the healthy living Center of Excellence

Hebrew SeniorLife | Affiliated with Harvard Medical School

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

Evidence - Based Programs

Training Schedule 2017/2018

Group Leader Trainings

(Pages 2-4)

Master Trainings

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SMRC Web-Based Trainings

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Group Leader Trainings:

Chronic Disease Self- Management Program
(4-Day Training)

- **CLOSED SESSION**
  Date: September ~~8, 9~~, 15 & 16, 2017
  Time: 3:00 – 8:00 PM (Fridays) 8:00 – 4:00 PM (Saturdays)
  Location: Brockton VNA, Brockton, MA
  Contact: Amanda Aprea, E: AmandaAprea@hsl.harvard.edu or Ph. 617-363-8702

Chronic Disease Self- Management Program
(4-Day Training)

- **Date:** December 5, 6, 12, & 13, 2017
  Time: 9:00 – 4:00 PM (all 4 days)
  Location: Life Path, Inc. - Western, MA
  Contact: Andi Waisman, E: awaisman@lifepathma.org or Ph. 978-544-2259 ext. 2297
  Registration Fee: $150.00 per person, with materials included.
  Other: Light Breakfast and Lunch TBD.

Tomando Control de su Salud Program
(4-Day Training)

- **Date:** September 18, 19, 25, & 26, 2017
  Time: 9:00 – 4:00 PM (all 4 days)
  Location: BayPath Elder Services, Inc., Marlborough, MA
  Contact: Amanda Aprea, E: AmandaAprea@hsl.harvard.edu or Ph. 617-363-8702
  Registration Fee: $250.00 in-state, $300.00 out-of-state, with materials included.
  Other: Light Breakfast and Lunch will be served.

Chronic Pain Self- Management Program
(4-Day Training)

- **Date:** October 19, 20, 26, & 27, 2017
  Time: 8:30 – 4:30 PM (all 4 days)
  Location: Elder Services of Cape Cod & Islands, South Dennis, MA
  Contact: Gina Battles, E: healthylivingcapecod@gmail.com or Ph. 508-957-7620
  Registration Fee: TBD
  Other: Light Snacks will be served.

Group Leader Trainings Continue:

Chronic Pain Self- Management Program - Crossover
(2-Day Training)

- **Requirements:** All trainees must be trained in the Chronic Disease Self-Management Program
  Date: January 10 & 11, 2018
  Time: 9:00 – 4:00 PM (both days)
  Location: Life Path, Inc. - Western, MA
  Contact: Andi Waisman, E: awaisman@lifepathma.org or Ph. 978-544-2259 ext. 2297
  Registration Fee: 150.00 per person, with materials included.
  Other: Light Breakfast and Lunch TBD.

Healthy Eating for Successful Living in Older Adults Program
(3 -Part Webinar Training Series)

Requirements: Must be an experienced leader and have at least one (1) year is required.

- **Date:** October 25, November 1 and 8, 2017
  Time: 10:00 – 11:30 AM
  Location: Webinar
  Contact: Amanda Aprea, E: AmandaAprea@hsl.harvard.edu or Ph. 617-363-8702
  Registration Fee: $250.00 per person (Folks in MA, NH, & ME are covered under the HPHCF grant)
  Other: Materials will be sent electronically

Group Leader Trainings: TBA

Chronic Disease Self- Management Program
(4-Day Training)

- **Date:** TBD - 2018
  Time: TBD
  Location: TBD, Brockton, MA
  Contact: Amanda Aprea, E: AmandaAprea@hsl.harvard.edu or Ph. 617-363-8702

Master Trainings:

No Master Trainings are scheduled at the present time.

SMRC Web-Based Trainings:

For Active Master Trainers Only:

Please note: A registration fee by Self-Management Resource Center (formally known as Stanford's Patient Education Research Center) is required. For more information, please visit either of SMRC websites; https://www.selfmanagementresource.com/ (for recertification training) or https://www.selfmanagementresource.com/training/ (for crossover trainings).

Chronic Disease Self-Management Master Trainings

September 25-29, 2017
December 4-8, 2017
March 3 -9, 2018
June 18 -22, 2018
August 24 -28, 2018
December 3 -7, 2018

* = tentative, based on minimum enrollment

CDSMP Registration

Web-based: Cross-Trainings

Diabetes Self-Management
September 22, 2017

Chronic Pain Self-Management
October 13, 2017

Cancer: Thriving and Surviving
September 27, 2017

Positive Self-Management Program (HIV)
October 25, 2017

Tomando Control de su Salud
TBA

Programa de Manejo Personal de la Diabetes
~~September 13, 2017~~

Trainer Orientation for Leader Refresher Training
October 6, 2017

SMRC Web-Based Trainings Continue:

Web-based: Cross-Trainings

Trainer Orientation for Workplace Chronic Disease Self-Management Program (wCDSMP)
October 24, 2017

Building Better Caregivers (BBC) Cross-Training
December 12, 2017

* = tentative, based on minimum enrollment
Cross-training information & registration

SMRC Web-Based Update Trainings

Programa de Manejo Personal de la Diabetes 2017
September 15, 2017
October 11, 2017