4065, ext 35	Cambridge, Onamia
Heritage of Foley	Kristin Rucks 320-968-7057	Foley
Holdingsford Helping Hands	Shari Streit 320-746-9960	Holdingsford
Horizon Health	Krisie Charnley 320-468-6451	Pierz
Great River Faith in Action	Tricia Getty 763-263-4277	Elk River, Monticello

[www.mnhealthyaging.org](http://www.mnhealthyaging.org) • 1-800-333-2433

# Living Well with Chronic Conditions Workshops

## (Chronic Disease Self-Management Program)

Living Well with Chronic Conditions, also known as the Chronic Disease Self-Management Program (CDSMP), is an evidence-based workshop conducted over 6 sessions, meeting weekly for 2.5 hours per session. The workshop is designed to enable participants to build self-confidence to assume a major role maintaining their health and managing their chronic health conditions. Participants are adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes; their family members, friends and caregivers can also participate. The program provides information and teaches practical skills on managing chronic health problems. Stanford University researchers found that participants had increased exercise, decreased disability, better symptom management, better communication with their physicians, and fewer physician visits/hospitalizations.

For more information about classes in your area, call 1-800-333-2433. If you are interested in providing or hosting a CDSMP class, contact Mary Hertel at (320) 253-9349 or [mary.hertel@cmcoa.org](mailto:mary.hertel@cmcoa.org).

<b>Providers with Trained Leaders</b>	<b>Contact</b>		<b>Communities Available</b>
Mother of Mercy	Ann Neu	320-845-2195	Albany
Great River Faith in Action	Heather Van Cleve	763-263-4277	Becker, Big Lake, Elk River
Good Samaritan	Joy Nordby	218-855-6639	Brainerd
Cambridge Medical Center	Julie Darling	763-688-9923	Cambridge
Chisago County Public Health	Nancy Boyer	651-213-5219	Chisago County
Cokato Trust	Eric Johnson	320-286-2159	Cokato
Senior Community Services	Delano Senior Center	763-972-0574	Delano
Holdingford Helping Hands Outreach to Elders	Sheri Streit	320-746-9960	Holdingford
Todd County Social Service	Verna Toenyan	320-815-4301	Long Prairie, Browerville
Milaca Evangelical Church	Tracy Larson	320-982-3217	Milaca
Kanabec Public Health	Jackie Voight	320-679-6330	Mora
St. Peter's Church	Church Office	320-252-2113	St. Cloud
St. Paul's Church	Church Office	320-252-4831	St. Cloud
Catholic Charities	Ruth Hunstiger	320-229-4592	St. Cloud and surrounding area
Calvary Evangelical Free Church	Pastor John Dainsberg	218-547-1897	Walker

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**Living Well with Chronic Conditions Workshops**

# Healthy Eating for Successful Living in Older Adults™ (Healthy Eating™)

Healthy Eating for Successful Living in Older Adults™ (Healthy Eating™) is a program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. The focus of this program is heart and bone healthy nutrition strategies to help maintain or improve wellness, independence, and prevent chronic disease development or progression.

The workshops are 6 weeks for 2-2.5 hours each week. Class sessions are highly participatory and include the following components:

- Education
- Hands-on Activities
- Support
- Resource Connection

You'll get the knowledge, skills, and support you need to make better nutrition and exercise choices. The difference can reduce your risk of disease and improve your everyday quality of life.

For more information about classes in your area, call 1-800-333-2433. If you are interested in providing or hosting a Healthy Eating class, contact Jon Knopik at (320) 253-9349 or [jon.knopik@cmcoa.org](mailto:jon.knopik@cmcoa.org).

<b>Providers with Trained Leaders</b>	<b>Contact</b>		<b>Communities Available</b>
Central MN Council on Aging	Jon Knopik	320-253-9349	14 county area
Good Samaritan	Joy Nordby	218-855-6639	Brainerd
Holdingsford Helping Hands Outreach to Elders	Sheri Streit	320-746-9960	Holdingsford
East Central Senior Resource Center	Penny Simonsen	320-679-4120	Mora, Princeton, Wyoming, Isle, Pine City, Sandstone
Catholic Charities	Ruth Hunstiger	320-229-4592	St. Cloud, Elk River, Milaca

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# A Matter of Balance

A Matter of Balance is an evidence-based workshop conducted over 8 sessions, meeting weekly or twice weekly for 2 hours per session emphasizing practical coping strategies to reduce the fear of falling. These include:

- Promoting a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing the environment to reduce fall risk factors
- Promoting exercise to increase strength and balance.

Participants demonstrated significant improvements after completing MOB in their level of falls management, falls control, level of exercise and social limitations with regard to concern about falling.

For more information about classes in your area, call 1-800-333-2433. If you are interested in providing or hosting a Matter of Balance class, contact Jon Knopik at (320) 253-9349 or [jon.knopik@cmcoa.org](mailto:jon.knopik@cmcoa.org).

## Providers with Trained Leaders

Mother of Mercy  
Good Samaritan  
First Baptist Church  
Isanti County Commission on Aging  
May Creek Senior Living Campus  
Parmly LifePoints  
Cokato Trust  
Elk River Senior Center  
Heritage of Foley  
Holdingford Helping Hands  
Outreach to Elders  
Highland Senior Living  
St. Otto's Care Center  
Benedictine Health System  
East Central Senior Resource Center  
Horizon Health  
Rose Center  
Pine County Public Health  
Fairway Pines  
Ridgeview Place  
Good Shepherd  
Whitney Senior Center  
Talahi Care Center  
Catholic Charities

## Contact

Jolene Boeckermann 320-845-2195  
Joy Nordby 218-855-6639  
Joanne Crocker 763-689-3352  
Cambridge Sr Center 763-689-6555  
Lori Hilsabeck 218-547-7511  
Kris Kissner 651-257-0575  
Eric Johnson 320-286-2159  
Natalie Anderson 763-635-4500  
Jessie Pierce 320-968-6201  
  
Sheri Streit 320-746-9960  
Leanne Becker 320-632-1880  
Tony Deering 320-631-4350  
April Leverty 320-679-1411  
Penny Simonsen 320-679-4065  
Tammy Jopp 320-468-6451  
Inez Jones 320-243-5144  
Janet Chaffee 320-216-4159  
Melanie Christensen 320-351-4900  
Abigail Namaste 320-251-5228  
Jill Lutterman 320-252-6425  
Val Rogosheske 320-309-3747  
Amy Comstock 320-258-7031  
Ruth Hunstiger 320-229-4592

## Communities Available

Albany  
Brainerd  
Cambridge  
Cambridge  
Cass County  
Chisago City  
Cokato  
Elk River  
Foley  
  
Holdingford  
Little Falls  
Little Falls  
Mora  
Mora, Braham  
Pierz  
Paynesville  
Pine County  
Sauk Centre  
Sauk Rapids  
Sauk Rapids, Becker  
St. Cloud  
St Cloud  
St. Cloud, Big Lake,  
Foley, Sartell  
Todd County  
Todd and Wadena  
Counties  
Waite Park

Todd County Social Services  
Mahube Community Action Council

Verna Toenyan 320-815-4301  
Amy Dallmann 218-847-1385

Sterling Park Commons

Mandy Sanchez 320-252-7224

[www.mnhealthyaging.org](http://www.mnhealthyaging.org) • 1-800-333-2433

**A Matter of Balance**