

MARCIA A. TAYLOR

Date: May 3, 2013

To: Carman, Catherine & Staff of Coastal Community Action Program  
& Olympic Area Agency on Aging

From: Marcia A. Taylor, participant

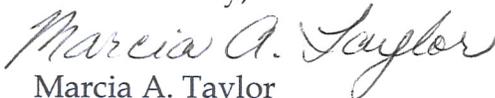
RE: The Living Well with Chronic Conditions Workshop

To say that a series of events are life changing implies that it has altered ones life in a very significant way. My participation in *The Living Well with Chronic Conditions Workshop* has done exactly that. It has positively affected my self confidence and given me the tools to live a happier, healthier, more optimistic life. I realize life-changing habits and attitudes happen over time, but I can say with certainty that I will now have the knowledge and tools necessary to reach my goals and live an active, productive life.

Throughout my life, I've been blessed with an opportunity to change people's lives in positive ways. I have always had an important spouse to share my life with and a thirty-year teaching career, which together, enabled me to make a positive difference in the lives of those I loved and cared about. Ten years ago I retired from teaching and two years ago, the love of my life passed away after a lengthy illness. Depression and food addiction took control of my life. Counseling sessions and the support of family and friends helped but I remained fragmented. My personal physician, Dr. Juliette Erickson, suggested I join the workshop and I will be forever indebted to her for doing so.

Thanks to all of you, from several agencies, who care enough to make this amazing workshop available to anyone in Grays Harbor. I pray it will continue to touch lives in the positive way it has mine.

Most sincerely,

  
Marcia A. Taylor

CC Dr. Juliette Erickson