

PATH

“When word gets out how good this (PATH) is, they will be lining up for this. This is a really good class.”

~Dan, Marquette PATH Graduate, 6/07

“You don’t realize how common the problems you have are; getting together to talk with others is helpful.” **~Rhett, Marquette PATH Graduate 6/07**

“PATH gave me the kick in the pants to do the things I knew I should be doing all along.”

~John, Ishpeming PATH Graduate 6/07

“Breaking down our goals (into Action Plans) and sharing ideas with others who are in chronic pain or who have a chronic disease is very helpful. We share similar obstacles and feelings. It’s a safe place to start your future.”

~Mary, Escanaba PATH graduate 05/08

“No matter what type of chronic illness you have –you can always give and receive support/ideas from anyone going through a similar situation.”

~Michelle, Escanaba PATH graduate 05/08

“It has given me a new outlook on life and what I can do to have a better life and feel better. Your class has been very helpful and interesting and very knowledgeable and knowing the people have the same outlook and feelings makes you feel you are not alone.”

~Pat, Escanaba PATH graduate 05/08

“It motivated me to do what I needed to do (what I knew I needed to do) but always procrastinated and found excuses for not doing. I enjoyed the class and the camaraderie with everyone. The presenters did an excellent job!”

~Bert, Escanaba PATH graduate 05/08

“Learning to eat right and exercise more; learning to deep breathe, learning how important it is to have a living will (this is what PATH has meant to me).”

~Gladys, Escanaba PATH graduate 05/08

“To help educate me on exercise, eating habits, breathing and better health (this is what PATH has meant to me).”

~Rod, Escanaba PATH graduate 05/08

“Sharing information and friendship with others that know what you’re really feeling while dealing with chronic illness and pain.”

~Colleen, Escanaba PATH graduate 05/08

“It helped to get me motivated into doing something about my pain. We covered many more things than pain problems so the class became much more than I thought it would be.”

~Della, Escanaba PATH graduate 05/08

“It was very informative and motivated me to start exercising again.”

~Nan, Escanaba PATH graduate 05/08

PATH cont’d

“I’ve really enjoyed the feeling of camaraderie and encouragement. I was challenged each week to set personal goals and the accountability of achieving them. There was an incredible amount of resource ideas from both leaders and the group. I’m so glad I signed up!”

~Joyce A.T., Munising PATH graduate 06/08

“Being with other people who have some of the same problems, learning how they cope with them, what different ideas they have. It has been a very good learning experience.”

~Bea, Munising PATH graduate 06/08

“Class has been just great. Six weeks just flew by!”

~Joyce N., Munising PATH graduate 06/08

“Inspiration to stay motivated and continue with goals that I have set for myself. Also feedback from the members of the class was very helpful. It was a pleasure to be a part of the class. Thank you!”

~Naoma, Munising PATH graduate 06/08

“Having been diagnosed with Type 2 diabetes fairly recently, I have found the PATH classes invaluable in helping me learn to deal with the daily ups and downs of a chronic illness. From simple relaxation techniques to the value of exercise and good eating to end-of-life planning, I have learned a great deal about a great many things. There’s a great therapeutic value to PATH classes as well, in that all attending have similar conditions and share common problems and solutions with the group. I am deeply grateful to the diabetes outreach network for providing this type of program.”

~Linda, Munising PATH graduate 06/08

“I am not alone and there are other people who understand and share my feelings.”

~Lois, Munising PATH graduate 06/08

“Sitting in the midst of the actual humanity portrayed by the participants made me more aware of the simplicity of my problems relative to my chronic ailments, such that I am strengthened in my resolve to better bear the rigors imposed by it.”

~Martin, Munising PATH graduate 10/08

“Sharing as a group is a great help with any disease!”

~Mary, Munising PATH graduate 10/08

“It got me to see my eating habits. I started exercising therefore, I feel better and have more energy.”

~Nancy, Munising PATH graduate 10/08

“It is nice to keep with things. You need encouragement.”

~Eleanor, Munising PATH graduate 10/08

“PATH made me think about what I’m doing and others as well.”

~Marilyn, Munising PATH graduate 10/08

PATH cont’d

“The class made me think about what I can do to improve my health and therefore, improve my lifestyle.”

~Margaret, Munising PATH graduate 10/08

“Great way to learn techniques to living a positive healthy life while dealing with chronic conditions. I plan to put the learning into my life.”

~Linda, Marquette PATH graduate 04/09

“The positive energy in the group was great!”

~Kathy G, Marquette PATH graduate 04/09

“It has taught me to be accountable for my own health & choices regarding exercising, emotions, etc. I really enjoyed this class. Thank you!”

~Kathy A, Marquette PATH Graduate 04/09

“It was a very good class – it taught me some positive things to help deal with my chronic condition.”

~Cecelia, Marquette PATH graduate 04/09

“This class has helped me set goals to get on a path to healthier living.”

~Kathleen, Calumet PATH graduate 04/09

“Take it one day at a time.”

~Mary, Calumet PATH graduate 04/09

“PATH has helped me on ways to improve my life choices in relationship to my type 2 diabetes.”

~Ron, Calumet PATH graduate 04/09

“Keep on going.”

~Martha, Calumet PATH graduate 04/09

“It has helped to keep me aware of my eating and activity.”

~Judy, Calumet PATH graduate 04/09

“I have learned so much from the instructors and class members and brainstorming.”

~Cathy, Hancock PATH graduate 07/09

“I now have a greatly increased concept of actually managing my illness and working towards improving my overall health. I have developed the ability to set realistic goals that can be accomplished and not to be overwhelmed by the final goal (i.e., the amount of weight I have to lose.)”

~Anonymous, 2009

“The instructors and participants encouraged each other to set short term, achievable goals. It’s nice to know that even though we have different chronic pain/illness, we share the same problems! Very informative and interesting. Everyone with chronic illnesses should attend.”

~Cheryl, Hancock PATH graduate 07/09

PATH cont’d

“Good friends and great support have made the PATH easier.”

~Anonymous, 2009

“Great information, great people, great class!”

~Cathie, Hancock PATH graduate 07/09

“This class gave me hope that I can deal with the future and whatever it hands me. Also, “play the hand you’re dealt.”

~Dolores, Marquette PATH graduate 10/09

“It has been a definite motivation to take better care of my health.”

~Joyce, Marquette PATH graduate 10/09

“Great, inspiring, etc.”

~Thomas, Marquette PATH graduate 10/09

“The support of the group has been wonderful – I have learned a lot from our discussions. Sandy and Donna have been great.”

~Carole, Marquette PATH graduate 10/09

“Helped me to deal with difficulties with my Parkinson’s Disease and anxiety disorder – the brainstorming was most helpful.

~Dennis, Marquette PATH graduate 10/09

“Interesting to talk to others with similar conditions. Manual is excellent.”

~Charlotte, Marquette PATH graduate 10/09

“PATH has been encouraging to come to and share with the group. Great bunch of people. Never has so much fun trying to be healthy.”

~Darlene, Munising PATH graduate 11/09

“Informative and educational. Met a great bunch of people with similar problems and solutions. Had good instructors – literature was helpful. Homework and goal setting were good things and tools.”

~Nancy, Munising PATH graduate 11/09

“I had a wonderful time – enjoyed the ideas the people shared – wonderful ideas.”

~Eleanor, Munising PATH graduate 11/09

“The class was very rewarding with information on a number of problems. I would like to thank the instructors for all of the help!!”

~Keith, Munising PATH graduate 11/09

“It’s a nice review the second time around.”

~David, Munising PATH graduate 11/09

“It has opened my eyes to weaknesses in my thinking. Has given me ways to strengthen those areas and better control what I had believed to be an uncontrollable situation.”

~George, Munising PATH graduate 11/09

PATH cont’d

“Everything. Helping each other. Sharing thoughts.”

~James, Munising PATH graduate, 11/09

“Good motivator – helps to set goals.”

~Brenda, Munising PATH graduate, 11/09

“If you have a plan you are more likely to do an activity than if you have no plan.”

~Mildred, Munising PATH graduate, 11/09

“Trying something new in your life is rewarding in just the trying.”

~Edward, Munising PATH graduate, 11/09

“It has given me a new perspective on how I deal with my life now. I have more tools to use in dealing with daily activities.”

-Cindy, Marquette PATH graduate 6/10

“UPDON was a refreshing reminder and learning experience in helping manage many areas of my life and that of my family.”

-Pam, Marquette PATH graduate 06/10