

Chronic Disease Management

Elder Circle Offerings

Contact Elder Circle for All Class Information

Contact: 999-9233

- **Living Well with Chronic Disease**

- Do you know anyone that hasn't worried about their health until they diagnosed with a chronic health condition? Maybe that person is you, and maybe you are following the doctor's advice. You are taking your medications, trying to exercise, and eating better. But you are often tired, feel alone, and even a little depressed.
- This workshop helps participants and their caregivers with ongoing health conditions such as arthritis, diabetes, high blood pressure, fibromyalgia, anxiety, heart disease, and others to. This class runs 6 weeks, 2 ½ hours once a week.

- **Living Well with Chronic Pain**

- *Chronic Pain Self-Management* is a six-week workshop addressing the management of pain for those with a diagnosis of chronic illness. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Class runs one day a week, two and a half hours, for 6 weeks. This class incorporates some exercise throughout the 6 weeks.

- **Living Well with Diabetes**

- *Diabetes Self-Management* is designed for people with type 2 diabetes who want to develop strategies to live well with the condition. This six-week workshop is facilitated by leaders who cover: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with health care providers. Class runs one day a week, two and a half hours, for 6 weeks.

YMCA Offerings

Contact: 327-1161

Grand Itasca Hospital and Clinic Offerings

- **Joint Camp**

- Joint Camp is designed for people who are considering or are scheduled for total joint replacement surgery. This class teaches you how to best prepare for your surgery, what to expect during and immediately after surgery, and how to get back to your normal activities following surgery. Joint Camp takes place on the first Wednesday of each month, 3:30-5:00pm. If you have questions or would like to register, call 218-999-KNEE (5633).
- **When:** First Wednesday of each Month, 3:30-5:30
- **Where:** Grand Itasca Conference Room C
- **Contact or Registration:** (218)999-5633
- **Website:** <http://www.granditasca.org/News-and-Events/Events-and-Classes>

- **Cancer Support Group**

- Share stories and concerns about diagnosis and treatment for those you are dealing with cancer. Group is confidential. Enjoy refreshments and friendship with a great group.
- **Where:** Colony Square, 1850 SE 2nd Avenue, Grand Rapids MN 55744
- **Contact:** 218. 326. 3815 or 218. 697. 2357
- **Website:** <http://www.granditasca.org/News-and-Events/Events-and-Classes>

- **Parkinson Support Group for Itasca Area**

- Meets the 2nd Wednesday of each month
- **Where:** Grand Itasca Meeting Rooms A and B
- **Contact:** Colleen Swanson, (218) 999-1454
- **Website:** <http://www.granditasca.org/News-and-Events/Events-and-Classes>

- **MS Support Group**

- This group is open to those diagnosed with MS as well as family members, caregivers or friends to offer support, awareness, and education about the everyday traumas, challenges, and hardships for those afflicted with the chronic disease of MS. Second Thursday of the month – 12:30p.
 - **Where:** St. Joseph Church
 - **When:** Second Thursday of the Month -12: 30 pm
 - **Website:** <http://www.granditasca.org/News-and-Events/Events-and-Classes>
- **Caregiver Support Group**
 - Calling all caregivers. This group provides an opportunity to meet with other caregivers and share tips and experiences. Elder Circle provides education, resources and support for all stages of the caregiving process. Call Elder Circle at 219-999-9233 for more information or to make arrangements for your care receiver during the meeting.
 - **Where:** Active Living Center, Itasca County Family YMCA
 - **Contact:** Elder Circle, (218) 999-9233
 - **Website:** <http://www.granditasca.org/News-and-Events/Events-and-Classes>
- **Prostate Education and Support Group**
 - Learn of treatment options and lifestyle impacts of prostate cancer from men who have been diagnosed with the disease. Spouses and other family member are welcome and encouraged to attend.
 - **When:** 5:30- 6:30
 - **Location:** Grand Itasca, Grand Eatery and Conf. Room C
 - **Contact:** (218) 999-9384
 - **Website:** <http://www.granditasca.org/News-and-Events/Events-and-Classes>

More Community Resources:

- **Itasca Hospice Foundation**
 - The mission of Itasca Hospice Foundation is to assure quality hospice care by meeting the unmet needs of hospice patients and their families and funding education opportunities for hospice paid and volunteer staff.
 - **Where:** 700 SW14 Ave, Grand Rapids, MN 55744
 - **Email:** kylarglen@gmail.com
 - **Website:** <http://itacahospicefoundation.org/>

If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at www.getfititasca.org/contactus with the details!