

EXTENSION FAMILY & COMMUNITY HEALTH

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<http://extension.oregonstate.edu/sorec/fcd>



Living Well With Chronic Conditions in Southern Oregon

Are you or a loved one living with arthritis, cancer, heart problems, diabetes, stroke, asthma or other chronic diseases? This workshop shows you how to take small manageable steps toward healthier living and improve your ability to manage day-to-day activities of life. 6-weeks, 2 ½ hour sessions. 8-15 participants per workshop. **A PRESCRIPTION FOR IMPROVED LIVING THAT WORKS! Registration required. Enrollment limited. Register at 864-9611.**

Living Well Workshops

How to take small manageable steps toward healthier living and improve your ability to manage day-to-day activities of life.

“Living Well” Leader Training:

OSU Extension Center, Central Point, Jackson County * Wednesdays & Thursdays, September 16th, 17th, 23rd, 24th, 2009

Master Trainers: Sharon Johnson & Ronalie Sweet

Medford Senior Center, Medford, Jackson County * Wednesdays, October 7th to November 4th, 2009, 9am to 11:30am and Tues. Nov. 10th

12:30-3 PM. Leaders: Liz Sherbow & TBA

OHMS Community Health Education Center, Grants Pass, Josephine County * Fridays, September 11th to October 16th, 2009 1pm-3:30pm.

Leaders TBA

Oregon Health Management Services, Grants Pass, Josephine County * Fridays, September 11th to October 16th, 2009, 1pm to 3:30pm

Leaders: TBA

Rogue Valley Council of Governments, Central Point * Fridays, September 11th to October 16th, 2009, 1pm to 3:30pm

Leaders: TBA

Ashland Community Hospital, Ashland, Jackson County * Mondays, October 12th to November 16th, 2009 2:30pm to 5pm. Leaders: Arlene

Logan & TBA

Smullin Health Education Center, Medford, Jackson County * Tuesdays, October 27th to December 1st, 2009, 6pm to 8:30pm

Leaders: Julie Grey & leader TBA

Future CDSMP Workshops: Dates to be Announced

DEPRESSION IN LATER LIFE * Josephine, Auditorium

Date(s)	Day	Time	Cost
10/1/2009	THURS	2 PM—4 PM	\$5.00

For older adults, depression is not always about mood--it can involve aches and pains, irritability and changes in personality. Obtain the newest research-based information about how to identify and treat depression. Early intervention is key.

MEDICATION JEOPARDY * Jackson, Auditorium

Date(s)	Day	Time	Cost
10/6/2009	TUE	1PM—2:30 PM	FREE

A pharmacy resident will partner with OSU faculty, Sharon Johnson, to deliver a class addressing the medication challenges faced by aging adults and their family members. Individual medication reviews will be available following the class. Other medication classes will be held periodically dependent on pharmacist availability. Brown bag consultations (individual medication reviews) will be held during September and October at the Food & Friends Congregate meal site in Grants Pass 10:30-noon. Call 476-6613 for dates.

WHO GETS GRANDMA'S YELLOW PIE PLATE? * Jackson & Josephine Auditoriums

Date(s)	Day	Time	Cost
10/8/2009	THURS	6:30 PM—8 PM	\$5.00 (Josephine County)
10/15/2009	THURS	6:30 PM—8 PM	\$5.00 (Jackson County)

Deciding who gets the crystal vase, or who ends up with the low-mileage pick-up truck after mom and dad pass on, can create family angst. This class uses an approach developed at University of Minnesota Extension to assure win-win decision-making and sibling-friendly estate planning.

STRONG WOMEN (MEN) * Jackson/Josephine, Auditorium

Instructors: Tufts University Trained Program Leaders Sue Rode, Jane Schlacht, Yolanda Gentile, Nancy Fenton, Jackie Dwyer, Kathy Szwec, Carol Kerr & Vickie Belknap.

Strength training classes through-out the week. Participate in 1 hour of prescribed strength training routines using free weights and leg weights, (provided). Experience improvements in endurance, balance, flexibility and overall strength. (They have fun too!)

CONTACT YOUR COUNTY EXTENSION OFFICE FOR DETAILS, SCHEDULES, AND COSTS.

FAMILY FOOD EDUCATION VOLUNTEERS ~ FFEV

TOMATOES AND SALSA (INCLUDING FRUIT SALSA) * Jackson, Auditorium

Date(s)	Day	Time	Cost
9/29/2009	TUE	7PM—9 PM	\$10.00

Instructors: Ellen Scannell & Jeanne Evers, FFEV

Come learn safe techniques for preserving your tomato bounty. Tomatoes are considered borderline in acidity, so learn how to compensate for that. Come learn how to safely preserve tomatoes in combination with other ingredients such as peppers, onions, and fruits.

KNEAD TO LEARN OLD FASHIONED BREAD MAKING * Jackson, Auditorium

Date(s)	Day	Time	Cost
10/20/2009	TUE	7 PM—9 PM	\$10.00

Instructor: Michele Pryse, FFEV

Mmm.....who's baking bread? You are! This class delves into the rich legacy of handmade bread—with a few modern improvisations! Using simple kitchen tools, you will partake in the transformation of a few humble ingredients to wholesome, whole grain bread. We'll provide the ingredients; you go home with 2 raising loaves of old-Fashioned Buttermilk ready to bake in your oven. Class limited to 25 students please call the office for a list of required items to bring to class.

FROM DRURY LANE TO YOU—MUFFIN MAKING * Jackson, Auditorium

Date(s)	Day	Time	Cost
11/3/2009	TUE	7 PM—9 PM	\$10.00

Instructor: Michele Pryse, FFEV

Come bake with us! Learn invaluable techniques and time-saving tips to bake batches of scrumptious muffins. We will walk you through ingredient selection, mixing, and baking a half dozen lovely Blueberry Buttermilk Muffins. Class is limited to 20 students. Participants will receive a special recipe book. Please call the office for a list of required items to bring to class.