

# Live Well

SCCMHA Wellness Newsletter

## Mental Health Month

### Key Messages for Mental Health Month

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- People experience symptoms of mental illnesses differently—and some engage in potentially dangerous or risky behaviors to avoid or cover up symptoms of a potential mental health problem.
- Sometimes people—especially young people—struggling with mental health concerns develop habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or that could be signs of mental health problems themselves.
- Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or disordered exercise patterns can all be behaviors that can disrupt someone's mental health and potentially lead them down a path towards crisis.
- It is important to understand early symptoms of mental illness and know when certain behaviors are potentially signs of something more.
- We need to speak up early and educate people about risky behavior and its connection to mental illness—and do so in a compassionate, judgement-free way.
- When we engage in prevention and early identification, we can help reduce the burden of mental illness by identifying symptoms and warning signs early—and provide effective treatment Before Stage 4 (advanced symptoms).



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**Wellness**

For more information visit <http://www.mentalhealthamerica.net/> and [www.sccmha.org](http://www.sccmha.org).

## Walking

Can you really walk your way to fitness? You bet! Get started today.

### Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination
- The faster, farther and more frequently you walk, the greater the benefits.

Source: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>



## Spotlight on Wellness



Gina Mungia-Zamora works as the Housing Resources Coordinator for the Housing Resource Center, reporting to Rocky Archangeli. She has been employed with SCCMHA for about 8 ½ years and formerly worked in Community Support Services. Gina has recently made some significant lifestyle changes in the area of physical wellness, but she feels that spiritual and financial

wellness have been a part of her experience as well. Gina shared that part of her inspiration for this lifestyle change has been that her son and his wife are having a baby. Gina shared "I'm looking forward to being a grandma for the first time and I want to be a healthy grandma." Gina shared that the spiritual part of her changes began when she started a new church. Her church experience was very inspiring in multiple ways and one way was the idea of gaining a new insight. Gina shared that going to the new church helped her to, "...start focusing on myself to become better for me." Her Pastor, also a Zumba instructor, invited her to join her classes at Seung Ni. Gina was reluctant at first, stating "Taking that first step is so hard." However, once she began, she really liked the experience and also participated in several other classes. She feels that the people at Seung Ni are very nice and that they are her health and fitness family. Gina now works out at least 3-days a week, sharing "I'm part of the club. I'm part of a fitness family now."



Gina Mungia-Zamora , March 2017

As part of her physical wellness changes, Gina joined a six-week body challenge. This experience involved regular exercise and diet changes. Gina lost 20 pounds and came in third place in the competition, reporting "That was a proud moment for me." She has more energy now and is hoping to have lost 50 pounds by her 50<sup>th</sup> birthday in June of 2018. As part of her lifestyle change, Gina shops differently, now avoiding purchasing pop and other junk food. She buys a great deal of fruits and vegetables, eats six small meals a day, and drinks a lot of water.

In the area of Financial Wellness, the healthier food and the cost of her membership to Seung Ni have been good investments and she makes up for increased costs by being a committed coupon user and avoiding fast food. Gina pointed out that she has great family support with her Wellness endeavors. She receives encouragement and support from her family and has also recruited a co-worker to join her in her efforts.

Gina hopes that others will recognize the importance of taking care of you. She wants everyone to know, "I know that everyone is busy and think they don't have the time for themselves, but my advice is to look at yourself and love yourself first, before you can take care of your family and friends for a healthy future." We congratulate Gina for her wellness-related success!

*Gina was nominated by Brion Younk and selected by the SCCMHA Employee Wellness committee.*

# Radon Testing: It's Important

Do you know about Radon? Radon is an odorless, colorless, radioactive gas that can seep into homes from the ground and increase the risk of lung cancer. Radon is second only to smoking as a leading cause of lung cancer. Our Healthy Homes Program Coordinator, Brion Younk, recognized the danger of Radon and decided to do something about it with the SCCMHA Salter Place Housing Resource Center Radon Testing Project of 2016.

Brion was able to get 100 free Radon tests from Saginaw County Environmental Health (SCEH). This number was more than enough tests/kits to start performing Radon testing for most of the people with SCCMHA HRC housing grants. Brion performed 75 Radon tests as part of this project. Of all the homes that were tested, two of them had results that were just above the EPA action level, which is 4 picocuries per liter. (pCi/L) One of the two homes was tested three times and the other home was tested twice for a total of 5 Radon tests that tested between 3 and 4.7 pCi/L. According to the [www.radon.com](http://www.radon.com), "Lung cancer risk rises 16% per 2.7 pCi/L increase in radon exposure." Other than the two homes that tested between 3 and 4.7 pCi/L, no test result of homes tested on our housing grants were near 2.7 pCi/L of Radon.

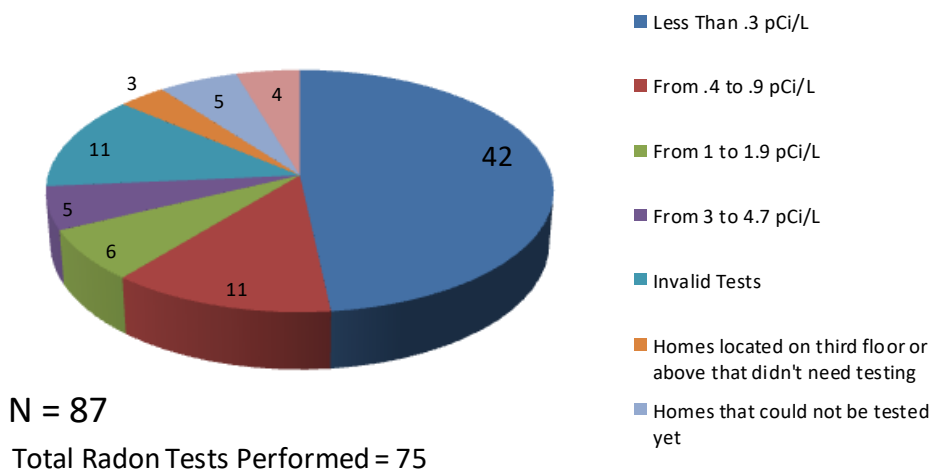
For the two homes where the Radon levels were above 4 pCi/L, Brion and his supervisor, Rocky Archangeli, spoke to the landlord and the tenants to inform them of the situation. We do know that high levels of Radon fall into a habitability law which basically states that if the unit is uninhabitable, the tenant has certain rights. For instance, the tenant can either refrain from continuing to pay rent, or they can break the lease and move elsewhere. Also, if it can be proven in a court of law that a person developed lung cancer because of high levels of Radon, there can be the potential for a lawsuit fought either on behalf of the lung cancer victim or their family if the victim has passed away.

There are many reasons why a person should not only test their properties for Radon but also why they should put in proper mitigation systems if high levels of Radon are found. Regardless of whether or not a landlord knows if one of their units has high levels of Radon, there may be consequences if someone living there gets lung cancer that is potentially caused by high Radon levels.

If you or someone you know would like a home tested for Radon, you can contact Saginaw County Environmental Health (SCEH) at (989) 758-3686.

Article information contributed by Brion Younk, SCCMHA Healthy Homes Program Coordinator

## Radon Test Results



## 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.childandfamiliesaginaw.org](http://www.childandfamiliesaginaw.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/saginaw-mi/gyms](http://www.yellowpages.com/saginaw-mi/gyms)

#### *Mental Health Month*

Events:

- Walk a Mile in My Shoes, May 10th

Contact Customer Service for more information at 797-3452 or go to [www.sccmha.org](http://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



# Better Together



We Can

Better Together We Can offers a variety of FREE health and wellness activities and classes that are open to consumers of SCCMHA services, SCCMHA staff members, and SCCMHA providers. Examples of available classes include:

- Coloring for Relaxation
- Walking Groups
- Toning Class
- Book Clubs
- Education on various health and wellness topics
- Blood pressure clinics
- And more!

If you would like to know what is going on this month with Better Together We Can activities, please go to:  
<https://www.sccmha.org/healthcare-partnerships/better-together-we-can/>



## COPD

**Chronic Obstructive Pulmonary Disease (COPD)** is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, refractory (non-reversible) asthma, and some forms of bronchiectasis. This disease is characterized by increasing breathlessness.

Many people mistake their increased breathlessness and coughing as a normal part of aging. In the early stages of the disease, you may not notice the symptoms. COPD can develop for years without noticeable shortness of breath. You begin to see the symptoms in the more developed stages of the disease. That's why it is important that you talk to your doctor as soon as you notice any of these symptoms. Ask your doctor about taking a spirometry test.

### What are the signs and symptoms of COPD?

- Increased breathlessness
- Frequent coughing (with and without sputum)
- Wheezing
- Tightness in the chest

### How common is COPD?

COPD affects an estimated 30 million individuals in the U.S., and over half of them have symptoms of COPD and do not know it. Early screening can identify COPD before major loss of lung function occurs.

### What are the risk factors and common causes of COPD?

Most cases of COPD are caused by inhaling pollutants; that includes smoking (cigarettes, pipes, cigars, etc.), and second-hand smoke.

Fumes, chemicals and dust found in many work environments are contributing factors for many individuals who develop COPD.

Genetics can also play a role in an individual's development of COPD—even if the person has never smoked or has ever been exposed to strong lung irritants in the workplace.

Here is more information on the top three risk factors for developing COPD:

#### Smoking

COPD most often occurs in people 40 years of age and older who have a history of smoking. These may be individuals who are current or former smokers. While not everybody who smokes gets COPD, most of the individuals who have COPD (about 90% of them) have smoked.

#### Environmental Factors

COPD can also occur in those who have had long-term contact with harmful pollutants in the workplace. Some of these harmful lung irritants include certain chemicals, dust, or fumes. Heavy or long-term contact with secondhand smoke or other lung irritants in the home, such as organic cooking fuel, may also cause COPD.

#### Genetic Factors

Even if an individual has never smoked or been exposed to pollutants for an extended period of time, they can still develop COPD. Alpha-1 Antitrypsin Deficiency (AATD) is the most commonly known genetic risk factor for emphysema<sup>2</sup>. Because not all individuals with COPD have AATD, and because some individuals with COPD have never smoked, it is believed that there are other genetic predispositions to developing COPD. Read about the **COPDGENE™ STUDY** to learn about research to find other genetic causes of Chronic Obstructive Pulmonary Disease.

Source: <http://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx>



## Allergies

While allergies are most common in children, they can appear at any time and any age. Sometimes allergies disappear, only to return years later. Exposure to allergens at times when the body's defenses are weak, such as after an illness or during pregnancy, also may play a role in developing allergies.

### Children and Allergies

Parents: The sooner you can identify potential allergies in your child, the better. Common allergy symptoms for children include sneezing, coughing, an upset stomach, a skin rash and difficulty breathing. [Learn more](#) about common triggers, such as animal dander, grass or tree pollen, insect stings, nuts, milk and eggs.

### Children and Eczema

Ninety percent of patients with eczema — a noncontagious inflammatory skin condition — will have experienced symptoms by the age of 5. More than a third of children with eczema have food allergies as well. [Learn about](#) eczema's symptoms and treatment.

### Allergies at Work

Some people find their allergy symptoms appear — or get worse — while they're at work. Occupational allergic rhinitis is a condition in which people are affected by workplace allergens, such as cleaning products or chemical fumes. [Learn more](#) about common work-related triggers.

For more information on allergies, please go to <http://acaai.org/allergies>.

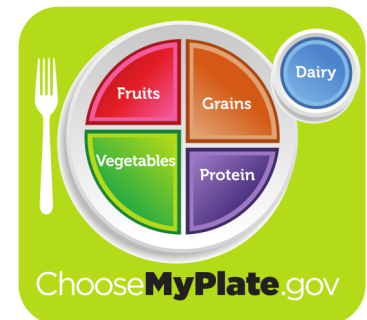


## Nutrition Facts

### Caribbean Casserole

Serving Size: 1 cup  
Servings Per Recipe: 10  
Amount Per Serving  
Calories: 185

1g fat (0 g sat)  
0 mg cholesterol  
37 g carbohydrates  
292 mg potassium  
7 g protein  
7 g fiber  
297 mg sodium



## The Healthy Recipe Spot

### Ingredients

- 1 medium onion, chopped
- ½ green pepper, diced
- 1 tablespoon canola oil
- 1 14½-ounce can stewed tomatoes
- 1 16-ounce can black beans (or beans of your choice)
- 1 teaspoon oregano leaves
- ½ teaspoon garlic powder
- 1½ cups instant brown rice, uncooked

### Instructions

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes.

## Caribbean Casserole



Source: <https://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf>



## Attention Case Holders 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/healthcare-partnerships/wellness-resources/>



Wellness

**Saginaw County Community  
Mental Health Authority**

## Get the Sniffles EVERY Spring?

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

### Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

For more tips for dealing with Spring allergies, please go to <http://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343?pg=1>



National Wear Red Day

February 6

[www.NationalDayCalendar](http://www.NationalDayCalendar)



life is why™

**SCCMHA Decided to Go Red to Celebrate American Heart Month!**

# Asthma

Asthma is a chronic disease involving the airways in the lungs. These airways, or bronchial tubes, allow air to come in and out of the lungs.

If you have asthma your airways are always inflamed. They become even more swollen and the muscles around the airways can tighten when something triggers your symptoms. This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

For many asthma sufferers, timing of these symptoms is closely related to physical activity. And, some otherwise healthy people can develop asthma symptoms only when exercising. This is called exercise-induced bronchoconstriction (EIB), or exercise-induced asthma (EIA). Staying active is an important way to stay healthy, so asthma shouldn't keep you on the sidelines. Your physician can develop a management plan to keep your symptoms under control before, during and after physical activity.

People with a family history of allergies or asthma are more prone to developing asthma. Many people with asthma also have allergies. This is called allergic asthma.

Occupational asthma is caused by inhaling fumes, gases, dust or other potentially harmful substances while on the job.

Childhood asthma impacts millions of children and their families. In fact, the majority of children who develop asthma do so before the age of five.

There is no cure for asthma, but once it is properly diagnosed and a treatment plan is in place you will be able to manage your condition, and your quality of life will improve.

An allergist / immunologist is the best qualified physician in diagnosing and treating asthma. With the help of your allergist, you can take control of your condition and participate in normal activities.



Article source: <http://www.aaaai.org/conditions-and-treatments/asthma>

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<b>Hypertensive Crisis</b> (Emergency care needed)	Higher than 180	or	Higher than 110

## Blood Pressure

**Normal blood pressure:** Blood pressure numbers that are within the normal (optimal) range of less than 120/80 mm Hg. Keep up the good work and stick with heart-healthy habits like following a balanced diet and getting regular exercise.

**Prehypertension (early stage high blood pressure):**

Prehypertension is when blood pressure is consistently ranging from 120-139/80-89 mm Hg. People with prehypertension are likely to develop high blood pressure unless steps are taken to control it.

**Hypertension Stage 1:**

Hypertension Stage 1 is when blood pressure is consistently ranging from 140-159/90-99 mm Hg. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication.

**Hypertension Stage 2:**

Hypertension Stage 2 is when blood pressure is consistently ranging at levels greater than 160/100 mm Hg. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications along with lifestyle changes.

**Hypertensive crisis:** This is when high blood pressure requires emergency medical attention. If your blood pressure is higher than 180/110 mm Hg and you are NOT experiencing symptoms such as chest pain, shortness of breath, back pain, numbness/weakness, changes in vision or difficulty speaking, wait about five minutes and take it again. If the reading is still at or above that level, you should CALL 9-1-1 and get help immediately.

Source: <http://ow.ly/Auu9309oGy9>

### Did you know?

- Fatigue along with mood and depression improved after a single 30-minute moderate intensity [exercise session](#).
- Energy drinks contain up to five times more caffeine than coffee, but the boost they provide is fleeting and comes with unpleasant side effects like nervousness, irritability, and rapid heartbeat.
- A pound of fat weighs the same as a pound of muscle, but muscle takes up less space .

Source: <http://ow.ly/5Mri309oKZ9>

## Friends for Recovery Center

This past February, the Friends for Recovery Center celebrated three years of providing wellness and social resource for adults with a diagnosis of serious mental illness in Saginaw County. It is located at 2720 W. Genesee in the City of Saginaw, across from Bayside Clubhouse. FFRC is a drop-in center with a wellness theme. Drop-in centers are 100% peer run organizations. It feature a workout room, a health kiosk, a small library with internet-connected computers, a recreation room and a multi-purpose room. It also offers a large courtyard. The idea of a drop-in is center is that it is a safe place for adults with serious mental illness to come and socialize. FFRC offer a calendar of free wellness related classes. Friends for Recovery Center is currently accepting new participants. Transportation to and from the Friends for Recovery Center is available for enrolled consumers as needed. FFRC is open Monday through Friday, 8:00 am to 5:00 pm. Call the director, Miley Stuller at 401-7587 for more information or go to <https://www.sccmha.org/healthcare-partnerships/friends-for-recovery-center/>.



## 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* has been published quarterly (Winter, Spring, Summer, Fall) by Saginaw County Community Mental Health Authority and distributed throughout SCCMHA and our network service providers. This edition of *Live Well* will be the last one for the foreseeable future.

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



**Wellness resources** are just a click away at  
[www.sccmha.org/healthcare-partnerships/wellness/wellness-resources.html](http://www.sccmha.org/healthcare-partnerships/wellness/wellness-resources.html)