

Live Well

SCCMHA Wellness Newsletter

Explore Saginaw Outdoors

July is National Park and Recreation Month. Saginaw County is home to several parks that offer nature trails and other fun activities. Exploring these trails and activities gives you a great opportunity to be outside and improve your overall wellness. Below is just a little of what Saginaw County has to offer.

Saginaw Township

Imerman Memorial Park, 3495 Midland Road, offers a wide variety of activities. With access to the Tittabawassee River, you can fish from shore, rent a canoe or launch your own boat. The park also offers a dog park, fishing dock, a sand volleyball court, a boat launch, grills, a roller hockey court, basketball courts, tennis courts, a playground and modern restroom facilities along with rustic toilets.

Over one mile of hiking trails take you around the park and past each of the four pavilions, which are available for rent.

For more information on Imerman Park and several other parks in the county, please visit www.saginawcounty.com/parks.

City of Saginaw

The City of Saginaw offers Green Point Environmental Center at 3010 Maple Street. This location is very close to our Albert and Woods Professional Development and Business Center as well as the MAX/SOS Family Resource Center. Green Point has over 2.5 miles of trails for hiking. Inside the building, visitors will find displays, aquariums, a working bee hive, wildlife observation area, classroom space for up to 60 people, and accessible restrooms.

Green Point's building hours are Monday through Friday, 8:00 a.m. to 4:00 p.m.; closed all Federal holidays. Trails are open every day, during daylight hours. Please note that there may be times when the building is closed due to staff working elsewhere on the refuge.

For more information about Green Point, call (989) 759-1669 or go to <http://www.michigantrailmaps.com/member-profile/3/55/>. You will also find information on all the city parks [here](#).



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Wellness

Wellness Tips

1. Establish regular exercise routines in your life.
2. Continue to work on eating healthily; vigilance will always be needed to be successful.
3. See your doctor regularly for wellness exams and health/disease screenings/tests.
4. If you have symptoms, seek medical attention; don't ignore warning signs of issues.
5. Along with your body, make efforts to stimulate and strengthen your brain as you age.
6. Maintain satisfying social relationships.
7. Keep involved in activities and pursuits that interest you.
8. Try to maintain a positive attitude to support your resilience when life hands you setbacks.
9. Keep your body hydrated with water.
10. Avoid toxins and unhealthy environments.
11. Take care of your skin.
12. Know your health numbers and what they mean, regardless of how healthy or unhealthy you are now.
13. Get adequate sleep.
14. Spend less time in front of the TV; at minimum, get up and move during commercials.
15. Learn to relax more.
16. Focus less on your weight, and more on your overall health.
17. Find things to be grateful for in your life.
18. Don't forget to smile and laugh routinely.
19. Do something fun every day.
20. Have a sense of purpose in your life.

For more wellness tips, go to: <https://www.sccmha.org/services/wellness/>

National Recovery Month

September is *Recovery Month*

Source: <http://recoverymonth.gov/>



Many options are available to help people seek treatment and sustain recovery.

Whichever path a person chooses, it is important that each individual finds the

treatment and recovery support that works best for him or her. Below are some available resources:

- **SAMHSA's Recovery and Recovery Support Webpage** (<http://www.samhsa.gov/recovery>): Provides information on how recovery-oriented care and recovery support systems help people with mental and/or substance use disorders manage their conditions.
- **SAMHSA's Behavioral Health Treatments and Services Webpage** (<http://www.samhsa.gov/treatment>): Contains information on common mental and/or substance use disorders, and how SAMHSA helps people access treatments and services.
- **SAMHSA's National Helpline, 1 -800-662-HELP (4357) – or 1 -800-487-4889 (TDD)** (<http://www.samhsa.gov/find-help/national-helpline>): Provides 24-hour, free, and confidential treatment referral and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.
- **National Suicide Prevention Lifeline, 1 -800-273-TALK (8255)** (<http://www.suicidepreventionlifeline.org>): Provides a free, 24-hour helpline available to anyone in suicidal crisis or emotional distress.
- **SAMHSA's "Co-Occurring Disorders" Webpage** (<http://www.samhsa.gov/co-occurring>): Contains information on co-occurring mental and/or substance use disorders and treatment options for these conditions.
- **SAMHSA's Wellness Initiative and Wellness Week** (<http://www.samhsa.gov/wellness>): Promotes the importance of the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life for well-being. Offers tools to incorporate wellness into recovery and life.
- **Healthcare.gov** (<http://www.healthcare.gov/index.html>): Contains information on how to find health insurance options, compare providers, enroll in a health plan, and on prevention and wellness resources.
- **National Alliance on Mental Illness** (<http://www.nami.org/>): Works in local communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.
- **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)** (<http://ncadd.org>): Provides, through NCADD and its affiliate network, numerous resources and services dedicated to fighting alcoholism and drug addiction.

This list is not exhaustive of all available resources. Inclusion of websites and resources in *Live Well* does not constitute official endorsement by Saginaw County Community Mental Health Authority.

A collection of healthy food items including whole grain bread, almonds, and oatmeal. The image shows a stack of sliced whole grain bread, a bowl of oatmeal, a wooden spoon filled with oatmeal, and several almonds. There are also some whole grain rolls and a small pile of whole grain pasta.

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

Hepatitis

World Hepatitis Day is July 28th, 2015. This day aims to increase the awareness and understanding of viral hepatitis as a major global health threat. All types of viral hepatitis can cause inflammation of the liver; however, hepatitis B and C infection can result in a lifelong, chronic infection. To learn more about Hepatitis, go to <http://www.cdc.gov/hepatitis/>.

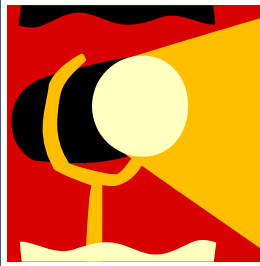


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Protect Your Vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
9. Practice workplace eye safety.

Source: <http://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>



Spotlight on Wellness

Ryan Mulder works as the Executive Assistant to the CEO at the SCCMHA 500 Hancock location. Ryan reports that in October of 2014 he had a "lightbulb moment" related to his personal wellness. He was told by his Primary Care Physician that he may be pre-diabetic. Ryan shared, "I finally realized that the decisions I was making now were having a direct impact on my health and well-being into the future." Ryan set out to make big changes in

his overall lifestyle. "If I've learned one thing it's that diets eventually end, but lifestyles continue forever."

Ryan's lifestyle changes have had a big impact on his overall wellness:

- He has dropped approximately 100 pounds.
- His blood pressure is under control.
- He wakes up with energy.
- He reports, "I look better and feel better about myself."

Ryan shared that a few things have been key to his success: a supportive wife, encouraging coworkers, a men's group at church, a fitness tracker and a free app called MyFitnessPal.

He also feels that the following changes have been instrumental to his success:

- Getting up at approximately the same time every day and making a conscious effort to get 7 hours of sleep per night.
- Weighing himself every morning and recording it in the MyFitnessPal app.
- Exercising at least 50-60 minutes at the start of the day.
- Eating healthy foods in appropriate portions, especially related to getting the recommended servings of fruits and vegetables daily.
- Bringing healthy snacks to work.
- No longer eating fast food.
- Drinking a lot of water.
- Walking around work whenever possible and always using the stairs in lieu of the elevator.
- Going for a walk during work breaks.
- Changing his outlook from "Live to Eat" to "Eat to Live"
- Tweaking family recipes to be healthier.
- Setting attainable weight-loss goals and then setting new goals once they were met.

Ryan is open to sharing the knowledge he has gained with this lifestyle change and anyone is welcome to contact him with questions. Ryan's commitment to this new change in his life has had a profound impact on his health and well-being. We congratulate Ryan for his wellness-related success!

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 08/24/15.** Summaries will be reviewed by the Wellness Committee. The person who is chosen will be featured in the next *Live Well* newsletter.

For more information on each of the eight dimensions of wellness, please visit: <http://www.promoteacceptance.samhsa.gov/10by10/.aspx>



Ryan Mulder

The Michigan Association for Suicide Prevention (MASP)

The mission of the Michigan Association for Suicide Prevention is to:

- Reduce the number of suicides and attempts in Michigan
- Support those left behind, and
- Reduce the stigma associated with mental illness and suicide.

MASP promotes education, training, research and community awareness. They also maintain alliances with other state and national organizations and endorse the implementation of Michigan's suicide prevention plan.

Over 36,000 people die by suicide nationally each year and over 1,100 in Michigan. Mental Illness is treatable and Suicide is preventable.

To learn more visit their website at : <http://masponweb.org/>.

Did you know there was an app for clinicians and other helping professionals to help assess for signs and symptoms of a person who may be at risk of suicide? The app is called Suicide Safe. More information can be found at <http://store.samhsa.gov/apps/suicidesafe/>.



Nutrition Facts

Tropical Cucumber Salad

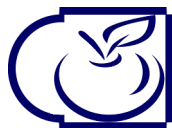
Serving Size: 1 Cup
Servings Per Recipe: 4
Amount Per Serving
Calories: 169
Calories from Fat: 99

Total Fat 11 g
Saturated Fat 1 g
Monounsaturated 7 g
Cholesterol 0 mg
Sodium 178mg
Total Carbohydrates 18 g
Dietary Fiber 5 g
Protein 3 g
Potassium 342 mg

% Daily Value *

Vitamin C 45%
Vitamin A 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



The Healthy Recipe Spot

Tropical Cucumber Salad

Ingredients

1. 3-5 teaspoons fish sauce
2. 1 teaspoon freshly grated lime zest, plus more for garnish
3. 2 tablespoons lime juice
4. 1 tablespoon canola oil
5. 2 teaspoons light brown sugar
6. 1 teaspoon rice vinegar
7. 1/4 teaspoon crushed red pepper
8. 1 medium English cucumber, cut into 3/4-inch dice
9. 1 avocado, cut into 3/4-inch dice
10. 1 mango, cut into 3/4-inch dice
11. 1/4 cup chopped fresh cilantro



Preparation

1. Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined.
2. Add cucumber, avocado, mango and cilantro; gently toss to coat.
3. Serve garnished with lime zest, if desired.

4 servings, about 1 cup each | Active Time: 15 minutes | Total Time: 15 minutes

Source: http://www.eatingwell.com/recipes/tropical_cucumber_salad.html

Community Events

Downtown Saginaw Farmer's Market

Now - Oct 31, 2015

Time: 10:00 AM To 03:00 PM

Region: Saginaw

Location: Downtown Saginaw

Farmer's Market,

507 S. Washington Ave., Saginaw

Website:

www.saginawfarmersmarket.org

Find the best variety of locally grown fresh produce, plants, baked goods, handmade soaps & lotions, gourmet chocolates & candy, certified organic produce, specialty cupcakes, beeswax candles, entertainment & food vendors. Open every Mon., Wed., & Fri. 10 am-3 pm, Saturdays 9 am-1 pm.

Friday Night Live: Classic Rock Jul 10, 2015

Time: 05:30 PM To 09:00 PM

Region: Saginaw

Location: Morley Plaza

Website: www.prideinsaginaw.org

Enjoy free entertainment, food vendors, fun, children's games, & adult refreshments.

102nd Annual Saginaw County Fair August 4th -August 8th

Time: 9:00 AM to 11:00 PM

Location: Saginaw County

Fairgrounds, 11350 W. Peet Rd.,

Chesaning

Website: <http://www.saginawcountyfair.org/>

All in one admission: Includes exhibits, rides, grandstand events and parking. Explore the buildings, grounds, take in a grandstand show, and enjoy endless rides.

For more events go to: <http://artsaginaw.org/images/pdfs/SCSCalendar-Final5-19-15.pdf>



Immunization Awareness

Each year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the need for improving national immunization coverage levels. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases. Below is the 2015 recommended immunizations for adults by age. For more information about immunizations, please visit the Michigan Department of Health and Human Services [website](http://www.michigan.gov/hhs).

Recommended Adult Immunization Schedule—United States • 2015

Note: These recommendations must be read with the footnotes that follow containing number of doses, intervals between doses, and other important information.

Figure 1. Recommended adult immunization schedule, by vaccine and age group¹

VACCINE ▼	AGE GROUP ►	19–21 years	22–26 years	27–49 years	50–59 years	60–64 years	≥65 years
Influenza ^{2,*}		1 dose annually					
Tetanus, diphtheria, pertussis (Td/Tdap) ^{3,*}		Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs					
Varicella ^{4,*}		2 doses					
Human papillomavirus (HPV) Female ^{5,*}		3 doses					
Human papillomavirus (HPV) Male ^{5,*}		3 doses					
Zoster ⁶						1 dose	
Measles, mumps, rubella (MMR) ^{7,*}		1 or 2 doses					
Pneumococcal 13-valent conjugate (PCV13) ^{8,*}		1-time dose					
Pneumococcal polysaccharide (PPSV23) ⁹		1 or 2 doses					1 dose
Meningococcal ^{5,*}		1 or more doses					
Hepatitis A ^{10,*}		2 doses					
Hepatitis B ^{11,*}		3 doses					
Haemophilus influenzae type b (Hib) ^{12,*}		1 or 3 doses					

*Covered by the Vaccine Injury Compensation Program

For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; zoster vaccine recommended regardless of prior episode of zoster

Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indication)

No recommendation

Report all clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System (VAERS). Reporting forms and instructions on filing a VAERS report are available at www.vaers.hhs.gov or by telephone, 800-822-7967. Information on how to file a Vaccine Injury Compensation Program claim is available at www.hrsa.gov/vaccinecompensation or by telephone, 800-338-2382. To file a claim for vaccine injury, contact the U.S. Court of Federal Claims, 717 Madison Place, NW, Washington, DC 20005; telephone, 202-357-6400. Additional information about the vaccines in this schedule, extent of available data, and contraindications for vaccination is also available at www.cdc.gov/vaccines or from the CDC-INFO Contact Center at 800-CDC-INFO (800-232-4636) in English and Spanish, 8:00 a.m. – 8:00 p.m. Eastern Time, Monday – Friday, excluding holidays. Use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.

The recommendations in this schedule were approved by the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP), American Academy of Family Physicians (AAFP), American College of Physicians (ACP), American College of Obstetricians and Gynecologists (ACOG), and American College of Nurse-Midwives (ACNM).



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



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.

Wellness Week

National Wellness Week is September 14th-20th .For people with mental health and substance use difficulties, wellness is not the lack of disease, illness or stress, but the existence of meaningful daily activities, pleasant relationships, a healthy body and living situation, and overall contentment.

Wellness means general well-being. It integrates the mental, emotional, physical, occupational, intellectual, and spiritual pieces of a person's life. Each part of wellness can affect general quality of life, thus it is important to consider all aspects of health. This consideration is very important for people with mental health and substance use disorders because wellness directly relates to the quality and longevity of their lives.

The eight dimensions of wellness include:

- **Emotional**—Coping well with life and creating fulfilling relationships
- **Financial**—Satisfaction with current and future financial circumstances
- **Social**—Cultivating a sense of connection, belonging, and a well-honed support system
- **Spiritual**—Increasing our sense of purpose and meaning in life
- **Occupational**—Finding personal meaning and opportunity for growth with one's work
- **Physical**—Understanding the need for physical activity, healthy foods and sleep
- **Intellectual**—Identifying creative abilities and finding ways to grow knowledge and skills
- **Environmental**—Good health by spending time in pleasant, stimulating environments that support well-being

Information source: <http://promoteacceptance.samhsa.gov/10by10/dimensions.aspx>



Source: Adapted from Searbrick, N. (2006).

Walk for Hope



Depression and Suicide Awareness

Trying to figure out your plans for summer? Here is an opportunity for something to do that is for a good cause and is good for you!

On August 16, 2015 there will be a 5K (3.1 miles) *Walk for Hope* to help raise awareness of depression and suicide. This walk/run will be held at Northwood University football field. SCCMHA is a Gold Sponsor of this event. You can create your own team or join an existing team by going to <https://www.crowdrise.com/WalkforHope2015>.

People of all ages are welcome to participate (although those under 13 cannot officially pre-register at the website). This walk is a great opportunity to help raise awareness of these important topics as well as improve your fitness.



Did you know?

- You get a new stomach lining every 3 to 4 days.
- The average human head has 100,000 hair follicles, each of which is capable of producing 20 individual hairs during a person's lifetime.
- Nails grow about 1/10 of an inch each month.
- The human head is 1/4 of our total length at birth but only 1/8 of our total length by the time we reach adulthood.

Source: <http://health.howstuffworks.com/human-body/parts/16-unusual-facts-about-the-human-body.htm/printable>

World Breastfeeding Week

World Breastfeeding Week is August 1st-7th 2015.

According to the Surgeon General:

- Breastfeeding protects babies from infections and illnesses that include diarrhea, ear infections and pneumonia.
- Breastfed babies are less likely to develop asthma.
- Children who are breastfed for six months are less likely to become obese.
- Breastfeeding also reduces the risk of sudden infant death syndrome (SIDS).
- Mothers who breastfeed have a decreased risk of breast and ovarian cancers.
- For a fact sheet, go to: <http://www.surgeongeneral.gov/library/calls/breastfeeding/factsheet.html>



SCCMHA Human Resources has worked to get a special room designated at each site location for employees, consumers, contractors, visitors, etc. for medical reasons such as breast feeding (or pumping), diabetic needs, breathing treatments, etc. Contact SCCMHA Human Resources for more information.

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.

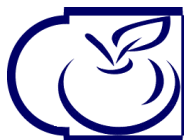


If you are interested in contributing to the ***Live Well SCCMHA Wellness Newsletter***, please contact Mary Baukus, at mbaukus@sccmha.org.

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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