



National Kidney Foundation™

of Hawaii

### **Chronic Disease Self-Management Program:**

Subject: Comments on Living a Healthy Life with Chronic Conditions Seminar held at Kidney Foundation of Hawaii National, 1314 S King St., Suite 1555, held on Oct. 17, 24, and 31, 2014 and Nov. 7, 14, and 21, 2014.

Dear Sir or Madame,

Herewith are my thoughts on the subject course for consideration of your research efforts:

At the time of enrollment in the Kidney Foundation's "Living a Healthy Life with Chronic Conditions" I really didn't consider myself as having a chronic condition that required much attention to its management, but I was interested in Living a Healthy Life. To this end, I did learn a lot about Living a healthier life during the six 2-1/2 hour sessions and I would highly recommend it to everyone with a chronic condition and even those without a chronic condition, especially seniors so they can better manage their health.

Although the course did not go into depth on each subject, it did provide a very good overview of the subjects so that the participants could go further into the subject by more thoroughly studying and reviewing the course's text book and referenced materials. Chapter 9 was quite appropriate to me as I felt a need to improve in better communication with others. I plan to review this chapter several times so I can better communicate with others, especially my primary care physician.

I enjoyed the team pair instructor approach in presentation of the course material as it made the presentation of the course material proceed faster and more vividly as when the two instructors were mimicking discussions on how to use "I instead of you" to better communicate with others and avoid confrontations. The brainstorming sessions made the participants think more about the subject matter, however it did take a lot of class time. The number of sessions where participants report on the progress of their plans to do self-chosen activities did take a lot of class time and I believe the object of these sessions was achieved in about half of the number that were held and could have been shortened accordingly. Some time spent in participants sharing of experiences that could help others in managing their health could be very beneficial.

Ms. Dawn Pasikala and Tony were well prepared for each session and did a great job in presenting this course. The Kidney Foundation's sponsoring this seminar was generously and is much appreciated.

Yours sincerely,

Raymond Chun

MHMC NKFH conference room Oct/Nov 2014



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**Chronic Disease Self-Management Program:**

EVELYN AND DAWN,  
YOU BOTH DID AN EXCELLENT JOB IN CONDUCTING THE "LIVING A HEALTHY LIFE" WORKSHOP. YOU BOTH KEPT THE SESSIONS MOVING IN THE DIRECTION THAT THE WORKSHOP WAS INTENDED TO BE, IE: KEEPING A POSITIVE ATMOSPHERE, WORKING WITHIN THE TIMEFRAMES, AND MOST IMPORTANTLY, KEEPING TO THE GUIDELINES IN ACCORDING TO WHAT THE PROGRAM WAS DESIGNED TO DO.

I GAINED A LOT A LOT BY ATTENDING THE SESSIONS AS IT REINFORCED ME TO BETTER SELF MANAGE MYSELF IN A REGEMENTED ORDER SUCH AS DEVELOPING THE ACTION PLANS, AND STICKING TO IT. THIS PROGRAM HAS DEFINITELY MOTIVATED ME TO LIVE A HEALTHIER LIFE, AND IT'S NOT THAT I WASN'T LIVING MY LIFE TO ITS FULLEST IN THE PAST, BUT IT HAS MADE ME REALIZE THAT THERE ARE MORE MEANINGFUL WAYS TO LIVE AND ENJOY LIFE TO ITS MAXIMUM. I'VE ALWAYS LIVED EACH DAY LIKE IT'S THE LAST DAY OF MY LIFE, HOWEVER THIS PROGRAM HAS ADDED AN EXTRA BOOST.

I STRONGLY RECOMMEND THIS PROGRAM TO ANYONE WHO HAS DOUBT AS TO "AM I LIVING MY LIFE TO ITS FULLEST".

SINCERELY,  
LES HIGASHI

MHMC DSI Pearlridge Feb/Mar 2015



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## **Diabetes Self-Management Program:**

Dear Dawn,

Thank you for taking this Job! As the National Council on Aging has stated on the front of our study guide "An indispensable guide for people of All ages who are LIVING with a chronic physical or mental health condition" this could of been for me another hand out but through the six week program you brought the pages of the written word to life  
Thank you so much  
Regards Priscilla Sidney

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## **Diabetes Self-Management Program:**

My name is Kitty Souza and I live in Hawaii. I will complete the Diabetes Self-Management Program on Friday, November 6, 2015. The six-week series of Interactive workshops has been quite a learning experience. The program is very well organized and structured, covering a lot of essential information which are very helpful in gaining better health. I especially learned a lot from chapter 2, Becoming an Active Self-Manager, and chapter 11, Healthy Eating. The weekly action plan is such a great motivator and allowed me to challenge myself and be committed to the plan. And chapter 11, learning to properly read and understand food labels helps me in the direction of getting healthier

The two competent instructors were Dawn Pasikala and Evelyn Hua. They are very knowledgeable in the materials covered, organized and well prepared for each class. They are a asset to your organization!

And the dietitian, Tabitha Zamarripa was wonderful too. We had a great meeting and she took her time to explain the food

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