

08/26/20

Dr. Estrella Matias,

I am writing to inform you that I have been taking some online classes through AgeOptions organization. The topic is Take Charge of Your Diabetes facilitated by Community Health Worker, Mr. Jaime Pena supported by Mrs. Margarita. I would like to inform you about my progress since you are my primary care physician which I am very thankful for.

During this time of confinement, I gained some pounds and when I learned that this program would be for six weeks, I became interested. I started to make some food and exercise changes since I was experiencing tiredness, headaches and dizziness which meant I had high cholesterol and sugar levels.

I have liked this program very much. They provided us with a book called “Tomando Control de su Salud” that I am still reviewing; it is a very interesting book with lots of recommendations. Sessions are 2.5 hours long and we interact with one another, we share and learn a lot. At the end of each session, Mr. Jaime and Mrs. Margarita motivate us to set goals for the week; one of those goals for me has been to go for a walk 3-4 times a week for 40 minutes and I have seen great results. First of all, no more tiredness, headaches or dizziness, I have lost the 10 pounds I gained during the months of December through June, and I am very happy with this program.

I have also been able to find a support group and we even have a partner which we call every week to check in with our weekly goal, share recipes and even make a plan to take a walk together.

I am hoping that for my next appointment I can see better results on my blood work thanks to these changes I have made.

Thanks to this organization, to the health promoters and to you for being such a great support in me taking care of my health.

Elida Palomino

My name is Manuela Flores

I was taking the Tomando Control de su Diabetes (Take Charge of Your Diabetes) workshop. My experience has been very good, I am learning to have a better diet, read labels before buying a product and see if it will be beneficial for my health and my family's health.

I also commit to do my goals and do my best to fulfill it based on my needs. The workshop exceed my expectations as I had a lot of help to my questions and support to learn more. The book also helped a lot to inform me of even more ways to learn to lead a better way to eat and exercise.

The emotional support is also very good and as a group the dynamics helped a lot and even helped to reaffirm a friendship where we all have the same interests.

Thank you for all that you do for each person to bring awareness of how important is the care and prevention of diabetes and all health.

Definitely super recommended these workshops and grateful to Margarita and Jaime for all their support.

Thank you,

Manuela Flores.

Mi Nombre es Manuela Flores Estuve tomando el taller de Tomando control de su Diabetes Y mi experiencia ha sido muy buena, estoy aprendiendo a Tener una mejor alimentación, aprendiendo a leer las etiquetas Antes de comprar algún producto y ver si será benéfico para mi Salud y la de mi familia. También me comprometo a hacer mis metas y hacer todo lo posible Por cumplirla basado a mis necesidades, Mis expectativas sobre salieron ya que tuve mucha ayuda a mis preguntas Y apoyo para aprender más ,también ayudo mucho el tener un libro Que me informe de aún más formas de aprender a llevar una mejor manera De alimentarme y ejercitarme. El apoyo en lo emocional también es muy bueno y como grupo las dinámicas Ayudaron mucho e incluso ayudó a firmar una amistad llevando los Mismos intereses. Gracias por todo lo que hacen por cada persona a llevar conciencia de Lo importante que es el cuidado y prevención de la diabetes y toda la salud. Definitivamente súper recomendado estos talleres y agradecida con Margarita y Jaime Por todo su apoyo gracias. Manuela Flores.

## Health workshops

I have taken both health workshops under the guidance of Jaime Peña and Margarita Urquilla. I first attended to Take control of your Diabetes, because my husband has this condition.

However, I got all the benefits of the class! I learned how to create a healthy menu for my husband, and which I applied to the menu for my whole family.

I learned how to create short goals to improve my life style and how to find solutions, if the goal was not accomplished. Based on the group support from the other classmates, Jaime and Margarita, all the 6 work plans work out beautifully!

My husband is doing so great, his diabetes is under control, and he feels great that he no longer has to take a pill for it. He still has other medical issues, but we tackle one problem at time.

Today, we just finished take control of your health. We learned how to motivate one another, we shared resources and ideas to improve our life styles. We focused on movement and physical activity. It really makes sense now how to work out and what is the difference between endurance and cardio.

Is amazing that now I can work out for 21 days straight and feel amazing without over working my body! Endurance and resistance!

Mindfulness is a powerful thing when we are looking at the way we feel about ourselves and others.

The best part I learned that there is a great need for saying "I" instead of "you" when we are trying to fix our affairs. We are less prone to create arguments and more accessible to fix them!

I recommend these two workshops to anyone who want to learn the best ways to keep healthy. And I want to congratulate Jaime for such an amazing work and for his dedication to give us the best understanding of our health. The tools needed to success can be found through the classes and expressed by his care! I'm extremely happy and blessed I got to take this classes!

Thank you!

Jessy