



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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## **“Wellness Wednesday” Livestream Features Chronic Disease Self-Management Program**

A weekly livestream focusing on wellness opportunities through the Area Agency on Aging District 7 (AAA7) recently debuted on the AAA7 Facebook page. “Wellness Wednesdays” is featured each week at 10:00 am with a new wellness topic for discussion during the broadcast. The most recent episode featured the Chronic Disease Self-Management Program.

As routines have changed through the pandemic, so too have the wellness programs offered through the AAA7. The Agency offers a number of valuable and helpful programs designed to help individuals with their chronic conditions and other health concerns. Prior to the pandemic, the AAA7 would have these classes in person, but have moved them now – to telephone classes. Through “Wellness Wednesdays”, the Agency is able to expand the reach to share information about the valuable programs available to help with chronic disease self-management, diabetes self-management and chronic pain self-management. The goal is to increase knowledge about these programs and help more and more people learn to live with their chronic conditions and/or embrace helpful tips that can help individuals live healthier.

During the episode on January 27th, Carla Cox, of the AAA7’s Wellness Department and facilitator of wellness programs through the Agency, discussed in more detail the Chronic Disease Self-Management Program that is offered through the Agency.

Acute conditions are those such as the flu, pneumonia, or a broken leg. The cause and treatments are pretty clear cut and individuals recover or get better.

Chronic conditions are those that last longer, can change over time, usually do not have a cure, and are conditions we live with day-to-day. These are conditions such as arthritis, diabetes, and heart disease, to name a few. Most individuals age 60 and older have two or more chronic conditions and these conditions interact and impact their life. This Chronic Disease Self-Management Program is designed for those individuals to help them learn ways to best manage all of their chronic conditions.

The Chronic Disease Self-Management Program was first developed in 1991 at Stanford University and has been evaluated over 50 times. Through these evaluations, it has been shown that individuals who take the program generally have fewer symptoms, a better quality

of life, begin to exercise more, and have less healthcare costs because they use less healthcare resources.

Participants in the Chronic Disease Self-Management Program learn several self-management tools and more about the “symptom cycle”. This describes how symptoms can be physical, or due to a disease like pain or shortness of breath, or emotional such as depression or stress. All of these chronic condition symptoms can contribute to other symptoms and make conditions worse.

Participants can also gain additional benefits from the class including:

- Learning practical ways to deal with pain, fatigue and depression
- Discovering ways to be more physically active
- Learning how to eat healthier
- Learning better ways to talk with your physician and family about your health
- Setting personal goals
- Finding ways to relax and deal with stress

Participants also receive helpful materials to support their learning such as a “Living a Healthy Life with Chronic Conditions” book, tip book, exercise CD, and healthy eating plate.

Classes are available for those age 60 and over who live in one of the ten core counties located in the AAA7’s district which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. There is no cost associated with participating. Currently through the telephone, classes meet once a week for one hour for six total weeks. Those who are interested are encouraged to call for more information at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).

If you missed the episode on January 27<sup>th</sup>, you can see a recorded version on the AAA7’s Facebook page or on the AAA7’s website at [www.aaa7.org](http://www.aaa7.org).

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7’s Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an assessment at no cost for those who are interested in learning more. Information is also available on [www.aaa7.org](http://www.aaa7.org), or the Agency can be contacted

through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](http://www.facebook.com/AreaAgencyOnAgingDistrict7).

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**Wellness Wednesdays**  
*with the Area Agency on Aging District 7 (AAA7)*

**Join us on Wednesdays  
at 10:00 am LIVE on the  
AAA7 Facebook page**

*(Or watch recorded versions  
on the AAA7 Facebook page  
or [www.aaa7.org](http://www.aaa7.org))*

