

Lifestyle Medicine

Local resources compiled by Blue Earth County Public Health
BE WELL - Statewide Health Improvement Partnership (SHIP)

September 2018



Public Health
Prevent. Promote. Protect.

BE WELL

Statewide Health Improvement Partnership (SHIP)

▶ Minnesota-specific Health Care Reform Initiative

FOCUS:

- ▶ Obesity and Chronic disease prevention focus
- ▶ Health equity focus

GOALS:

- ▶ Reduce health care costs
- ▶ Reduce disparities

▶ 4 Settings, one of which is Health Care

- ▶ Evidence-Based Programs
- ▶ Community-Clinical Linkages



www.BlueEarthCountyMN.gov/1153/BE-WELL-Health-Care



Lifestyle Medicine:

Community-Based Programs & BE WELL Rx

- ▶ Diabetes Prevention Program
- ▶ Exercise is Medicine
- ▶ LiveSTRONG
- ▶ Living Well with Chronic Conditions
- ▶ Living Well with Chronic Pain
- ▶ Living Well with Diabetes
- ▶ Matter of Balance
- ▶ PALS: Partners for Active Living
- ▶ Pedaling for Parkinson's
- ▶ Powerful Tools for Caregivers
- ▶ SAIL: Stay Active & Independent for Life
- ▶ Tai Chi for Health

Diabetes Prevention Program (DPP)

What?	In a group support environment, participants learn to gradually improve food choices and increase physical activity, significantly preventing or delaying type 2 diabetes.
Who is it for?	Adults (18+) who are pre-diabetic <i>(cannot be diagnosed as diabetic)</i>
Cost to participate?	FREE
Length of program?	Year long program. Meets once per week for 4 months, then every other week for 2 months, and finally monthly for 6 months.
Location?	Can vary; current classes at VINE Adult Community Center and SMILES in Mankato
Contact info	Katie Cachiaras, 507-386-5591 KatieC@VineVolunteers.com

Exercise is Medicine

What?	Medically-based wellness program that supports participants to make lifestyle changes, incorporate movement into daily life, offer a better quality of life and reduce the progression of chronic disease
Who is it for?	Adults experiencing at-risk chronic health conditions such as hypertension, obesity, depression, or arthritis
Cost to participate?	\$240 for YMCA members; \$375 for YMCA non-members <i>Income based financial assistance available through support from the Mankato Clinic Foundation</i>
Length of program?	2 classes per week for 12 weeks
Location?	Mankato YMCA
Contact info	Teresa Langworthy, 507-387-8255, ext. 234 TLangworthy@MankatoYMCA.org

LiveSTRONG

What?	Small-group fitness program
Who is it for?	Adult cancer survivors
Cost to participate?	FREE
Length of program?	2 classes per week for 12 weeks <i>includes 12 week YMCA membership</i>

What and who?	Small-group fitness program
Who is it for?	ALUMNI of the LiveSTRONG program
Cost to participate?	\$36 for YMCA members; \$53 for non-YMCA members
Length and location?	1 class per week for 12 weeks at Mankato YMCA

Location?	Mankato YMCA
Contact info	Teresa Langworthy, 507-387-8255, ext. 234 TLangworthy@MankatoYMCA.org

Living Well with Chronic Conditions

(Chronic Disease Self-Management Program CDSMP)

What?	Group workshop designed to help people living with a chronic condition(s) better manage their symptoms and improve their daily lives
Who is it for?	Adults (18+) with a chronic condition(s) such as diabetes, hypertension, depression, heart disease, asthma
Cost to participate?	FREE
Length of program?	1 class (2 hours) per week for 6 weeks
Location?	Varies; throughout the greater Mankato area
Contact info	Mary Cassem, 507-387-5586, ext. 3 MCassem@CCSoMN.org

Living Well with Chronic Pain

(Chronic Pain Self-Management Program CPSMP)

What?	Group workshop designed to help people living with chronic pain better manage their symptoms and improve their daily lives
Who is it for?	Adults (18+)
Cost to participate?	FREE
Length of program?	1 class (2 hours) per week for 6 weeks
Location?	Varies; throughout the greater Mankato area
Contact info	Mary Cassem, 507-387-5586, ext. 3 MCassem@CCSoMN.org

Living Well with Diabetes

(Diabetes Self-Management Program DSMP)

What?	Group workshop designed to help people living with diabetes better manage their symptoms and improve their daily lives
Who is it for?	Adults (18+) with Type 2 diabetes
Cost to participate?	FREE
Length of program?	1 class (2 hours) per week for 6 weeks
Location?	VINE Adult Community Center in Mankato
Contact info	Karen Christy, 507-386-5589 KarenChristy@VineVolunteers.com

Matter of Balance

What?	Group workshop designed to reduce fear of falling, set realistic goals to increase physical activity, and change environments to reduce the risk of falling
Who is it for?	Adults (18+)
Cost to participate?	FREE
Length of program?	1 class (2 hours) per week for 8 weeks
Location?	VINE Adult Community Center in Mankato
Contact info	Karen Christy, 507-386-5589 KarenChristy@VineVolunteers.com

PALS: Partners for Active Living

(Enhance Fitness)

What?	Exercise program helping older adults of all fitness levels stay independent and active. Exercises can be done seated or standing.
Who is it for?	Adults (18+) of all fitness levels and abilities.
Cost to participate?	FREE for VACC members \$10 per class for non-VACC members
Length of program?	1 hour classes offered 3 times per week all year round
Location?	VINE Adult Community Center in Mankato
Contact info	Karen Christy, 507-386-5589 KarenChristy@VineVolunteers.com

Pedaling for Parkinson's

What?	Stationary Bicycling Class
Who is it for?	Adults 30-75 years old Diagnosed with Idiopathic Parkinson's Disease <i>NOT have cardiac or pulmonary disease, uncontrolled diabetes, uncontrolled hypertension or stroke, dementia, other medical conditions that are contraindicated for exercise</i>
Cost to participate?	\$36 for YMCA members; \$72 for non-YMCA members <i>Income-based financial assistance available through support from the Parkinson's Foundation of MN</i>
Length of program?	2 classes per week for 6 weeks
Location?	Mankato YMCA
Contact info	Teresa Langworthy, 507-387-8255, ext. 234 TLangworthy@MankatoYMCA.org

Powerful Tools for Caregivers

What?	Group workshop teaching how to reduce stress, change negative self-talk, communicate needs to family members and healthcare providers along with how to deal with difficult feelings.
Who is it for?	Adults (18+) who are caregivers to a loved one
Cost to participate?	FREE
Length of program?	1 class (2 hours) per week for 6 weeks
Location?	Varies; throughout the greater Mankato area
Contact info	Mary Cassem, 507-387-5586, ext. 3 MCassem@CCSoMN.org

SAIL: Stay Active & Independent for Life

What?	Exercise program designed to help improve balance and mobility which will improve quality of life
Who is it for?	Adults 55+ of any fitness level
Cost to participate?	FREE
Length of program?	1 hour classes offered 2 times per week all year round
Locations?	Eagle Lake, Lake Crystal, Mapleton, St. James, St. Peter*
Contact info	Mary Cassem, 507-387-5586, ext. 3 MCassem@CCSoMN.org

* Call for exact schedule and locations or visit:

<https://www.ccsomn.org/active-aging-programs/wellness-programs/sail/>

Tai Chi for Health

What?	Exercise program designed to improve overall health
Who is it for?	Adults, especially beneficial for those concerned about balance and falling
Cost to participate?	FREE for VACC members \$10 per class for non-VACC members
Length of program?	2 classes (1 hour each) per week for 6 weeks
Location?	VINE Adult Community Center in Mankato
Contact info	Jen Wunderlich, 507-386-5588 JenWunderlich@VineVolunteers.com

Miscellaneous Notes

- ▶ Able to provide more in-depth presentations or meet one-on-one regarding any of these programs
- ▶ Some programs can be offered in locations other than those listed should need or interest arise
- ▶ Most people associate VINE with seniors even though VINE memberships are available to adults 25+. The programs listed at VACC are not limited to seniors and are open to adults based on criteria noted in previous slides.
- ▶ Lifestyle Medicine Presentation, Summary and BE WELL Rx available
 - ▶ <http://www.blueearthcountymn.gov/1153/BE-WELL-Health-Care>
 - ▶ in Residency dropbox
 - ▶ in hard copy by request
- ▶ <https://yourjuniper.org/>

Contact Info

Active Aging Programs: Catholic Charities of So MN

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Blue Earth Co Public Health: BE WELL: Statewide Health Improvement Partnership (SHIP)

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