

# Live Well

SCCMHA Wellness Newsletter

## Holiday Survival Guide



Do you enjoy the holidays but at the same time find them to be extremely stressful? They can be especially hard on your wallet. Many Americans feel the sting of holiday spending well into the New Year. If you love to celebrate the holidays but don't love the financial pinch you experience afterward, there are several great tricks for giving and celebrating, without breaking the bank. So when you're out battling the holiday crowds and heading to social commitments with family and friends, consider your wallet

and protect your budget with these simple tips:

**1. Know your limit.** Sit down and plan out your holiday budget before you head to the malls this year. Gifts, large or small, can really add up, leaving you with a hefty bill at the end of the season.

**2. Plan ahead.** You've done your budget and you're ready to tackle the crowds. Here are a few ways to save on shopping, whether online or in the stores:

- Look for special "savings days" at your favorite retail stores.
- Use coupons from your newspaper, online or in-store.
- Take advantage of free shipping with online purchases.

Buy gifts throughout the year, not just during the peak season.

**3. Trim your list.** Do you really need to exchange gifts with everyone in your family? Consider cutting your list back this year. Or suggest giving a group gift to certain members of your family rather than individual gifts. Just because you had a long gift list last year doesn't mean you need to repeat it this year. You may find that other members of your family love the idea.

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Wellness

## Flu Season is Here Again | Getting Vaccinated is Key

National Influenza Vaccination Week is December 6-12, 2015. The first and most important step in fighting the chance of an influenza infection is to get a flu vaccination each year. **Flu vaccinations are available through Advanced Care Pharmacy at our 500 Hancock location. Supplies are limited.** If you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

People infected with flu may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, the Center for Disease Control recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze as the flu is spread mainly from person to person through droplets made when people with the flu cough, sneeze, or talk. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice.

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



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*The **first** and most **important** step in fighting the chance of an influenza infection is to get a **flu vaccination** each year.*



## Spotlight on Wellness

Brion Younk works as the Healthy Homes Program Coordinator for the Salter Place Housing Resource Center, reporting to Rocky Archangeli. He was able to move to this full time position from a part time position on 08/31/2015. Brion shared that not only has he improved his Occupational Wellness, but he has improved his overall Wellness through a series of steps that began in 2007.

His first step consisted of accepting that he had a mental health condition that needed treatment. Brion's mental health treatment helped his Emotional Wellness, but took a toll on his physical health. He gained a great deal of weight related to the medication that he needs to take as a part of his treatment plan. Brion also smoked.

His second step was quitting smoking. In 2011, Brion was able to quit smoking through "will power" and the support of family, friends and coworkers. He was prompted to quit smoking because he was concerned about the long term health consequences related to smoking.

The step he is working on currently is weight loss. Nearly a year ago, Brion had a visit with his doctor that really emphasized the importance of getting his weight under control. Brion was also concerned about his weight because a childhood friend, who was significantly overweight, had died. He didn't want that situation to be the same for him. His health was being significantly impacted by his excessive weight. Brion reports he was taking medication for high blood pressure and high cholesterol while still in his thirties. Brion considered bariatric surgery, but instead opted to make significant changes to his diet. He shared some of what he now typically eats.

- Only lean meats, no beef. Some fish.
- Any fruits or veggies.
- All whole grain with few exceptions.
- Eating the "right" fats.
- Watching sugar intake and liquid calories (such as through alcohol).

With the diet changes, Brion has been able to lose 89 lbs. He also tries to be more active and hopes to begin a regular exercise regime, soon. Brion is still planning to lose about 72 more pounds and has a goal to reach a target weight of 170 lbs. He has been able to discontinue three medications that he was taking related to blood pressure and cholesterol management.

Brion wants others to know that they shouldn't give up when dealing with their own wellness-related changes. "You run into obstacles along the way, but as long as you stick with it, you'll be good." Brion's commitment to this new change in his life has made a significant impact on his health and well-being. We congratulate Brion 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! **To be considered, please send a brief summary of your success story to [mbaukus@sccmha.org](mailto:mbaukus@sccmha.org) by 10/24/2014.** You may also call Mary at 272-7228 with questions.



Brion 09/2015



Brion 11/2014

## Some Fall Awareness Themes

### October: Breast Cancer Awareness Month

Local Resource:

Covenant Healthcare Breast Health Center  
[www.covenanthealthcare.com/Main/BreastHealthCenter.aspx](http://www.covenanthealthcare.com/Main/BreastHealthCenter.aspx)

### November: American Diabetes Month

Resource:

American Diabetes Association,  
[www.diabetes.org](http://www.diabetes.org)

### Great American Smoke Out 11/19/15

<http://ow.ly/oAJIK>

### December: AIDS Awareness Month

Resource: [www.aids.gov/](http://www.aids.gov/)

### National Hand Washing Awareness Week,

December 6-12.

Resource: [www.cdc.gov/Features/HandWashing/](http://www.cdc.gov/Features/HandWashing/)





November 20, 2015 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/>



Survivor Day 2015 takes place on Saturday, November 21, 2015. A local resource for friends and family who have lost a loved one to suicide is Saginaw SOS or Survivors of Suicide. In addition to support, the group offers the community resources and referrals. The site for this support group is: [www.saginawsurvivorsofsuicide.org/](http://www.saginawsurvivorsofsuicide.org/).

## Squeeze in Fitness

By doing little exercises throughout the day wherever you can — in the kitchen, in your car, while you brush your teeth, or while you're sitting at your computer — you'll keep the oxygen flowing and stretch and tone your muscles.



- **Squeeze that butt:** Do it in the elevator, as you're walking down the aisles of a grocery store, and while you're waiting in line at the bank. No one will know — and it's so effective!
- **Work those legs:** Try doing leg lifts at your desk or squats while you brush your teeth at night.
- **Add some steps to your day:** Whenever you can, sneak in extra walking. Park your car far away from the store, take the stairs instead of the elevator at work, or do a few laps of the mall before you shop this weekend. Every step counts!
- **Tuck that tummy:** If you're relaxing in the living room in front of the TV, try lying on the floor or on a blanket and doing crunches. Make a deal with yourself that you'll do them throughout each commercial break.
- **Take a "dip" on the couch:** Sit at the edge of the couch and place your palms down on each side of you. Move forward so that your body is off the couch, bend your elbows behind you, and lower your body toward the floor with your knees bent and feet together. Bend and extend your arms multiple times as you watch TV — you'll lose that arm jiggle in no time!
- **Get firm on the phone:** If you spend a lot of time on the phone, don't just sit there — make it a workout by "pretending" to sit! Press your back flat against a wall and lower your body by bending your knees to a 45- to 90-degree angle. Hold the position for as long as you can.

For more ideas, check out <http://www.everydayhealth.com/news/8-ways-to-squeeze-fitness-into-your-day/>

## 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 be introducing a series of Lunch & Learns with a focus on blood pressure management. These Lunch & Learns are a part of a new campaign entitled, *Better Together We Can...* The first Lunch & Learn will be an overview of Hypertension (high blood pressure) by Jill

Loth, R.N. It is scheduled for January 13th from Noon-1:00 pm at 500 Hancock.

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>.

## 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 23, 2015.

### 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

### Autumn Salad

Serving Size: 1 cup  
Servings Per Recipe: 6  
Amount Per Serving  
Calories: 138

Total Fat 7 g  
Saturated Fat 1 g  
Cholesterol 0 mg  
Sodium 41 mg  
Total Carbohydrates 19 g  
Dietary Fiber 3 g  
Protein 3 g  
Potassium 230 mg



## The Healthy Recipe Spot

### Ingredients

### Autumn Salad

- 1 medium Granny Smith apple, sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag (about 5 cups) mixed lettuce greens  
(or your favorite lettuce)
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- ½ cup low-fat raspberry vinaigrette dressing

### Directions

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with ½ cup of raspberry vinaigrette dressing, to lightly cover the salad.



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

## COPD

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that makes it difficult to breathe.

“Progressive” means that the disease gets worse over time. Approximately 12 million people in the United States have been diagnosed with COPD. Many more may be affected and not know they have it. According to the Centers for Disease Control and Prevention (CDC), COPD is the fourth leading cause of death in the United States. Its prevalence increases with age. Men are more likely to have the disease, but the death rate for men and women is about the same.

The most common cause of COPD is smoking. The two main forms of COPD are chronic bronchitis and emphysema. Many people have a combination of both.

There is no cure for COPD, and doctors are not able to reverse the damage it causes. Over time, ordinary tasks may become more difficult. However, with treatment and lifestyle changes, you can slow the progress of the disease so that you can feel better and stay more active.

For more information, go to: <http://www.healthline.com/health/copd>



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**4. Reduce your stress.** The holiday season is stressful enough with demands from family and friends, not to mention social commitments for work or other groups. Try to plan ahead as much as possible, avoiding last-minute buys will impact your budget. Also remember to maintain your daily routines to keep stress levels low. If you usually take a walk or go to the gym every day, take the time to continue the habit during the hectic holiday months.

**5. Enjoy the season.** In the end, the holidays are all about enjoying friends and family. Staying focused on time with loved ones and other joys of the season can help you to keep stress in perspective. Rather than feeling obligated to host an event every year, suggest a rotation for who will host holiday gatherings. And remember that it's much better to keep spending down and stick to your budget. It's a great feeling to start off the New Year on the right financial foot.

Source: [http://www.practicalmoneyskills.com/personalfinance/savingspending/budgeting/holiday\\_survival.php](http://www.practicalmoneyskills.com/personalfinance/savingspending/budgeting/holiday_survival.php)



# Everyone loves a quitter!



## Make a plan to quit November 19th.

**The Great American Smokeout**

Go to: <http://ow.ly/R39MC>



# What Is Health Literacy?

The Patient Protection and Affordable Care Act of 2010, Title V, defines health literacy as the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.

## Health Literacy Capacity and Skills

Capacity is the potential a person has to do or accomplish something. Health literacy skills are those people use to realize their potential in health situations. They apply these skills either to make sense of health information and services or provide health information and services to others.



Anyone who **needs** health information and services also needs health literacy skills to:

- Find information and services
- Communicate their needs and preferences and respond to information and services
- Process the meaning and usefulness of the information and services
- Understand the choices, consequences and context of the information and services
- Decide which information and services match their needs and preferences so they can act

Anyone who **provides** health information and services to others, such as a doctor, nurse, dentist, pharmacist, or public health worker, also needs health literacy skills to:

- Help people find information and services
- Communicate about health and healthcare
- Process what people are explicitly and implicitly asking for
- Understand how to provide useful information and services
- Decide which information and services work best for different situations and people so they can act.

Researchers can choose from many different types of health literacy skill measures.

## Organizational Health Literacy

Organizational health literacy is what organizations and professionals do to help people.

- Find
- Process
- Understand
- Decide on health information and services. Organizations that remove health literacy barriers are health literate.

Source: <http://www.cdc.gov/healthliteracy/learn/index.html>

*Anyone who **needs** health information and services also **needs** health literacy skills...*



Wellness resources are just a click away at

<https://www.sccmha.org/services/wellness/wellness-resources.html>

## Depression Screening

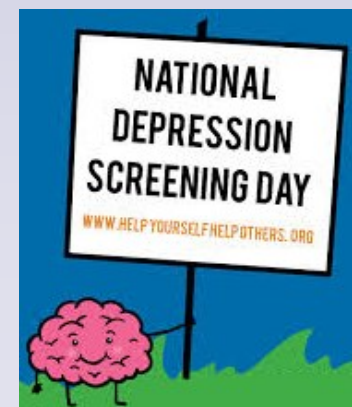
Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

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 is October 7, 2015. 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.

Source: <http://www.mentalhealthamerica.net/conditions/national-depression-screening-day>



## Did You Know?

- The number one cause of blindness in the United States is diabetes.
- People who laugh a lot are much healthier than those who don't. Laughing lowers levels of stress hormones, and strengthens the immune system.
- People who have a tough time handling the stress of money woes are twice as likely to develop severe gum disease.

Source: <http://health.abc4.com/articles/332/13-Random-Health-Facts-You-Never-Knew>

## 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 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.



*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 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](mailto: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**  
**500 Hancock**  
**Saginaw, MI 48602**

## *Live Well*

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**Wellness**