

## WEBSITES DIRECTORY FOR RESOURCES:

CARDIOVASCULAR OUTPATIENT EDUCATOR (CVDOE)  
<http://ridiabeteseducators.org/>

CERTIFIED DIABETES OUTPATIENT EDUCATOR (CDOE)  
<http://ridiabeteseducators.org/>

LIVING WELL RHODE ISLAND (LWRI)  
[www.health.ri.gov/programs/livingwellri/](http://www.health.ri.gov/programs/livingwellri/)

YMCA DIABETES PREVENTION PROGRAM  
<http://www.ymcagreaterprovidence.org/>  
<http://www.ymcagreaterprovidence.org/Programs/>

PEER RESOURCE SPECIALISTS  
[www.ripin.org](http://www.ripin.org)  
[http://www.ripin.org/health\\_pahi.html](http://www.ripin.org/health_pahi.html)

SHAPE UP RI  
<http://shapeupri.org/>

MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS  
<http://www.dea.ri.gov/agingplan/Events1/index.php>



**Rhode Island Department of Health**  
**3 Capitol Hill**  
**Providence, RI 02908**

HEALTH Information Line, 401-222-5960 / RI Relay 711

Scan with your  
smartphone



[www.health.ri.gov](http://www.health.ri.gov)

<http://www.health.ri.gov/chronicconditions/>

## Rhode Island Department of Health

### WELLNESS RESOURCE GUIDE

*Programs proven to work!*



Evidence-based supplemental health improvement services that support patients, families, providers, and the healthcare system in:

- **Disease management**
- **Self-management**
- **Patient activation**

Using a comprehensive approach to address:

- **Controlling and reducing weight**
- **Lowering cholesterol**
- **Lowering blood pressure**
- **Avoiding the onset of diabetes**
- **Improving management of diabetes**

### **CERTIFIED ASTHMA EDUCATOR (AE-C)**

AE-Cs teach patients how to best use medications and understand asthma action plans. One-on-one and group sessions are offered in doctors' offices statewide, depending on your provider or payer network. Group sessions for children 18 years old and younger and their families are offered through the *Draw a Breath Program* at Hasbro Children's Hospital. Please talk with your provider and have your provider contact an AE-C in your network.

**Nancy Sutton MS RD LDN, Deputy Team Lead, Asthma Control Program Manager, Nancy.Sutton@health.ri.gov, 401-222-4040**

### **CARDIOVASCULAR OUTPATIENT EDUCATOR (CVDOE)**

CVDOEs teach patients how to manage their blood pressure, lipids, medication, and nutrition. People aged 18 years of age or older with cardiovascular disease can see a CVDOE in doctors' offices, pharmacies, and other places throughout the state. Visit <http://ridiabeteseducators.org/>

**Deborah Newell RPh, CDOE Coordinator, Certified Diabetes Outpatient Educators Program, deborahnewell@gmail.com, 401-222-4421**  
**Susan Cesare BSN, TEAMWorks Coordinator, Diabetes Prevention and Control Program, 401-222-4851**

### **CERTIFIED DIABETES OUTPATIENT EDUCATOR (CDOE)**

CDOEs teach patients how to manage their glucose, blood pressure, lipids, medication, and nutrition. People aged 18 years of age or older with diabetes can get see a CDOE in doctors' offices, pharmacies, CDOE Sites, and other places in the state. Diabetes education may be paid through your insurance. Visit <http://ridiabeteseducators.org/>

**Deborah Newell RPh, CDOE Coordinator, Certified Diabetes Outpatient Educators Program, deborahnewell@gmail.com, 401-222-4421**  
**Susan Cesare BSN, TEAMWorks Coordinator, Diabetes Prevention and Control Program, 401-222-4851**

### **LIVING WELL RHODE ISLAND (LWRI)**

LWRI group workshops teach people ways to manage symptoms and medications, communicate with family and doctors, handle difficult emotions, relax, eat well, exercise, and set goals to improve health and lifestyles. Anyone 18 years of age or older with a chronic condition (i.e. Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes, and/or Heart Disease) or caretakers of someone with a chronic condition can participate. Free workshops are free and offered in convenient Rhode Island communities.

**Maria Matias MSW, Co-Coordinator, Maria.Matias@health.ri.gov, 401-222-7623**

### **YMCA DIABETES PREVENTION PROGRAM**

The YMCA's Diabetes Prevention Program teaches people how to lower their risk of getting diabetes by eating healthier, increasing physical activity and losing weight. The program is helpful to anyone 18 years of age or older with pre-diabetes or a person who might be at risk for developing diabetes. The program is offered at branches within the Greater Providence YMCA network.

**Neta Taylor-Post, Director of Healthcare Initiatives, YMCA of Greater Providence, ntaylorpost@gpymca.org 401-427-1825**

### **PEER RESOURCE SPECIALISTS**

Resource Specialists/Peer Navigators are trained to help people navigate healthcare systems, coordinate care, and become better advocates. Adults, youth, and children with special healthcare needs may be eligible for support by a RIPIN Peer Resource Specialist/Peer Navigator. Services are offered at participating doctor's offices, in the home, hospitals, and community agencies. Services are free for families raising children with special needs.

**Deborah Garneau, RI Department of Health, Special Needs Director, RI Department of Health, Deborah.garneau@health.ri.gov, 401-222-5929.**  
**Laura Jones, RI Parent Information Network, Director of Health Programs, jones@ripin.org, 401-270-0101.**

### **SHAPE UP RI**

Shape Up RI is a self-directed program that increases physical activity and healthy eating. People can use the Shape Up RI website to track their progress and read weekly emails with important health tips. The program costs \$20 per participant and includes a pedometer, log book, use of the on-line system, and weekly newsletters.

**Colin Murphy RN MBA, Executive Director, Email: colin@shapeupri.org, 401-421-0608**

### **MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS**

Matter of Balance group workshops reduce the fear of falling and increase activity levels among older adults. Adults age 60 age or older who are concerned about falls or have fallen in the past can go to workshops held through agencies that serve older adults. Most classes are free of charge, but older adults must register in advance. Visit <http://www.dea.ri.gov/agingplan/Events1/index.php>.

**Jennifer Andrade Koziol: 401-222-4964, jennifer.andradekoziol@health.ri.gov**