

THE LEADER



CDSME Changes at Stanford University

The active research for the Chronic Disease Self-Management Education (CDSME)

programs developed by Dr. Kate Lorig are winding down at Stanford University and they will be closing the lab at Stanford this year. All CDSME services will be transferred to the Self-Management Resource Center (SMRC) that has been founded by several Stanford staff members, including Dr. Kate Lorig, and they will work to provide continuity of services going forward.

License Renewal

With the new Self-Management Resource Center (SMRC) in place, Centralina AAA has purchased a multi-program license (2017-2020) to continue to offer CDSME Lay Leader training and workshops in our region. As a part of the license agreement, ALL Master Trainers and Lay Leaders must have a copy of the current signed license in their manuals. I plan to mail copies to all of the certified leaders in the next week or so. Please be on the lookout for your copy and then replace the old license agreement in your manual with the new one. Again, this is a REQUIREMENT so please let me know if you don't receive your copy in the next couple of weeks.

Welcome Margaret!!

Please join me in welcoming Margaret White to our Evidence-Based Health Programs family! Margaret holds a MA in Gerontology and has a strong background in nutrition. She has volunteered as a Guardian ad Litem (GAL) for the past 9



years and is an advocate for children in the Mecklenburg County DSS system. Her interests include practicing yoga, exercising and reading. Margaret will be working with the CAAA volunteers across many of our supported programs.

Friendly Reminder from Kate ~

Kate Lorig, developer of the CDSMP program, received two emails from participants who loved the program but was uncomfortable with a few things. Here is one of the comments:

"The instructor took up all the time talking about herself and how much she knows about everything. The participant's didn't talk much due to that."

The rule of thumb is if you talk about yourself for more than 1 minute, it's too much. We are all passionate about these programs but the beauty of the small-group setting is for the participants to learn from each other.



Falls Prevention Awareness Expos!!!

SAVE THE DATES!!!



SPONSORED BY THE
**Metrolina Falls
Prevention
Coalition**



**Wednesday,
September 20, 2017
10am-2pm**

Levine Senior Center
1050 DeVore Ln. • Matthews, NC
*Lunch to be provided by Novant
Must register!*

**Wednesday,
October 18, 2017
10am-2pm**

St. Mark Catholic Church
14740 Stumptown Rd. • Huntersville, NC
*Lunch to be provided by Gentiva
Must register!*

LUNCH PROVIDED BY THE MFPC

- Osteoporosis Screenings
- Exercise Demonstrations
- Guest Healthcare Speakers
- Information Tables
- FREE Giveaways!



*For additional information about this event or about
the coalition, and to RSVP please contact
Annette Demeny @ 704-348-2736*

Falls Prevention Events!

The Falls Prevention Awareness Expos are quickly approaching! Enjoy a day full of valuable falls prevention education, osteoporosis and balance screenings, flu shots, A1C and blood pressure checks, medication drop-off site, 20+ vendors tables, knowledgeable guest speakers, exercise demonstrations, and LOTS OF FUN!!! To register or for additional information about these events or about the Metrolina Falls Prevention Coalition, please contact Annette Demeny at 704-348-2736 or ademeny@centralina.org.

Hope to see you there!!!!

September 2017—May 2018

at the AAA

9815 David Taylor Drive, Suite 100, Charlotte, NC 28262
Contact Annette Demeny at 704-348-2736 or ademeny@centralina.org
to register for trainings or events



September 2017 Trainings / Events

Diabetes Self-Management (DSMP) Cross Training

September 25 and 26, 2017

9am—4pm daily

October 2017 Trainings / Events

Evidence-Based Health Programs (EBHP) Leader/Coach Retreat

Location - COG's new office

October 6, 2017

9am—2pm

November 2017 Trainings / Events

A Matter of Balance (MOB) Coach Training

November 2 and 3, 2017

9am—4pm daily

January 2018 Trainings / Events

Diabetes Self-Management (DSMP) Lay Leader Training

January 22, 23, 29, and 30, 2018

9am—4pm daily

March 2018 Trainings / Events

Chronic Pain Self-Management (CPSMP) Lay Leader Training

March 8, 9, 15, and 16, 2018

9am—4pm daily

April 2018 Trainings / Events

Building Better Caregivers (BBC) Lay Leader Training

April 9, 10, 16, and 17, 2018

9am—4pm

May 2018 Trainings / Events

A Matter of Balance (MOB) Coach Training

May 10 and 11, 2018

9am—4pm daily

Chronic Disease Self- Management (CDSMP) Lay Leader Training

May 17, 18, 24, and 25, 2018

9am—4pm daily

Fee ~ No charge if teaching in Centralina's region. Outside our region, 4-day trainings are \$300 and 2-day trainings are \$150.

This includes; manuals, snacks, supplies and training (2 Master Trainers).



** All EBHP Leader trainings will be held at 9815 David Taylor Drive, Suite 100, Charlotte, NC 28262