

Live Well

SCCMHA Wellness Newsletter

American Heart Month

Soon February will be here and it will be American Heart Month. Keep a look out for future announcements related to blood pressure management events to be held at various SCCMHA sites throughout 2016 to help raise awareness for heart health. One way to take care of your heart is to make blood pressure control your goal. See below for ideas on where to start.



American Heart Association
life is why™



Make Blood Pressure Control Your Goal

This February, the Centers for Disease Control and Prevention (CDC) and Million Hearts®—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to **make control their goal**.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

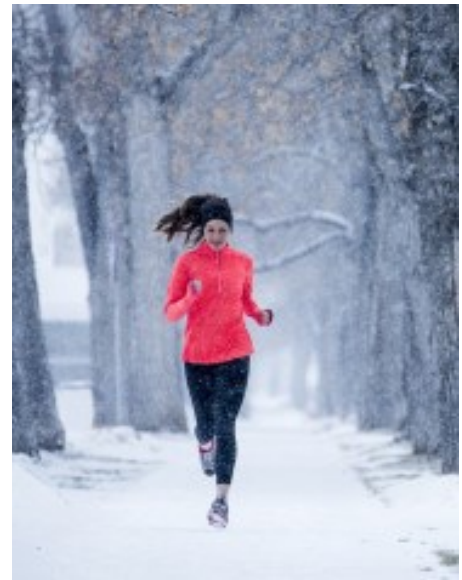


High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor. Work with your health

care team to make sure you meet your blood pressure goal.

As part of SCCMHA's focus on whole person Wellness, this year we are 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...* See page 6 for more information on this exciting campaign.

Some information from this article was adapted from this source: <http://www.cdc.gov/Features/HeartMonth/index.html>



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Wellness

Stop Spreading Germs

Cover your cough!

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>



“I’m Going to Exercise Regularly this Year”

If a healthier 2016 is what you want, keep that desire strong throughout the year.

New habits are not born overnight; you have to keep working at them. One method toward improved health is regular exercise and many people resolve to make this change in their lives. The following exercise tips might help:

Exercise

1. Do what you like.

There is a principle in exercise science called FITTE. It is an acronym for frequency, intensity, time, type, and enjoyment. The ‘E’ can often be the most important variable. If you look forward to (or at least do not actively hate) a particular physical activity, do it. If you like tennis, find an indoor court. If you like dancing, consider looking into dance-based workouts like Zumba. Do whatever will make you move. Just because you know things like running and jumping are great cardio does not mean they have to be your thing. If you like what you are doing, you will do it continually. If you do not like what you are doing, you won’t do it. If you are not sure what you would enjoy, try a variety of activities until you find one that sticks.

2. Formulate achievable goals and milestones. Instead of formulating your ultimate goal as what you are working toward, break your goal down into achievable milestones. If you want to lose 30 pounds, think of it as a goal of losing five pounds a month for six months. If you want to add muscle mass, you can aim for putting on a pound of muscle a month. If you want to run a 5K, try intervals of walking and jogging to get to the first mile, then the second, then the third. Keep in mind that your goals may shift as you work toward them.

3. Share your goals with the people in your life. Share what you are doing with the people around you. Having the support of others can both inspire you and hold you accountable. You will not want to report to your mother, child, or coworkers that you have given up on your goals. You will want to report that you are working hard to get what you want. You never know who will inspire you during this process. You may even inspire others to join you on your journey.

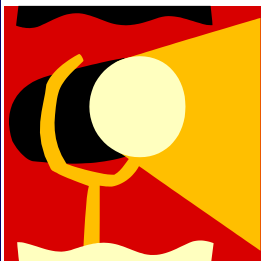
4. Something is always better than nothing. I hear the question all the time, “if I can only get to the gym for half an hour, is it worth it?” My answer is always a resounding, “Yes! It is worth it!” You can get a lot done in half an hour and it keeps you in the habit of exercising.

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*Having the **support** of **others** can both **inspire** you and **hold** you **accountable**.*

Spotlight on Wellness



Vanessa Randall, Health Home Nurse and Integrated Care Supervisor with SCCMHA since August 2014, realized that she was not taking care of herself properly. She was making an attempt to deal with her hypothyroid symptoms by drinking excessive amounts of coffee. Hypothyroidism is a condition where the thyroid is underactive and a significant symptom is fatigue. Vanessa reports that she “really loves” coffee and when she drinks it, she tends to drink too much. This copious amount of coffee was interfering with her sleep, contributing to appetite

enhancement with consequent overeating and leading her to postpone the proper treatment of her thyroid issue. The stimulation caused by the caffeine was somewhat masking the symptoms of the hypothyroidism.

Vanessa determined that she needed to quit drinking coffee and she did so rather suddenly in August 2015. As a result, she had some caffeine withdrawal symptoms, which included headaches. (Such symptoms can be minimized by a more gradual reduction in caffeine.) As part of her wellness-related changes, Vanessa sought to get the appropriate treatment for her hypothyroidism and it is now stable with the proper medication.

Vanessa has made some other wellness-related changes to better her overall health. She has added daily exercise to her morning routine. Vanessa typically walks 30-40 minutes on a treadmill each morning. She has found that daily exercise has helped boost her energy level. Vanessa has also increased her focus on healthy eating. She makes an effort to eat fruit and/or vegetables with each meal. To keep with this commitment, Vanessa packs her lunch daily and generally has a plan for eating each day.

Vanessa feels that “Having a positive attitude is helpful even on days when you don’t really feel very positive.” Vanessa feels that her effort toward the positive is especially important with her career. “We deal with so much in our helping professions.” Vanessa shared the idea that “... work is just one part of your life. Make an effort to have balance between work-life, home-life, hobbies and home activities. When it gets out of balance – it’s not always a pretty thing.” To learn more about hypothyroidism, go to www.webmd.com and search “hypothyroidism.”

Vanessa was nominated by Jessie Huber 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 02/18/16.** 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.



Vanessa and family

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://healthfinder.gov/nho/default.aspx>



Environmental Wellness

Environmental Wellness is one of the 8 Dimensions of Wellness. Our environment and how we feel about it can have a huge impact on the way we feel. Environmental Wellness encompasses not just our relationship with the planet and nature but our relationship with our personal surroundings as well. It involves taking care of our possessions, homes, cars, and places of business. When our personal surroundings are well cared for, clean and organized, we experience a greater sense of comfort and less anxiety. Environmental Wellness also involves caring for and appreciating nature. Environmental Wellness affects the other wellness dimensions. It's hard to feel good when your space is messy or disorganized. Caring for our homes and other personal environments also helps us maintain a sense of personal care. It reminds us that we love ourselves. All of this is great for Emotional Wellness as well as Environmental Wellness.

Adapted from this source: <http://www.123feelbetter.net/env/#sthash.xjTxgy4.dpuf>



Safeguard Your Vision

March is Save Your Vision Month

More than 20 million Americans suffer from severe vision loss. While not all eye diseases can be prevented, there are simple steps that everyone can take to help their eyes remain healthy now and reduce their chances of vision loss in the future.

Wear sunglasses

UV blocking sunglasses delay the development of cataracts, since direct sunlight hastens their formation. Sunglasses prevent retinal damage; they also protect the delicate eyelid skin to prevent both wrinkles and skin cancer around the eye, and both cancerous and non-cancerous growths on the eye. Check for 100 percent UV protection: Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.

Don't smoke

Tobacco smoking is directly linked to many adverse health effects, including age-related macular degeneration (AMD). Studies show that current smokers and ex-smokers are more likely to develop AMD than people who have never smoked. Smokers are also at increased risk for developing cataracts.

Eat right

Vitamin deficiency can impair retinal function. The belief that eating carrots improves vision has some truth, but a variety of vegetables, especially leafy green ones, should be an important part of your diet. Researchers have found people on diets with higher levels of vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids DHA and EPA are less likely to develop early and advanced AMD.

Baseline eye exam

Adults with no signs or risk factors for eye disease should get a baseline eye disease screening at age 40—the time when early signs of disease and changes in vision may start to occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams. Anyone with symptoms or a family history of eye disease, diabetes or high blood pressure should see an ophthalmologist to determine how frequently your eyes should be examined.

Eye protection

An estimated 2.5 million eye injuries occur in the U.S. each year, so it is critical to wear proper eye protection to prevent eye injuries during sports such as hockey and baseball and home projects such as home repairs, gardening, and cleaning. For most repair projects and activities around the home, standard ANSI-approved protective eyewear will be sufficient. Sports eye protection should meet the specific requirements of that sport; these requirements are usually established and certified by the sport's governing body and/or the American Society for Testing and Materials (ASTM).

Know your family history

Many eye diseases cluster in families, so you should know your family's history of eye disease because you may be at increased risk. Age-related eye diseases, including cataracts, diabetic retinopathy, glaucoma and age-related macular degeneration are expected to dramatically increase—from 28 million today to 43 million by the year 2020.

Early intervention

Most serious eye conditions, such as glaucoma and AMD, are more easily and successfully treated if diagnosed and treated early. Left untreated, these diseases can cause serious vision loss and blindness. Early intervention now will prevent vision loss later.

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5. It's okay to be nervous, but don't let it stop you. People are often afraid to try something new. This is completely normal. Nerves can often be beaten with some extra preparation.

- If there is a group exercise class you have been curious about, but haven't gone because you are nervous about it, ask someone for more information. By finding out more about a teacher's style and the format of the class, you will feel more mentally prepared and in control.
- I often talk with people who are intimidated by Spinning classes. If you would like to try Spinning, ask someone at the gym the proper way to set up the bike and how to use the brake. That way, you will know what to do when you get into the class.
- Take small steps. Your body has all sorts of built-in alarm systems. To overcome your body's alarms, try to push yourself a little further each time you try a new activity.

6. Ask for help. Many types of exercise are not intuitive. While your body knows how to walk without you having to think about it, it does not automatically know how to properly lift weights or use kettlebells. If you are a member of a gym, ask a personal trainer to show you some moves. If you are not a member of a gym, look up videos of different exercises on the Internet.



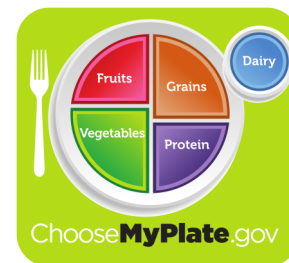
Article adapted from this source: <http://psychcentral.com/lib/new-years-resolutions-exercise-and-nutrition-tips/>

Nutrition Facts

Skinny Pizzas

Serving Size: 1 Pizza
Servings Per Recipe: 4
Amount Per Serving
Calories: 190

Total Fat 5 g
Saturated Fat 1 g
Cholesterol 5 mg
Sodium 450 mg
Total Carbohydrates 26 g
Dietary Fiber 3 g
Protein 9 g
Sugar 4 g



The Healthy Recipe Spot

Skinny Pizzas

Makes 4 Servings

Prep time: 10 min.

Total time: 30 min.

Ingredients

4 6" Flour Tortillas

½ tsp. Extra Virgin Olive Oil

2 cups sliced mushrooms (like white button or baby Portobello)

1 green bell pepper, thinly sliced (about 1 cup)

1 red onion, thinly sliced (about 1 cup)

2 tsp. Minced Garlic

½ cup Low Sodium Tomato Sauce

½ cup shredded fat-free mozzarella cheese

2 tsp. grated reduced-fat parmesan cheese



Directions

1 Heat oven to 400°F. Place tortillas on 2 large baking sheets. Cook, flipping once, until crisp, about 10 minutes; set aside.

2 Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions and garlic. Cook until vegetables are soft and tender, about 10 minutes; set aside.

3 Spread tortilla crust with 2 tbsp. tomato sauce, ¼ cup vegetable mixture, 2 tbsp. mozzarella cheese and ½ tsp. parmesan cheese; repeat with remaining crusts and toppings ingredients.

4 Transfer pizzas to same baking sheets. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

Source: <http://www.choosemyplate.gov/sites/default/files/printablematerials/MyPlateCookbookByGoya.pdf>

Better Together



We Can

Lunch & Learns

- Overview of Hypertension: January 13th from Noon-1:00 pm at 500 Hancock, rm 001.
- DASH Diet: February 17th from Noon-1:00 pm at 1040 N. Towerline, rm 33
- DASH Diet: March 16th from Noon-1:00 pm at 500 Hancock, rm 001.

Blood Pressure Drop-In Clinics

- January 15th from 9-11:30 am at 500 Hancock, HDI Clinic.
- February 12th from 9-11:30 am at 500 Hancock, HDI Clinic.
- March 11th from 9-11:30 am at 500 Hancock, HDI Clinic.

Check out: <https://www.sccmha.org/healthcare-partnerships/wellness/better-together-we-can.html>



TTI, Inc. Brings WHAM to Saginaw

According to SAMHSA, Whole Health Action Management (WHAM) is a training program and peer support group model developed to encourage increased resiliency, wellness, and self-management of health and behavioral health among people with mental illnesses and substance use disorders.¹ After their own experiences with the WHAM training program, two peers at Training and Treatment Innovations, Inc (TTI) decided to start a WHAM group in Saginaw. Mike McGovern and Joel Redlawsk, Certified Peer Support Specialists, began offering a WHAM group this year and have seen great results. The TTI WHAM group is open to SCCMHA consumers who are served through TTI, Inc., a contract network service provider of SCCMHA.

WHAM focuses on 10 whole health and resiliency factors: Stress management, healthy eating, physical activity, restful sleep, service to others, support network, optimism based on positive expectations, cognitive skills to avoid negative thinking, spiritual beliefs and practices, and a sense of meaning and purpose. According to Joel, all of the factors are interrelated. In the TTI group, although they co-facilitate, Joel does more of the group education and both Mike and Joel follow up with group members in the community on an individual basis to help meet their goals. Each group member is given a logbook entitled, *My Goal and Weekly Action Plans*, where participants identify their WHAM goals and track their progress week to week. Mike reports that an example of working with someone in the community on a goal may include helping them make better decisions about what they choose to buy from the grocery store.

The WHAM group offers a supportive environment. According to Joel, "Each member has the opportunity to explain what they are going through." Mike feels that "On a support aspect, I see a lot of areas where participants like to share their recovery story...What they hear from other participants creates a really strong bond." WHAM is an excellent opportunity for individuals who are working on their recovery.

¹Source: <http://www.integration.samhsa.gov/health-wellness/wham>

Left to right,
Joel Redlawsk
and
Michael
McGovern,
Certified Peer
Support
Specialists at
TTI, Inc.



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 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat are just as important as *what* we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!

Source: <http://www.nationalnutritionmonth.org/nnm/>

Need Healthy Eating Ideas?

- Check out Cooking Tips and Trends: <http://www.eatright.org/resources/food/planning-and-prep/cooking-tips-and-trends>
- Another option is My Plate: <http://www.choosemyplate.gov/>
- Download a free cookbook: <https://www.sccmha.org/userfiles/filemanager/541/>



SAVOR
THE FLAVOR
OF EATING
RIGHT

NATIONAL NUTRITION MONTH® 2016

eat right. Academy of Nutrition
and Dietetics
www.eatright.org

Sleep Tips

1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.
2. Practice a relaxing bedtime routine.
3. If you have trouble sleeping, avoid naps, especially in the afternoon
4. Exercise daily.
5. Evaluate your room. Design your sleep environment to establish the conditions you need for sleep. .
6. Sleep on a comfortable mattress and pillows.
7. Use bright light during waking hours to help manage your circadian rhythms.
8. Avoid alcohol, cigarettes, and heavy meals in the evening.
9. Wind down.
10. If you can't sleep, go into another room and do something relaxing until you feel tired.

If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional. For more information, go to: <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>



Wellness resources are just a click away at

www.sccmha.org/healthcare-partnerships/wellness/wellness-resources.html

Did you know?

- One out of four American families has a relative who has a mental illness.
- Mental illness typically strikes young people in their most productive years, 16-25.
- Families from all walks of life are affected regardless of age, race, income, religion or education.
- Mental Illness devastates families and ill persons. Family life is disrupted.

Source: <http://il.nami.org/facts.html>

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Know your eye care provider

When you go to get your eyes checked, there are a variety of eye care providers you might see. Ophthalmologists, optometrists and opticians all play an important role in providing eye care services to consumers. However, each has a different level of training and expertise. Make sure you are seeing the right provider for your condition or treatment. Ophthalmologists are specially trained to provide the full spectrum of eye care, from prescribing glasses and contact lenses to complex and delicate eye surgery.

Contact lens care

Follow your Eye M.D.'s instructions regarding the care and use of contact lenses. Abuse, such as sleeping in contacts that are not approved for overnight wear, using saliva or water as a wetting solution, using expired solutions, and using disposable contact lenses beyond their wear can result in corneal ulcers, severe pain and even vision loss.

Be aware of eye fatigue

If you have eye strain from working at a computer or doing close work, you can follow the 20-20-20 rule: Look up from your work every 20 minutes at an object 20 feet away for twenty seconds. If eye fatigue persists, it can be a sign of several different conditions, such as dry eye, presbyopia, or spectacles with lenses that are not properly centered. See an eye doctor to determine why you are having eye fatigue and to receive proper treatment.

Adapted from this source: <http://www.geteyesmart.org/eyesmart/living/top-10-tips-to-save-your-vision.cfm>

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 care plan or treatment. If you think you may have a medical emergency, call your doctor or dial 911 immediately.

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

Is there a wellness topic that you would like to know more about? We welcome your suggestions.

Are you a **consumer** who would like to have this newsletter delivered **FREE** to your mailbox or e-mail? We can add you to our mailing list. We can also remove you from our mailing list if you already receive *Live Well* and wish to discontinue it or change your method of receiving it to e-mail. Please fill out the form to the right and mail to:

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

Live Well

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Wellness