

Live Well

SCCMHA Wellness Newsletter

Don't Let the Holidays Crush Your Budget

SCCMHA is recognizing the importance of Financial Literacy for the month of December. One of the most important things about being financially literate is to know how to budget properly. For all the planning we do during the holidays, the last couple of weeks before the big parties and family gatherings can trip up the best of budgets. Perhaps what's needed is some last-minute tricks to keep overspending to a minimum. Here are a few ideas to get you through.

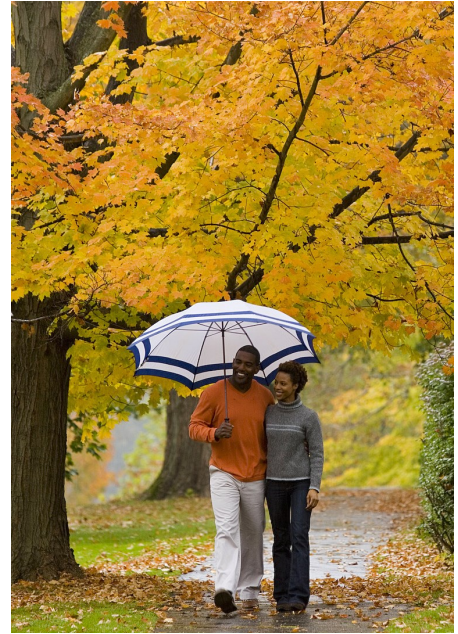
Track your spending. If you're close to the upper end of your budget and you're not quite sure what's happened, go through those receipts. Maybe you and your partner or spouse are shopping independently, spending too much on gas, meals out or failing to coordinate on the items you need. Maybe the kids are adding items to their lists at the last minute. It's toughest to say no to kids, so see if there are adult gifts, decorating items or seasonal specialty food you really don't need to purchase. In other words, if your budget is tight, identify the expenses you can alter and adjust your spending plans.

Don't ignore the cost of returns. Some retailers are strict about return policies on a host of items, which makes it doubly important to save all your receipts. If you're giving gift cards, make sure the recipient has the purchase receipt in case the card doesn't work. If you've bought items online, make sure you keep critical return information and package return stickers in case you need them. However, take one additional step with shipped returns – see whether the seller is charging you more for their convenient shipping label option than shipping the item back locally in your own packaging. Finally, keep restocking fees in mind – some retailers

charge in excess of 10 percent of the item's cost to accept a return, particularly for electronic and mechanical purchases that involve heavy packaging. Ultimately, the best time to check return policies is before you buy, but if you do have to return items, consolidate those trips to save time, gas and money.



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Wellness

Dental health Awareness: dental care basics

Think you know everything about proper brushing and flossing techniques? Understand the basics and what you can do to promote oral health.

In the month of October, SCCMHA is recognizing the importance of proper dental care through Dental Health Awareness Month. Your smile depends on simple dental care habits, such as brushing and flossing. But are you using the right techniques? Follow these steps to protect your oral health.

Brushing for oral health

Oral health begins with clean teeth. Keeping the area where your teeth meet your gums clean can prevent gum disease, while keeping your tooth surfaces clean can help you stave off cavities. Consider these brushing basics from the American Dental Association:

Brush your teeth twice a day. When you brush, don't rush. Take time to do a thorough job.

Use the proper equipment. Use a fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably. Consider using an electric or battery-operated toothbrush, which can reduce plaque and a mild form of gum disease (gingivitis) more than does manual brushing. These devices are also helpful if you have arthritis or other problems that make it difficult to brush effectively.



Practice good technique. Hold your toothbrush at a slight angle — aiming the bristles toward the area where your tooth meets your gum. Gently brush with short back-and-forth motions. Remember to brush the outside, inside and chewing surfaces of your teeth, as well as your tongue.

Keep your equipment clean. Always rinse your toothbrush with water after brushing. Store your toothbrush in an upright position and allow it to air-dry until using it again. Try to keep it separate from other toothbrushes in the same holder to prevent cross-contamination. Don't routinely cover toothbrushes or store them in closed containers, which can encourage the growth of bacteria, mold and yeast.

Know when to replace your toothbrush. Invest in a new toothbrush or a replacement head for your electric or battery-operated toothbrush every three to four months — or sooner if the bristles become irregular or frayed.

Flossing for oral health

You can't reach the tight spaces between your teeth and under the gumline with a toothbrush. That's why daily flossing is important. When you floss:

- **Don't skimp.** Break off about 18 inches (46 centimeters) of dental floss. Wind most of the floss around the middle finger on one hand, and the rest around the middle finger on the other hand. Grip the floss tightly between your thumbs and forefingers.
- **Be gentle.** Guide the floss between your teeth using a rubbing motion. Don't snap the floss into your gums. When the floss reaches your gumline, curve it against one tooth.
- **Take it one tooth at a time.** Slide the floss into the space between your gum and tooth. Use the floss to gently rub the side of the tooth in an up-and-down motion. Unwind fresh floss as you progress to the rest of your teeth.
- **Keep it up.** If you find it hard to handle floss, use an interdental cleaner — such as a dental pick, pre-threaded flosser, tiny brushes that reach between teeth, a water flosser or wooden or silicone plaque remover.

As long as you do a thorough job, it doesn't matter if you brush or floss first.

Source: Mayo Clinic, By Mayo Clinic Staff, <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536>

Spotlight on Wellness

Amy started working with SCCMHA in January of this year, and she "...really appreciates the focus on wellness and all its different dimensions. I'm a big supporter of leading by example, and I think it's great that so much effort is placed on keeping ourselves strong so that we can be a solid support for someone else." For Amy, "someone else" is her husband and six children.

Amy reports that she and her husband had settled into unhealthy eating and snacking habits coupled with little physical activity. She realized her weight was at an all-time high this summer. She and her husband decided that they wanted to improve their health together for themselves and to be good examples to their children.

Since July 17th Amy has lost 33 pounds and she is working hard to get back to a healthy weight. Amy wakes at 4:30am to begin



Amy Kramer before Wellness-inspired changes and now

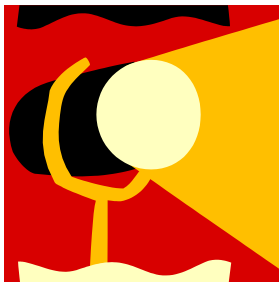
her fitness routine. She starts and finishes any routine with stretching and she primarily exercises by walking or running. Amy uses a 5K trainer app on her phone and has been able to gradually build up her strength and endurance. She can now run up to three miles and is still making progress. Amy also drinks over a gallon of water each day and tracks her calories on an app. Amy and her husband help motivate each other and celebrate each other's accomplishments. Amy has learned a great deal about herself through this process. She shares, "I have learned that I can love myself along the way, even if I haven't yet reached my goal. I've learned that showing up and putting in the effort today has to be enough, because today is all I have."

Amy is most proud of her accomplishments with physical wellness, but she has also made great strides with environmental wellness through improved organization. "I like to keep my desk completely free of paperwork, preferring to take out only what I am going to work on as I actually need it. ...it helps to feel more accomplished as the day wraps up, knowing that I am not leaving a desk load of work for the next day." She takes advantage of electronic documents to cut down on paper and makes an effort to keep on top of her e-mails. Amy reports, "I try to follow OHIO, which I learned at the recent hoarding training: Only Handle It Once. If something doesn't have a direct purpose, it doesn't stick around."

Amy wants to encourage others to not give up on their wellness goals even if they have some setbacks. She shared this quote that she finds motivational, "Giving up on your

goal because of a setback is like slashing your other three tires because you got a flat."

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! **To be considered, please send a brief summary of your success story to mbaukus@sccmha.org by 10/24/2016.** You may also call Mary at 272-7228 with questions.



Some Fall Awareness Themes

October: Breast Cancer Awareness Month

Local Resource:

Covenant Healthcare Breast Health Center
www.covenanthealthcare.com/Main/BreastHealthCenter.aspx

November: American Diabetes Month

Resource:

American Diabetes Association,
www.diabetes.org

Great American Smoke Out 11/17/16 <http://ow.ly/oAJIK>

December: AIDS Awareness Month

Resource: www.aids.gov/

National Hand Washing Awareness Week,

December 4-10

Resource: www.cdc.gov/Features/HandWashing/





November 18, 2016 5:30 to 8:30pm; Features:

- City Lighting Ceremonies at Water Treatment Plant, 5:45pm
- Free Horse Drawn Wagon Rides
- "Holiday Market" at the Andersen Enrichment Center
- Free Trolley Rides
- Free Holiday Concerts
- Santa and Mrs. Claus at the Gazebo in Old Saginaw City
- Free Pony Rides in Borchard Park
- Fireworks! at 8:30pm from Ojibway Island

Find out **more** at <http://www.prideinsaginaw.org/events/holidays/>



Sign up for free, unlimited access to personalized help with myStrength!

You can:

- Reduce Stress
- Track your mood online
- Manage depressive thoughts
- Manage anxious thoughts
- Access and share inspirations
- Get help on the go with the app.

For more information, go to <https://www.sccmha.org/healthcare-partnerships/mystrength.html>

Better Together We Can...

Better Together



We Can

According to the Centers for Disease Control and Prevention, **about 70 million** American adults (29%) have high blood pressure—that's **1 of every 3** adults. As part of our focus on whole person Wellness, SCCMHA will continue a learning series with a focus on blood pressure management and other wellness topics.

High blood pressure (HBP) is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, you can work with your health care team to keep it that way. If your blood pressure is too high, treatment may help prevent damage to your body's organs. For more information on blood pressure and blood pressure management, go to <http://ow.ly/R3zoQ..> For more Better Together opportunities, go to <https://www.sccmha.org/healthcare-partnerships/better-together-we-can/>.

Drop-In Blood Pressure Clinics

- October 14th, 9-11:30 AM, Hancock HDI Clinic
- November 4th, 9-11:30 AM, Hancock HDI Clinic
- December 9th, 9-11:30 AM, Hancock HDI Clinic

Learn Together Series (Formerly "Lunch & Learns")

- October 12th, Safe Exercise, 12-1 PM, Hancock Rm 001
- October 19th, Manage Our Blood Pressure, 12-1 PM, Hancock Rm 001
- November 16th, Yoga for Hypertension, 12-1 PM, Hancock, Rm 001
- December 14th, Stress Management, 12-1 PM, Towerline, Rm 033

Meditation Available

Meditation and relaxation services are now provided through the SCCMHA Health Home & Wellness Center. Services are provided by Mary Baukus, a Licensed Master Social Worker who has seventeen years of mental health related experience, including ten years as an outpatient mental health psychotherapist who worked with all ages.

- Services include instruction on relaxation breathing techniques as well as brief meditations.
- Meditations are completed in session.
- Sessions are scheduled for 30 minutes.
- Meditations are typically 5-10 minutes, with a focus on mindfulness, but there is potential for longer techniques, including progressive muscle relaxation and guided imagery.
- If you have questions, please feel free to contact Mary at 272-7228.



Breast Cancer | Mammograms Save Lives

October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends for women that **if you are 50 to 74 years old, be sure to have a screening mammogram every two years**. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about mammograms and to learn which other breast cancer screening tests may be right for you.

In recognition of National Breast Cancer Awareness Month, we invite you to join SCCMHA staff members by wearing pink on October 21, 2016.

For more information:

- National Cancer Institute, <http://www.cancer.gov/>
- Susan G. Komen for the Cure, <http://www.komen.org>
- National Breast and Cervical Cancer Early Detection Program, <http://www.cdc.gov/cancer/nbccedp>
- American Cancer Society, <http://www.cancer.org/cancer/breastcancer/index>

Sources: U.S. Department of Health and Human Services, Office on Women's Health; <http://www.cdc.gov/cancer/breast/>



Nutrition Facts

Sautéed Carrots with Sage

Serving Size: 1/2 cup
Servings Per Recipe: 2
Amount Per Serving
Calories: 75

Total Fat 4.4 g
Saturated Fat 1.5 g
Cholesterol 5 mg
Sodium 224 mg
Total Carbohydrates 9 g
Dietary Fiber 2.6 g
Protein 0.9 g
Calcium 35 mg



The Healthy Recipe Spot

Ingredients

1. 1 teaspoon butter
2. 1 teaspoon olive oil
3. 1 1/2 cups diagonally sliced carrot
4. 2 tablespoons water
5. 1/8 teaspoon salt
6. 1/8 teaspoon freshly ground black pepper
7. 2 teaspoons fresh small sage leaves

Sautéed Carrots with Sage

Makes 2, 1/2 cup servings. Recipe can be doubled, tripled, etc. to meet your quantity needs.

Directions

Melt butter in a large nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add carrot and 2 tablespoons water. Partially cover pan and cook 10 minutes or until carrots are almost tender. Add salt and pepper to pan; increase to medium-high heat. Cook 4 minutes or until carrots are tender and lightly browned, stirring frequently. Sprinkle with sage.



Source: <http://www.myrecipes.com/recipe/sauteed-carrots-with-sage>

Preventing Illness

Yes, the power is in your hands to prevent the Flu!

True Flu Prevention:

1. Do Not Touch the T Zone
 2. Hand wash regularly
 3. Don't hesitate to vaccinate
- Imagine how great it would be if you or your family were rarely or never sick again from a respiratory infection!

Examples of respiratory infections include:

Flu, flu-like illness, adeno virus, RSV, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more.

The T Zone is the only portal of entry into the human body for ALL respiratory infections!

Practicing the 4 Principles of Hand Awareness behaviors will help ensure you "stay well"

The 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

Hand washing awareness week is the first full week of December each year.

Source: <http://www.henrythehand.com/wp-content/uploads/2011/01/DR-Will-NHWAW-letter-2016-PDF.pdf>



Continued from page 1

"Piggyback" the purchases of others. If you have a large gift list for loved ones or family, be a nosy shopper. Maybe your sister is finally giving her movie loving husband the room-sized television he's always wanted. Maybe your nieces and nephews are getting expensive dolls, toys or technology items that require clothes or software of some sort. If you are trying to cut your holiday budget, check in with loved ones to see if you can supplement these expensive gifts with accessories that might be easier on your budget and appreciated just as much. Pitching in for a couple of outfits for the expensive doll – rather than having to buy the expensive doll itself – saves you money, gives your loved ones a break on the subsequent purchases they'll need to make and the recipient gets more of what he or she wants. This solution is a win-win all around.

Watch out for theft. All the smart shopping in the world won't lessen the headaches from thieves who target your packages, personal and online data or the contents of your wallet. Fast-approaching holidays and busy schedules can leave us tired and distracted, so keep a close watch on potential risk for identity theft, (<https://www.identitytheft.gov>) package theft from cars, homes and apartment vestibules. If you take public transportation, use extra caution to keep your money, purchases and personal technology hidden from thieves.

Bottom line: Don't let the last, busy weeks of the holiday season knock you off budget or threaten your financial security in other ways.

Adapted from an article by Nathaniel Sillin, found at http://www.practicalmoneyskills.com/personalfinance/experts/practicalmoneymatters/columns_2015/1211_HolidayRush.php



Everyone loves a quitter!



Make a plan to quit November 17th.

The Great American Smokeout

Go to: <http://ow.ly/OMRk303CDBq>



American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas:

- Encourage people to make small changes, like taking the stairs instead of the elevator.
- Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.



For more information, please go to <http://www.cdc.gov/features/livingwithdiabetes/>

Source: <https://healthfinder.gov/nho/Novembertoolkit.aspx>

...86 million adults in the United States are at high risk for developing type 2 diabetes.



Wellness resources are just a click away at

<https://www.sccmha.org/healthcare-partnerships/wellness-resources/>

National Depression Screening Day

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

Clinical depression is a common medical illness affecting more than 19 million American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare. **National Depression Screening Day** was October 6, 2016, but you can take a screening at any time. Take an online [depression screening](#).

Screenings are not a professional diagnosis.

Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.

National Depression Screening Day



Did You Know?

- Babies, who have no sense of social norms or how they are perceived by others, do not blush.
- People who are happy are less likely to catch colds and report fewer symptoms of the illness when they are under the weather.
- Heat released by the human body in one hour can boil 5 liters of water in one hour.

Source: <http://onlinesurgicaltechniciancourses.com/2010/50-ridiculous-and-weird-facts-about-the-human-body/>

BCBS Members:

Did you know there was a 24-Hour Nurse Line?

This 24/7 service connects you with registered nurses supported by board-certified physicians that can:

- Share tips for healthy lifestyles
- Discuss at-home treatments for minor illnesses and injuries
- Answer questions about upcoming surgeries and medical tests
- Provide health education materials about rare or chronic conditions
- Teach you about preventive care like mammograms, immunizations and prostate screenings
- Suggest chronic condition management programs and community resources

Please note: Their 24-hour nurse line should not be used in medical emergencies.

PPO Plans - Blue Cross Blue Shield of Michigan

1-800-775-BLUE (2583)



About *Live Well*

Live Well is a newsletter that is promised to be full of wellness-related information and news. The 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.



Do not consider the content of Live Well as medical advice. Never delay or disregard seeking professional medical advice from your doctor or other qualified healthcare provider because of something you have read in Live Well. You should always speak with your doctor before you start, stop, or change any prescribed part of your care plan or treatment. If you think you may have a medical emergency, call your doctor or dial 911 immediately.

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.

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, LMSW, Wellness Coordinator
Saginaw County Community Mental Health Authority
500 Hancock
Saginaw, MI 48602

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