

Live Well

SCCMHA Wellness Newsletter

Take Care of Your Heart

Soon February will be here and it will be American Heart Month. Keep a look out for future announcements related to Go Red events to be held at various SCCMHA sites in the month of February to help raise awareness for heart health.

One way to take care of your heart is to develop good habits. See below for ideas on where to start.



Quit smoking

We know smoking is bad for our health and that research shows quitting smoking reduces our heart risk. Now is the time to quit!

What to Do: Go Red For Women offers numerous resources to help you quit smoking, including frequently asked questions and advice to help you through the process, combatting stress and weight gain.

Consistent exercise

Regular physical activity has many benefits such as helping you quit smoking, lose weight, reduce stress, lower blood pressure and increase HDL cholesterol.

What to Do: Doing aerobic exercise — using large muscles of the legs and arms — on most days of the week for 30 to 60 minutes helps your heart work more efficiently. Physical activities to improve your strength, flexibility and balance help you stay agile as you age.

Manage stress

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. Stress is your body's response to change. The body reacts to it by releasing adrenaline (a hormone) that causes your breathing and heart rate to speed up, and your blood pressure to rise. Constant or continuous stress can be harmful to your heart health. The good news is you can actively manage your stress before it becomes a problem.

What to Do: Understand stress triggers and learn how to respond to stressful situations at home and at work with these stress management resources. (https://www.goredforwomen.org/home/live-healthy/stress_management/)

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Wellness

Cover Your Cough

Stop the spread of germs that can make you and others sick!

Influenza (flu) and other serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs,

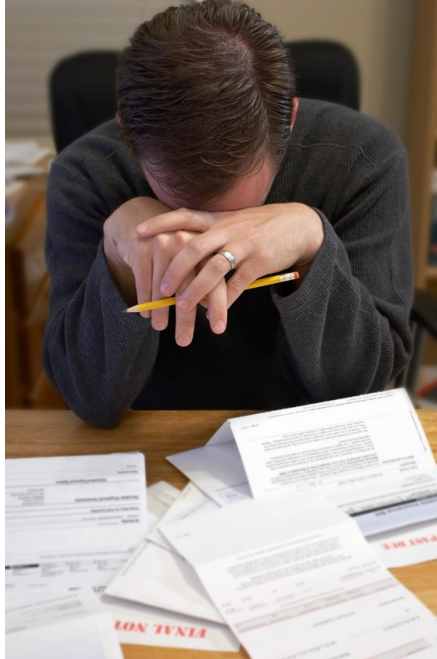
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- You may be asked to put on a facemask to protect others.
- Wash your hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.

Source: <http://www.cdc.gov/flu/protect/covercough.htm>



Financial Wellness: Debt Management

Debt management, by the standard financial definition, involves a designated third party assisting a debtor to repay his or her debt. Many companies specializing in credit counseling offer plans to help people with heavy debt and damaged credit get their financial situation under control. A simpler definition could be the routine practice of spending less than one earns. For all intents and purposes, however, it is a structured repayment plan set up by a designated third party, either as a result of a court order or as a result of personal initiation.



A plan to manage debt entails a series of steps, which the third party service works on with the help of the debtor. The first step typically involves compiling a list of all creditors and the amounts owed to each. Some creditors are not eligible to be included in a debt management plan, and typically, secured debt such as car loans and home loans are not included.

Once a list of creditors is compiled and the amount of debt is totaled, the debtor's total income and expenditures, such as mortgage or rent payments, car payments, cost of living expenses, and so forth, are totaled as well. The third party agency assisting with the plan then helps the debtor to determine the maximum amount of money available to allocate to the plan for debt repayment. In many cases, a third party service will attempt

to settle some debt amounts and exclude or lower any interest charged during the repayment period. It's important to understand that participating in a debt management plan will still impact a person's credit score, however, and that any available credit may be inaccessible for a period of time. Further, people who have relatively low amounts of debt not qualify for a third party service.

Since United States bankruptcy laws changed in October 2005, many people find they must participate in a long-term debt management plan because personal bankruptcy is not an option. When privately seeking the assistance of a third party service, consumers make sure that they are registered with the Better Business Bureau, and that they are not charging unreasonable service fees to set up a plan. A small, nominal fee is to be expected, but it should not be based on a percentage of the debt or be a recurring monthly charge. The service should help individuals regain financial control, not put them further into debt.

Source: <http://www.wisageek.com/what-is-debt-management.htm>

“Happiness is contagious; surrounding yourself with happier people will make you happier, too.”

Source: <http://www.funfactz.com/health-facts/happiness-contagious-3333.html>

Spotlight on Wellness



The Spotlight on Wellness for this quarter is on Nancy Johnson, Supervisor of Crisis Intervention Services. Nancy has been an employee of SCCMHA for 25 years. Nancy has been a wellness inspiration for many others throughout her career at SCCMHA.



Nancy has represented many aspects of wellness throughout her life. In particular, she represents the physical aspect of Wellness. Nancy shares that her wellness journey began when she was in her early 20's. She was overweight as a child and teenager. As a young adult she made a commitment to living a healthy lifestyle that she has maintained. Nancy is an early riser and attends exercise classes or walks at a track as early as 5am each morning. She especially enjoys walking and bike riding with her 4 yr. old granddaughter, who completed her first 1-mile Fun race in 2014.

In addition to her employment at SCCMHA, Nancy is a certified fitness and cycling instructor. She has been certified since 1990. Nancy has helped inspire others toward physical wellness with more than 10 years of personal time that she volunteered to the employees at SCCMHA by offering her services to teach exercise classes. She offered these classes free of charge and with no personal compensation. In addition, she has taught exercise classes throughout the community. Nancy has demonstrated a commitment to wellness long before it became a "popular" concept and serves as an excellent role model to others. We salute Nancy Johnson for this quarter's Spotlight on Wellness. Congratulations, Nancy!

Nancy was nominated by Melinda McGovern 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. The idea is to feature an employee "Spotlight on Wellness" in each issue of *Live Well* where an employee will share their personal wellness success. **To qualify, please send a brief summary of your success story to mbaukus@sccmha.org by 02/20/15.** You may also call Mary at 272-7228 with questions. Summaries will be reviewed by the Wellness Committee. The person who is chosen will be featured in the next *Live Well* newsletter.

As a reminder, the eight dimensions of wellness include: emotional, financial, social, spiritual, occupational, physical, intellectual and environmental. For more information on what each of the dimensions means, please visit: <http://www.promoteacceptance.samhsa.gov/10by10/dimensions.aspx>.

Flu Season

Influenza season is particularly bad this year. Remember to wash your hands properly and frequently and to stay home if you are feeling ill. To learn more about influenza and how it is spread, go to: <http://www.cdc.gov/flu/about/disease/spread.htm>.



Some Winter Awareness Themes

January

National Volunteer Blood Donor Month

Local Resource:
Main Blood Donor Center
1771 Tittabawassee Road,
Saginaw, 48604-9341
989-755-5387

February

American Heart Month

Check out www.heart.org for more information on heart health.

National Children's Dental Health Month

Local Resource:
Wadsworth Dental Clinic
2308 Wadsworth
Saginaw, MI 48601

March

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. Go to <http://www.eatright.org/nnm/> for more information.

For more themes, go to <http://ow.ly/wxbCr>



Gambling Problem?

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

National Drug Facts Week



National Drug Facts Week is January 26-February 1, 2015. The purpose of this week is to educate people about the real facts behind drugs. One drug that people are often misinformed about and typically minimize, is marijuana. The use of marijuana can have serious consequences, especially in young people. In particular, marijuana use can negatively impact the brain.

Marijuana impacts brain development, and when it is used heavily by young people, its effects on thinking and memory may last a long time or even be

permanent. A recent study of marijuana users who began using in adolescence revealed substantially reduced connectivity among brain areas responsible for learning and memory. And a large long-term study in New Zealand showed that people who began smoking marijuana heavily in their teens lost an average of 8 points in IQ between age 13 and age 38. Importantly, the lost cognitive abilities were not fully restored in those who quit smoking marijuana as adults.

For more information on the consequences of marijuana use, please go to <http://teens.drugabuse.gov/drug-facts/marijuana> or <http://www.drugabuse.gov/publications/drugfacts/marijuana>.

Source: <http://www.drugabuse.gov/publications/drugfacts/marijuana>

Problem Gambling Awareness

March is National Problem Gambling Awareness Month. For many people, gambling is fun and entertaining. But for some, it's a serious problem that continues after the fun is gone. Besides money trouble, gambling can seriously affect relationships, families, and employment.

How do you know if you have a problem with gambling? **Answer the questions in the sidebar to the left to find out.** According to Gamblers

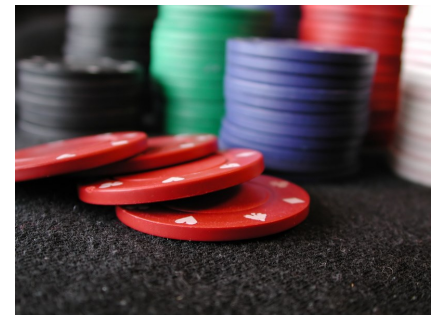
Anonymous, most compulsive gamblers will answer "yes" to at least seven of these questions.

The Michigan Department of Community Health has services available to Michigan residents that include: 24-hour help-line, prevention programs, and treatment programs.

Problem Gambling Help-line: 800-270-7117 [24-Hours]

Strictly confidential, counselors provide immediate help to address issues related to problem gambling, including screening services and referrals to treatment or support groups.

For more information, please visit: http://www.michigan.gov/mdch/0,1607,7-132-2940_3185---,00.html



Teen Dating Violence

February is Teen Dating Violence Awareness Month. Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same and everyone has their own set of values. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Erratic mood swings
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what to do
- Repeatedly pressuring someone to have sex



Do you know a teen who needs help due to an abusive relationship? Help is available.



Adapted from this source: <http://www.breakthecycle.org/warning-signs>

Nutrition Facts

Mashed Potato Soup

Serving Size: 1/6 recipe
Servings Per Recipe: 6
Amount Per Serving
Calories: 464

Total Fat 26 g
Saturated Fat 15 g
Cholesterol 86 mg
Sodium 638 mg
Total Carbohydrates 43 g
Dietary Fiber 2 g
Protein 17 g

- Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
- Based on original recipe. Recipe as printed should have lower fat and calories and higher protein.



The Healthy Recipe Spot

Mashed Potato Soup

Ingredients

1. 4 baking potatoes (about 2 lb.)
2. 4 slices nitrate-free bacon
3. 4 tablespoons unsalted butter
4. 1/3 cup all-purpose flour
5. 4 cups fat free milk
6. 4 ounces shredded Monterey Jack
7. Salt and pepper
8. 4 ounces plain Greek Yogurt
9. 2 tablespoons chopped chives or scallions



Adapted from a recipe at this source:
<http://www.myrecipes.com/recipe/mashed-potato-soup>
Photo by: Photo: Ryan Benyi; Styling: Lynn Miller

Directions

1. Prick potatoes all over with a fork; microwave on high until cooked through, turning once, 12 to 15 minutes total. Let cool slightly and scoop out flesh, discarding skins. Mash with a fork. In a large skillet, cook bacon until crisp, turning once, about 10 minutes total. Let cool, then crumble.
2. Melt butter in a large saucepan over medium heat. Add flour and whisk until smooth and light golden, about 2 minutes. Slowly whisk in milk and cook, whisking, until thickened, 5 to 6 minutes.
3. Stir in cheese, potatoes and 1/2 tsp. each salt and pepper. Cook, stirring, until cheese melts and soup is heated through. Whisk in yogurt. Check seasoning and add additional salt and pepper if desired. Divide among 6 soup bowls and sprinkle each with bacon and chives.

BCBS Nurse Hotline Available

Are you a BCBS of Michigan member? Looking for quick answers to your medical questions?

Contact their 24-hour
nurse line at:
1-800-775-BLUE (2583)

Nurses available 24 hours a day, seven days a week. You may save yourself a trip to the doctor!



“Bite into a Healthy Lifestyle”



Photo source: <http://ow.ly/EFf8>

March is National Nutrition Month®. National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming

fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A healthful lifestyle, with regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits, is vital to maintaining good health and quality of life.

A healthy eating plan emphasizes nutrient-rich foods and beverages, vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds and limits foods with added fats, sugars, and salt.

Nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other components that are thought to have beneficial effects on health.

An eating pattern based on the Dietary Guidelines and MyPlate recommendations can accommodate the food preferences, cultural traditions and customs of many diverse groups.

MyPlate can help you use the Dietary Guidelines to:

- Find your balance between food and physical activity to manage your weight;
- Reduce food and food components linked to increased health risks;
- Increase food and nutrients that promote health while staying within your calorie needs;
- Build a healthful eating pattern.
- To learn more about MyPlate, go to <http://www.choosemyplate.gov/>

A registered dietitian nutritionist can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences, and health-related needs.

“An eating pattern based on the Dietary Guidelines and MyPlate recommendations can accommodate the food preferences, cultural traditions and customs of many diverse groups.”

Source: <http://www.eatright.org/nnm/toolkit/#.VH4aLnJ0yM8>

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Eat healthy

Do you really know what it means to eat healthy? The AHA recently developed new dietary guidelines to help us better understand how to eat healthy and help lower our heart disease risk.

What to Do: According to the new AHA guidelines, eating right means:

- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish and nuts
- Avoid red meat, as well as sugary and processed foods
- Avoid foods high in sodium

"Eating a healthy diet is not about good foods and bad foods in isolation from the rest of your diet – it's about the overall diet," said Robert Eckel, M.D., previous AHA president and co-chair of the new guideline committee. Learn more about the new dietary guidelines.

Source: <https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/healthy-habits-prevent-heart-disease/>

Cervical Health Awareness

January is Cervical Health Awareness Month. SCCMHA Wellness wants you to know that there's a lot you can do to prevent cervical cancer. About 20 million Americans currently have HPV (human papillomavirus), the most common sexually transmitted disease. HPV is a major cause of cervical cancer.

The good news?

- HPV can be prevented by the HPV vaccine.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, SCCMHA Wellness encourages:

- Women to start getting regular Pap tests at age 21
- Women to get the HPV vaccine before age 27
- Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12
- Men to get the HPV vaccine if you are under age 22

Please check with your primary care physician to see if the HPV vaccine is right for you or your children. Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company.

Taking small steps can help keep you safe and healthy. For more information, visit <http://www.nccc-online.org/>



Source: <http://www.healthfinder.gov/NHO/JanAnnounce.aspx>

Are you practicing basic dental care?

What is basic dental care?

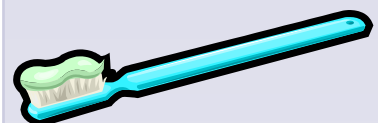
Basic dental care involves brushing and flossing your teeth regularly, seeing your dentist and/or dental hygienist for regular checkups and cleanings, and eating a mouth-healthy diet, which means foods high in whole grains, vegetables and fruits, and dairy products.

Why is basic dental care important?

Practicing basic dental care:

- Prevents tooth decay.
- Prevents gum (periodontal) disease, which can damage gum tissue and the bones that support teeth, and in the long term can lead to the loss of teeth.
- Shortens time with the dentist and dental hygienist, and makes the trip more pleasant.
- Saves money. By preventing tooth decay and gum disease, you can reduce the need for fillings and other costly procedures.
- Helps prevent bad breath. Brushing and flossing rid your mouth of the bacteria that cause bad breath.
- Helps keep teeth white by preventing staining from food, drinks, and tobacco.
- Improves overall health.
- Makes it possible for your teeth to last a lifetime.

Source: <http://www.webmd.com/oral-health/tc/basic-dental-care-overview>



Did you know?

- Your nose and ears never stop growing.
- Women blink nearly twice as much as men.
- The air released from a sneeze can exceed 100 mph.
- It's impossible to sneeze with your eyes open.
- From the age of thirty, humans gradually begin to shrink in size.
- Like a fingerprint, every person has a unique tongue print.

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

Donate Blood

January is National Volunteer Blood Donor Month. Founded in 1955, Michigan Blood is an independent, nonprofit blood bank that provides blood for more than 40 hospitals throughout Michigan. Serving Michigan hospitals is the top priority for Michigan Blood, which collects more than 120,000 blood donations each year at nine permanent donation sites and more than 3,700 mobile blood drives statewide. Related services available from Michigan Blood include a nationally recognized stem cell (marrow)



program, therapeutic apheresis, DNA tissue-typing, transfusion medicine consultations, and Michigan's first public cord blood bank. Michigan Blood is a member of America's Blood Centers, a network of community blood banks spanning North America that together provide half the US blood supply.

Michigan Blood has a local center, located at 1771 Tittabawassee Road, Saginaw, 48604-9341, 989-755-5387. Blood donors make a lifesaving difference. More than 4.5 million patients need life-saving blood transfusions each year in the U.S. and Canada. And blood is a perishable resource that can be stored only for a short time. That's why blood donors are needed every day.

Source: <http://www.miblood.org>

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.

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



Wellness

Live Well

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