Live Well

SCCMHA Wellness Newsletter

Mental Health Month

May is Mental Health Month and there will be a lot happening around SCCMHA and the greater community at that time! May 3rd will be our 10th annual Wellness Fair, May 18th is the Walk A Mile Rally in Lansing and May 19th is the SCCMHA Everyday Heroes Banquet. Find out more at www.sccmha.org.

When mental illnesses or disorders are talked about, the language typically used to describe them tends to be clinical and impersonal. These words, while useful for doctors or clinicians, often don't do justice to what life with a mental illness feels like. That is why this year's theme for May is Mental Health Month—Life With a Mental Illness—is a call to action to share



what life with a mental illness feels like to someone going through it. May is Mental Health Month was started 67 years ago to raise awareness about mental health conditions and the importance of good mental health for everyone.

Life with a Mental Illness is meant to help remove the shame and stigma of speaking out, so that more people can be comfortable coming out of the shadows and seeking the help they need. This Mental Health Month, Mental Health America (MHA) is encouraging people to speak up about how it feels to live with a mental illness by tagging social media posts with #mentalillnessfeelslike. Posting with that hashtag is a way to speak up, to share your point of view with people who may be struggling to explain what they are going through—and help others figure out if they too are showing signs of a mental illness.

MHA has also developed a series of fact sheets available on its website (www.mentalhealthamerica.net/may) on realizing the critical importance of addressing mental health early, recognizing the risk factors and signs of mental illness, understanding what mental illness is and isn't, and how and where to get help when needed.

Research shows that by ignoring symptoms, we lose ten years in which we could intervene in order to change people's lives for the better. Speaking out about what mental illness feels like can encourage others to recognize symptoms early on in the disease process, and empower individuals to be agents in their own recovery.

For more information on May is Mental Health Month, visit Mental Health America's website at www.mentalhealthamerica.net/may.



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Wellness

Hand Washing

This year May 5th is World Hand Hygiene Day. One of the easiest ways to help protect yourself from illness is to wash your hands. It's generally best to wash your hands with soap and water. Follow these simple steps:

- •Wet your hands with running water.
- •Apply liquid, bar or powder soap.
- •Lather well.
- •Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- •Rinse well.
- •Dry your hands with a clean or disposable towel or air dryer.
- •If possible, use your towel to turn off the faucet.

Hand-washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.

Source: http://www.mayoclinic.com/health/handwashing/HQ00407.



Spotlight on Wellness

Dalia Smith, Cultural and Linguistics Competency Coordinator, has been an employee with SCCMHA since October 2011 and previously had worked with SCCMHA in a contract capacity since 2005. Dalia has made many significant wellness changes in her life.

In 2014, Dalia's doctor pointed out to her that with her state of health at the time, she was at a high risk for Type 2 Diabetes. Type 2 Diabetes is a condition where the body is either blocking the sugar-regulating effects of insulin (called insulin resistance) or not producing enough insulin to keep the blood sugar at normal levels. People who are overweight have a higher risk of developing Type 2 Diabetes.

With her long-term health in mind, Dalia determined that she needed to lose weight and address her overall wellness. She has lost 80 lbs. to date and is continuing to work toward additional weight loss. Initially, losing weight was part of a New Year's Resolution for January of 2015. Dalia began by getting support from friends and co-workers, a few of whom would exercise with her and help keep her motivated. She participated in a Zumba class and joined a gym. As the weather improved, she began walking and then jogging. She now works out at least three times per week, up to two hours at a time, doing a variety of exercises and strength training.

Dalia has also made dietary changes. She has cut out soda, fast food and extra desserts. She is very aware of portion sizes and strives to have balanced meals. Dalia also drinks a lot of water. She doesn't deprive herself of any particular food, allowing for the occasional indulgence. If she chooses to indulge, she is sure to account for those calories with her other food choices of the day as well as making sure she puts in extra effort with her workout.

Dalia feels she has grown with her social and spiritual wellness as well. She completed a local leadership program where she developed a sense of connection and a support system with her peers in the program. She also developed a close



friendship amongst the peers. This individual has shared his cultural and spiritual beliefs with Dalia, including meditation and yoga. Dalia has found these ideas to be enlightening and reports, "That experience has expanded my sense of meaning in life."

Dalia has noticed that her wellness-related changes have contributed positively to her mental health. She reports feeling more calm and relaxed, she finds she deals better with stressful situations and she generally feels happy much of the time. Dalia's commitments to these new changes in her life have made a significant impact on her overall health and well-being. We congratulate Dalia for her wellness-related success!

Dalia was nominated by Mary Baukus and selected by the SCCMHA Wellness committee. Are you a SCCMHA employee who has had great success with one or more of the eight dimensions of wellness? If you are, we want to hear from you! You may also nominate coworkers for this opportunity. To qualify, please send a brief summary of your success story to mbaukus@sccmha.org by 04/22/16. Summaries will be reviewed by the Wellness Committee. The person who is chosen will be featured in the next Live Well newsletter.

Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade: You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.



Clothing: When possible, long-

sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach coverup. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat: For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses: Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen: Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works: Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF: Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication: Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date: Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics: Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

Some Spring Awareness Themes

April

Sexual Assault Awareness Prevention Month

Local Resource:

Child & Family Services

2806 Davenport Saginaw, MI 48602 Ph: 989-790-7500 Fax: 989-790-8037

www.childandfamilysaginaw.org

National Cancer Control Month

Local Resource:

St. Mary's of Michigan Seton Cancer Institute 1-877-738-6672

May

Global Employee Health and Fitness Month

Some Local Exercise Resources:

- http://saginawymca.org
- www.yellowpages.com/saginawmi/gvms

Mental Health Month

SCCMHA Events:

- •Walk a Mile in My Shoes, May 18th
- •Everyday Heroes, May 19th

Contact Customer Service for more information at 797-3452 or go to www.sccmha.org

June

National Safety Month

Local Resource for Car Seat Checks: Saginaw Co. Sheriff Department 618 Cass St. Saginaw, MI, 48602 Call to schedule an appointment 989-790-5400



As part of our focus on whole person Wellness, SCCMHA has introduced a new campaign entitled, Better Together We Can... This program will not only benefit the individuals we serve but also our workforce here at SCCMHA and in our provider network. Better together, we can improve our wellness.

Lunch & Learns Noon-1:00 pm

April 13 500 Hancock May 18 500 Hancock June 15 1040 N. Towerline Rd.

Blood Pressure Drop-In Clinics 9:30-11:30 am

April 22 1040 N. Towerline Rd. May 13 500 Hancock June 17 500 Hancock

For more information and flyers, please check out: https://www.sccmha.org/healthcare-partnerships/wellness/better-together-wecan.html



Alcohol Awareness

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

With this year's theme, "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use," the month of April will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives. Local NCADD Affiliates as well as schools, colleges, churches, and countless other



community organizations will sponsor a host of activities that create awareness and encourage individuals and families to get help for alcohol-related problems.

Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. Adolescence is a time of heightened risk-taking and as alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will "get through it," or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

It can be daunting to talk with children about drinking and drug use, but it is well worth the effort parents put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.

"Alcohol and drug use is a very risky business for young people," says Andrew Pucher, President and Chief Executive Officer of NCADD, "and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child make smart decisions about alcohol and drugs."

Source: https://www.ncadd.org/about-ncadd/events-awards/alcohol-awareness-month-2016



Child Abuse Prevention

April is Child Abuse Prevention month. Saginaw County is home to the Child Abuse and Neglect Council of the Great Lakes Bay Region. The mission of CAN Council is "We are building communities where children are free from abuse and neglect." The CAN Council Great Lakes Bay Region addresses child abuse and neglect through prevention, intervention and advocacy. If you would like to learn more about CAN Council programs and services, please visit their website at www.cancouncil.org.



Together we **CAN** stop child abuse and neglect.



Nutrition Facts

Easy Red Beans and Rice

Serving Size: 1 cup Servings Per Recipe: 8 Amount Per Serving Calories: 270

2g fat (0 g sat) 0 mg cholesterol 55 g carbohydrates 7 g sugar 10 g protein 10 g fiber 140 mg sodium

Calcium (6% daily value) Vitamin A (6% dv) Iron (10% dv) Vitamin C (30% dv).

% Daily Value *

2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Healthy Recipe Spot



Easy Red Beans and Rice Ingredients

- Cooking oil spray, as needed (non-stick)
- 2. 1 onion (large, peeled and chopped)
- 3. 1 green bell pepper (medium, washed, seeded and chopped)
- 4. 1 teaspoon garlic powder
- 5. 2 cans diced tomatoes (14.5 ounces)
- 6. 1 can kidney beans (15.5 oz, drained and rinsed)
- **7.** 6 cups cooked brown rice

Instructions

- 1. Spray skilled with cooking oil spray.
- Cook onion and pepper over medium heat for 5 minutes or until tender.
- 3. Add garlic powder, tomatoes, and kidney beans.
- 4. Bring mixture to a boil.
- 5. Reduce heat to low and simmer for 5 minutes.
- Serve over rice.

Notes:

- May use "no salt added" canned, diced tomatoes for less sodium
- * May use fresh garlic, minced; or onion powder in place of garlic powder.



Source: http://www.whatscooking.fns.usda.gov/

Attention Case Managers and Home Managers!

Do you work with consumers who would benefit from having additional Wellness resources?

If your answer is "yes" then feel free to contact your SCCMHA Wellness Coordinator to help connect you with the resources you need to meet the needs of the consumers you serve.

Remember, wellness is not just health, it includes the following dimensions:

- Emotional
- Financial
- Social
- Spiritual
- Occupational
- Physical
- Intellectual
- Environmental

Mary K. Baukus, MSW, LMSW Wellness Coordinator

(989) 272-7228 mbaukus@sccmha.org

Wellness resources can also be found at: https:// www.sccmha.org/healthcarepartnerships/wellness/wellness -resources.html

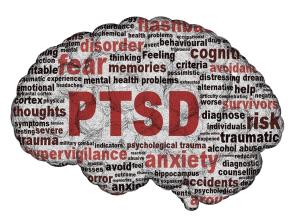


Wellness

Saginaw County Community Mental Health Authority

PTSD Awareness

The United States Senate designated June 27 as National PTSD Awareness Day and The National Center for Posttraumatic Stress Disorder has designated June as PTSD Awareness Month. What can you do if you or someone you care about needs help for PTSD? There are organizations and resources that can help both individuals and professionals discover ways to identify and manage PTSD symptoms.



American Psychological Association

Post-traumatic Stress Disorder:

(http://www.apa.org/topics/ptsd/index.aspx)

APA provides news articles, books and other timely resources for individuals and families coping with PTSD.

<u>The waking wounded</u>: (http://www.apa.org/monitor/2013/01/waking-wounded.aspx) Addressing injured soldiers' sleep issues helps improve their rehabilitation, psychologists find. (Monitor on Psychology, January 2013)

More PTSD among homeless vets: (http://www.apa.org/monitor/2013/03/ptsd-vets.aspx) Homeless Iraq and Afghanistan veterans are more likely to be haunted by PTSD than homeless vets of previous eras. (Monitor on Psychology, June 2013)

Helping veterans and their families: (http://www.apa.org/monitor/2012/05/veterans.aspx) Government agencies and community organizations must build bridges to assist service members, veterans and their families, said APA members at a 2012 congressional hearing. (Monitor on Psychology, May 2012)

National Center for PTSD

<u>Working Together to Raise PTSD Awareness</u>: (http://www.ptsd.va.gov/about/ptsd-awareness/working together.asp)

The National Center for PTSD is a VA center that promotes awareness of PTSD and effective treatments throughout the year. The organization provides mobile apps, videos, printed materials and online tools to educate and assist veterans, the general public and professionals about PTSD.

Adapted from this source: http://www.apa.org/topics/ptsd/ptsd-awareness.aspx

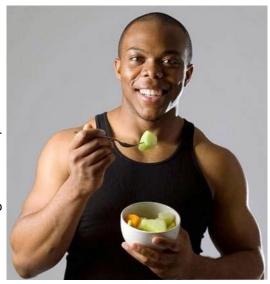


Wellness resources are just a click away at www.sccmha.org/healthcare-partnerships/wellness/wellness-resources.html

Men's Health

Men: You can take some simple steps to support your health, your family, and your future.

- Eat healthy. Nutritious foods give you energy and may lower your risk of certain diseases. Focus on fruits and vegetables, whole grains, and low-fat or fat-free milk products.
- Stay at a healthy weight. Being overweight or obese can raise your risk of diabetes, high blood pressure, heart disease, and stroke. Eat healthy foods, control portion sizes, and be active to keep your weight in check.
- Get moving. Regular exercise is one of the most important things you can do for your health.



- Be smoke-free. Smoking is linked to many of the leading causes of death, including cancer, lung disease, and stroke. If you smoke, quit today! Also, avoid secondhand smoke.
- Get routine exams and screenings. Ask your doctor how often you need to be examined. Ask about screening tests for certain diseases and conditions, including high blood pressure, high cholesterol, diabetes, sexually transmitted infections, and certain types of cancer.
- Take any medications you need. Thousands of deaths could be prevented each year by taking medications properly. Make sure to follow your doctor's instructions for all medications, including those that help control conditions like high blood pressure and diabetes.
- Avoid heavy drinking. Heavy drinking can lead to many problems, including high blood pressure, various cancers, psychological problems, and accidents. For men 65 and younger, drinking in moderation means no more than two drinks per day. Men older than 65 should have no more than one drink a day.
- Manage stress. Balancing work and family obligations can be challenging. But it's important to protect your mental and physical health.
- Get enough sleep. Not getting enough sleep can affect your mood and your health.
 See your doctor if you think you have a serious problem. Sleep apnea, a common problem in which your breathing stops briefly, can increase the risk of accidents and certain health problems.
- Know your risks. For example, people who work with certain chemicals need to take
 protective steps, and men who have sex with men should talk with their doctors about
 particular concerns. You also should keep track of your family medical history and
 share it with your doctor.
- Stay safe. Safety means many things, like wearing seatbelts and helmets, having working smoke detectors, and following safety rules at work. It also means using condoms, washing your hands, taking care of your teeth, and wearing sunscreen.

Adapted from an article at this source: http://www.womenshealth.gov/mens-health/tips-for-men-for-a-healthly-life/index.html

Arthritis

Did you know that nearly 53 million adults and 300,000 children have some type of arthritis? According to Arthritis Today, Arthritis is the leading cause of disability in America. There are many types of arthritis, and the symptoms range from mild to severe. It affects people of all ages, but women are affected more often and symptoms occur more frequently as people get older. Some of the symptoms of arthritis include:

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion

To learn more about arthritis, be sure to visit the Arthritis
Foundation website by clicking the link - http://www.arthritistoday.org/about-arthritis/. There you will find tools and resources, including a FREE Day-by-Day Arthritis
Wellness Tool available to download on your smartphone.
- See more at: https://nationalnursingrehab.com/articles/arthritis-awareness-month#sthash.gf6k4kiR.dpuf



Did you know?

- If you sneeze too hard, you could fracture a rib.
- Like fingerprints, everyone's tongue print is different.
- It is impossible for most people to lick their own elbow.
- Most people fall asleep in seven minutes.
- Almonds are a member of the peach family.

Source: http://kids.niehs.nih.gov/games/jokes/trivia.htm

SCCMHA Wellness Fair May 3rd

SCCMHA will host its 10th annual *Live Well* Wellness Fair on May 3rd from 10:00 a.m. to 2:00 p.m.

The fair will be at a **new location** this year, the Family Resource Center,1901 Maple St., Saginaw, 48602.

This **FREE** event is open to all staff, consumers and community members and is a great chance to gather information on health and wellness. There will also be TB testing for SCCMHA staff, blood pressure screenings available to anyone and more. Throughout the event there will be many giveaways and prize drawings. There are several vendors participating such as the Saginaw



Promise, HDI, Michigan State University Extension and Healthy Families America. There will also be multiple representatives of SCCMHA services. Some SCCMHA services represented include: Self-Determination, Health Home, Supported Employment and Wellness. The *Live Well* Wellness Fair will also be giving out a fabulous tote bag to guests (limited to the first 250 guests). Don't miss out on this fantastic wellness opportunity!

About Live Well

Live Well is a newsletter that is promised to be full of wellness-related information and news. The current editor is Mary Baukus, Wellness Coordinator. Live Well is published quarterly (Winter, Spring, Summer, Fall) by Saginaw County Community Mental Health Authority and distributed throughout SCCMHA and our network service providers.

If you are interested in contributing to the *Live Well SCCMHA Wellness Newsletter*, please contact Mary Baukus, at mbaukus@sccmha.org.

Is there a wellness topic that you would like to know more about? We welcome your suggestions. Previous issues can be found at https://www.sccmha.org/services/wellness/live-well-newsletters.html.

Are you a **consumer** who would like to have this newsletter delivered **FREE** to your mailbox or e-mail? We can add you to our mailing list. We can also remove you from our mailing list if you already receive *Live Well* and wish to discontinue it or change your method of receiving it to e-mail. Please fill out the form to the right and mail to:

Mary Baukus, MSW, LMSW, Wellness Coordinator Saginaw County Community Mental Health Authority Network Services & Public Policy 500 Hancock Saginaw, MI 48602



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Check the square on the right to indicate your preference.
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Address (include city, state, zip)
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"They show a lot of love around here like family."

— Mae B.
FFRC Participant

Friends for Recovery Center, a peer-run drop-in center, provides **FREE** self-help, education and recovery support to Saginaw County adults with serious mental illness in a wellness themed environment.



Where every day is make a difference day.

2720 W. Genesee Ave. | Saginaw, MI 48602 (989) 401-7587 | E-mail: mstuller@ttiinc.org



SCCMHA 2016 Live Vell Wellness Fair

Tuesday, May 3, 2016 10:00 am to 2:00 pm

Family Resource Center 1901 Maple St. Saginaw, MI 48602

- For more information, contact:
- Mary Baukus, Wellness Coordinator
- E-mail: mbaukus@sccmha.org

Phone: (989) 272-7228

- •Many vendors!
- •Community resources!
- Prize drawings!
- •Free stuff!
- •Helpful information!
- Health screenings!
- •All are welcome!
- •Free to attend!

Brought to you by:



