



Weinberg Village Assisted Living Residences
Sylvan and Jean Orloff Memory Support Unit
13005 Community Campus Drive
Tampa, FL 33625
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FOR IMMEDIATE RELEASE

Contact: Dan Sultan, Marketing Director
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“Living Healthy with Chronic Conditions”

Tampa, Florida (Friday, February 05, 2010): Weinberg Village Assisted Living Residences will offer a workshop, “Living Healthy with Chronic Conditions.” An informational session and registration for the workshop will be held on Thursday, March 11, 2010 at 2:30 PM at Weinberg Village. The workshop is offered free of charge by the West Central Florida Agency on Aging. The workshop “Living Healthy” will meet on 6 consecutive Thursday afternoons from 1:30 PM-3:00 PM beginning on March 25 and will provide tools for self-management for those with heart disease, diabetes, asthma, bronchitis, emphysema and others. The “Living Healthy” (Stanford Chronic Disease Self Management) hands-on workshop gives participants tools for self-management to complement their health care strategy and builds skills in self-management for people living with chronic conditions and/or their caregivers.

This program is offered by Stanford University where the program originated and will be given by James Kim, Robena Richardson and Linda Ruescher certified Stanford Chronic Disease Self Management Facilitators. The Stanford Chronic Disease Self

Management Program is evidence based. Of a cohort of some 1,000 people it was found that those who participated had fewer hospitalizations, shorter hospitalizations if they were hospitalized, and an overall higher level of self-reported health. The Surgeon General and the Centers for Disease Control both recognize the value of this specific program. *“The challenges involved in increasing access to care, improving outcomes, and reducing costs are huge. But they are not insurmountable. The President’s health-care reform agenda calls on all of us to be more actively engaged in maintaining and improving our own health. Let’s work together to take the responsibility to educate our families, our friends, others, and ourselves about healthy living. Good self-management will be key in helping tomorrow’s older adults stay healthy.”* Steven K. Galson MD, MPH RADM, (served as the acting Surgeon General of the United States from October 1, 2007 – October 1, 2009).

Persons who successfully complete the workshop (attending 4 out of 6 sessions) will be compensated \$25 and receive a free copy of the book “Living a Healthy Life with Chronic Conditions” (a \$20 value). This program is open to the public. For planning purposes please RSVP by calling 813.769.4729.

For more information about Weinberg Village Assisted Living Residences and/or Sylvan and Jean Orloff Memory Support Unit, and our programs and services please call Dan Sultan at 813.769.4729 toll free at 866.595.3857 or visit us on the web at www.weinbergvillage.com . See why our years of experience, commitment and caring professionals make Weinberg Village the very best senior assisted living facility.

We provide the following: • Respite Care - short & long term stays • CareLink Geriatric Assessment (TJFS) • Quality Rehabilitative Therapy Services • Memory

Support Unit for individuals with dementia • Health & Wellness program • 24-Hour on-site professional staff • Nutritious Kosher meals with diverse menu choices • Enriching individualized social & recreational activities • An intergenerational campus experience • A gated community on 21 wooded acres •

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