

We understand that Senior Centers are searching for ideas to promote social connection during the Corona virus outbreak. We are happy to announce that Live Well with Chronic Conditions is available to seniors in the comfort of their home without having to use technology beyond the telephone.

The Self-Management Resource Center (SMRC) has developed a CDSMP toolkit that will be sent directly to a participant for self-study, with weekly phone calls from a trained leader. Please note there is a limited supply of toolkits. Think of your members who would benefit the most from this offer.

Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. We will arrange to let them know ahead of time the name of the leader who will contact them.

Contact Barbara Womer, Community Health Educator, at Barbara.womer@ncaaact.org or 860-724-6443 x224 if interested.