



## MEDICARE/MEDICAID

### ASSISTANCE PROGRAM COUNSELING

... a free service offered at Schoolcraft Memorial Hospital

**M**MAP (Michigan Medicare/Medicaid Assistance Program) provides personalized counseling and assistance to Medicare and Medicaid beneficiaries and their care givers who need help navigating the increasingly complex health care system, including the Medicare program. If you have any questions about Medicare coverage and benefits — including Medigap, Medicare Advantage, and Medicare Prescription Drug Coverage — you can contact Jeani Dalgord, a local MMAP Counselor at Schoolcraft Memorial Hospital to have your questions answered – (906) 341-1863 or toll-free at 1-888-460-8724 ext. 1863.

#### Here is how a MMAP Counselor can help:

- MMAP can educate beneficiaries about the Medicare prescription drug benefit (Part D) and the extra financial help available to low-income beneficiaries.
- MMAP can help beneficiaries understand their Medicare benefits by explaining which services are covered under Medicare Part A and Part B.
- MMAP can help beneficiaries understand and select a Medigap insurance policy by providing a list of companies selling these policies in the state and explaining the benefits of each policy.
- MMAP can help beneficiaries select a Medicare Advantage plan by helping beneficiaries compare plan coverage options and provider networks.



- MMAP can help beneficiaries understand the various public and private long-term care financing options available to them.
- MMAP can help you resolve any disputes beneficiaries may be having with Medicare or a private Medicare plan.

This year (2010) there is an enrollment period between November 15th and December 31st wherein consumers can enroll or change their Medicare Part D prescription plan. These are important dates to remember for most Medicare Beneficiaries as this is the only opportunity during the year that they have to enroll in or change their current plan. There are many extenuating circumstances, however, such as for those who are new to Medicare, or if they meet the “Extra Help” criteria. “Extra Help” programs are for those consumers who have certain income and asset levels. The extra help can pay Medicare premiums, drug premiums, and/or deductibles and co-pays.



Manistique Farmers' Market debut this past summer was deemed a huge success!

Seven local growers participated in the market, selling fresh produce to an estimated 250 people on its opening day in mid-August.. In fact, several growers sold out before closing time!

With the success of its opening day, the Sault Tribe Strategic Alliance for Health Project and the City of Manistique scheduled five more markets for the remainder of the summer! The expanded schedule was also another huge success!

**Plans are underway for Manistique 2011 Farmer's Market project. For more information, please contact Kerry Ott at 906-341-9561 or [kott@saulttribe.net](mailto:kott@saulttribe.net)**





# Exercise & Work

## How Exercising Can Help You With Your Job!

It's no secret that exercising is good for you. Whether your goal is to wear that bikini or Speedo in public (heaven forbid!) or to improve your cholesterol levels, there are endless benefits of working out. However, there is more....Exercising can help your career.

Working out can ease stress, improve productivity and help workers feel motivated – all the things that can make you happier at work. This makes for a better employee and employers are starting to understand this.

In a June 2009 report from the Society for Human Resources Management, 59% of HR professionals reported their organizations offered wellness programs to employees and 72% indicated their organizations provided wellness resources and information to employees.

During a recent research study, people involved in the study rated their job performance and mood on workdays when they exercised and on workdays when they didn't. Critically, workers performed significantly better on exercise days and across all areas measured. Here are the results:

- 79% said their mental and interpersonal performance improved
- 74% reported managing their workload better
- 72% of participants reported managing their time better
- 33% felt more motivated at work
- 28% were able to keep working without unscheduled breaks interrupting their day
- 27% improvement in the ability to complete work on time
- 26% stated they had improvement in dealing with stress
- 26% showed improved ability to concentrate

There are many physical and mental health benefits that can be gained from exercise. If people try to fit an active break into their working day, they might also experience the added bonus of their whole day feeling more productive. And one more bonus – if you are happier at work, you are generally happier at home too. Food for thought!



### Waist Size Matters!

Relatively consistent evidence now shows that a larger waist circumference is associated with higher mortality, independent of your weight or BMI. The associations with waist circumference were strongest for mortality caused by respiratory disease, followed by cardiovascular disease and then cancer.

In a recent study, where more than 100,000 men and women participated, those with the biggest waistlines had an increased risk of dying within every category of body mass index (BMI). In men with a normal BMI, each increase of 3.9 inches in waist circumference raised their mortality risk 16% when compared with heavier men. In women with a normal BMI, each 3.9 inch increase in girth increased their mortality risk by 25% when compared with heavier women.

Avoiding gains in your waistline may reduce your risk of premature death, regardless of your overall weight. A larger waist is also associated with inflammation, insulin resistance, type 2 diabetes, dyslipidemia and coronary heart disease. A bigger waist is strongly associated with fat deposited around the internal organs which is thought to be more pathogenic (disease causing) than fat deposited just under the skin.

More than half of men and 70% of women in the U.S. exceed the abdominal obesity threshold, which is: 35 inches for women and 40 inches for men. Look for yourself at the increasing waistlines and not just in adults. Schools are genuinely concerned about the obesity issues in grade school children.



# New Building Project

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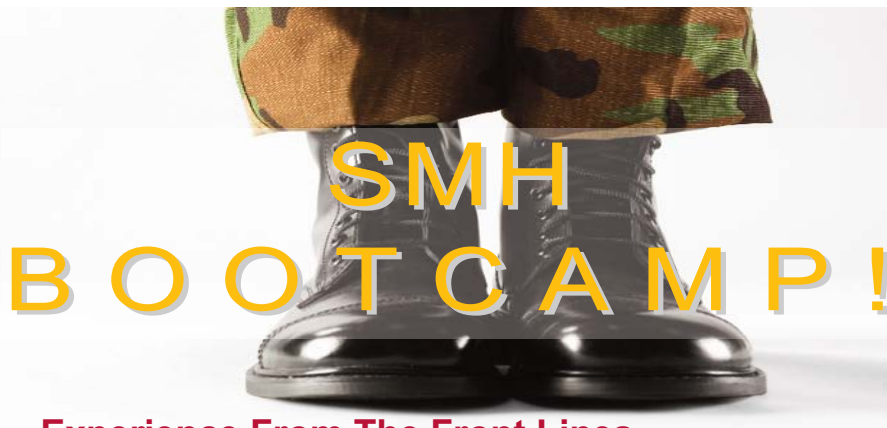
"Schoolcraft Memorial Hospital did not receive USDA funding for our replacement building during the most recent Federal Fiscal year that ended October 30th. Although the hospital board, staff and management are disappointed, we look forward to the next opportunity to fund this project," said George Montgomery, CEO of SMH.

The Gladstone and State USDA officials did all they could to support our efforts. The project also had the full support of Congressman Stupak and Senators Stabenow and Levin.

Montgomery noted the 2010 application for a combination of USDA loans and loan guarantees was approved by both local and State USDA officials. The proposal was sent to Washington for further review and was deemed complete. "The USDA received requests for more projects than they could fund with rural development dollars this past fiscal year and our application did not make the cut," said Montgomery.

The current window of opportunity for favorable interest rates and low construction costs continue to be aligned to make this project possible for our community in a future USDA funding cycle. The USDA will hold our application for possible funding in 2011.

The Schoolcraft Memorial Trustees Building Project Steering Committee will meet soon to review options and evaluate the building infrastructure needs of our current campus.



## Experience From The Front Lines

*..a retrospective*

**-by Kathy Chase**

**E**ight weeks of Boot camp training and we all survived! That is how most of the class feels. Boot camp was an intense training regimen- 3 days a week instructed by Randy Middledorf, RN. It consisted of cardio, core and strength training. We had intense heat and humidity during the middle of August but I kept moving forward, sometimes slower than others! Randy gave us a great base of exercises which we can continue to do now that boot camp is over. Overall Boot camp was good for all of us even with different goals and different needs of exercise. Randy has taught us proper techniques of exercise and proper eating habits and self control. We even had guest instructors to give us other views of fitness training. I would recommend this program to everyone whether or not you think you can do it; it is designed to meet all of our needs. No one will fail and everyone is a winner when it comes to fitness and our health.

## MANISTIQUE STRATEGIC ALLIANCE FOR HEALTH

**City of Manistique**

**Sault Ste. Marie Tribe of Chippewa Indians**

**Schoolcraft Memorial Hospital**

**MSU-Extension**

**Manistique Area Schools**

**Hiawatha Behavioral Health**

**League of Michigan Bicyclists**

**Early Childhood Program**

**Schoolcraft County Community Collaborative**





## Love All those Fall Fruits and Vegetables?

**Why eat fruits and veggies?** More than 90% of all Americans do not eat their recommended amount of fruits and vegetables. Eating a colorful variety provides a wide range of valuable nutrients like antioxidants, fiber, phytochemicals, vitamins, and potassium. Fruits and vegetables can be a convenient mealtime accompaniment or daytime snack. And remember that all forms of fruits and veggies count—fresh, frozen, canned, dried, and 100% juice.

**Did you know?** Fruits and veggies pack a nutritional punch!! People who eat fruits and veggies in general experience better health. Additionally, one of the best ways to maintain weight may be to eat more vegetables.

**How much do you need?** Recommended amounts vary anywhere from 2-5 cups a day, depending on your age, gender, and level of activity, but a good rule of thumb is to make fruits and vegetables about half of what you eat at every meal. The USDA defines part of a healthy diet as one that is rich in fruits and vegetables. While the amount depends on many factors, the government's food guidelines recommend consuming an average of 2 1/2 cups a day of vegetables and 1 1/2 cups a day of fruits.

**Get More Fruits and Veggies Every Day!** Here are some easy ways to get more fruits and vegetables into your daily routine:

1. Cut up fruits and veggies so they are ready for a quick snack; baby carrots and cubed fruit are good examples
2. Frozen grapes and banana slices make a cool treat.
3. Include lettuce, tomatoes, onions and peppers on all your sandwiches and wraps.
4. Forget tortilla chips! Eat raw veggies with your favorite dips and salsas.
5. Take advantage of berries; add to muffins, pancakes, cereal, and salads and yogurts
6. Grind/chop up veggies to add to meatloaf and soups.
7. Select a frozen 100% fruit bar as a simple and sweet snack.
8. Frozen is as good as fresh!

**Be Your Best!** Every step taken toward eating more fruits and veggies and getting more physical activity helps individuals be at their best.

### NUTRITIOUS FALL FRUITS AND VEGETABLES TO TRY

Apples - high in Vitamin C and fiber; great variety of flavors to choose

Avocado-high in fiber, potassium, iron and Vitamins A, C, and E

Bananas- available year round; high in Vitamins C & B-6, potassium and fiber

Beets-known for their dark color, good source of folate, Vitamin C and potassium

Cabbage – great in soups and salads; high in Vitamins A and C

Cauliflower- great source of folate, fiber, and Vitamin C. Try it roasted or mashed.

Clementines –fun to eat and a good source of Vitamin C, folate, and fiber

Cranberries – use in cakes, breads, or muffins to boost Vitamin C and fiber

Figs (fresh) - known to have the most fiber of the fruit and vegetable group.

Grapes - the deep purple or red varieties have the most nutrition per variety. Grapes are great for a lunch box snack.

Grapefruit – good source of Vitamin C, fiber, and folate.

Kiwi – high in vitamins. Did you know that the whole fruit can be eaten!!

Parsnips -add some to your mashed potatoes for a change. High in folate and Vitamin C

Pears –great on their own or paired with a cheese. High in folate and Vitamins

Pomegranates – the deep red color tells of its healthy goodness. Great source of iron and Vitamin C

Pumpkin – not just for carving! Pumpkin is high in Vitamins A and C and folate. Makes a wonderful soup or is also good in risotto.

Squash – winter squashes are a nutritional gold mine. Excellent source of Vitamin A and Vitamin C, potassium, and fiber. Good source of folate and thiamin. Roast, steam, use in soups; even grill.

Sweet Potatoes - more nutritious than white. High in Vitamins A and C, B-6, Fiber, copper and potassium.

Swiss Chard – deep green nutrient-rich leaves are high in Vitamins A and C and iron. Wilt in a pan with a bit of olive oil and salt or steam for best taste!



### Six Ways to Avoid Injury while Exercising

There are many safety tips to consider when exercising, especially if you have health concerns. Here are some tips to help you avoid an injury during exercise.

1. Before beginning an exercise program you should always check with your doctor.
2. Listen to your body. You are the only one that knows if you are doing too much or if you can continue to do more. Be sure you listen to your body. If your body is tired, do not exercise.
3. Rest. It is important to rest. Make sure you take days off from exercising just for rest.
4. Be sure to do a light warm up and stretch before exercise. This allows the muscles to warm up and is less likely to have an injury.
5. Another important tip is to maintain a balanced exercise program. Include cardio, resistance training, and flexibility in your exercise program. Gradually increase your exercise. You do not want to overload right away.
6. Perform a cool down and stretch after exercise to allow the muscles to cool down. Failing to cool down increases your risk for injury.

There are many other factors to consider when exercising to avoid an injury. Proper equipment, form, age, and climate are just a few other factors to consider. - References - American Academy of Orthopedic Surgeons. Tips to avoid injury during exercise. 2009.

