

Dear Senators,

It has been my privilege to train leaders for the Chronic Disease Self - Management Program for the past eight years.

Even though I am retiring soon, I plan to continue to help teach this course. That is because I am convinced of its worth. Not only does it improve the morale of members of our community who suffer from chronic diseases, but it also cuts down on the numbers of re-hospitalizations among this group. Ultimately, that saves health care dollars!

If Medicare could cover the cost of persons taking this class, it would more pay for itself. The class teaches the participants to take better care of themselves and they can often stay healthy enough to avoid going back to the hospital so often.

Any consideration that you can give to this would be greatly appreciated!

Gratefully,

Elizabeth O'Connor, R N.  
Master Trainer for Chronic Disease Self- Management  
Holy Cross Hospital of Silver Spring, Md.