



STRATEGIC ALLIANCE FOR HEALTHCARE

... keeping us moving one day at a time!

The work of the Manistique Strategic Alliance for Health (SAH) Coalition is moving forward in many areas! In May this year the Sault Tribe SAH project in partnership with Blue Cross and Blue Shield of Michigan kicked off the Let's Get Moving – Community Challenge in all four SAH communities: Manistique, Munising, St. Ignace and Sault Ste. Marie. Participants in each community are logging wellness miles and competing for four financial prizes from BCBS of Michigan.

The prizes of \$2000, \$1500, \$1000, and \$500 will be given to the communities to make changes in the environment to give residents and visitors greater access to physical activity. Some possibilities include bike racks, benches and improved wayfinding signage. In the first three weeks of the competition alone, Team Manistique (180 members strong) logged over 10,000 miles and completed more than two round trips across the United States! The competition lasts through June 30, 2010.

The Manistique Safe Routes to School program kicked off an information and education project at the Manistique Child Safety Expo on May 22nd. The program also received a \$1,000 mini-grant from Michigan State University for planning activities. Parent and student



surveys and school site-audits will be conducted in the fall of 2010.

The SAH Complete Streets work group is presenting information about Complete Streets to government and service organizations, while also working on developing language for the proposed Complete Streets Ordinance. Legislation currently in the Michigan State Legislature proposes putting communities with Complete Streets Ordinances already in place at the head of the line for funding for infrastructure changes that address all modes of transportation (pedestrians, bicyclists). The idea behind Complete Streets is that communities address transportation projects so that it can be accessed by all users of all ages and all abilities, and not just motorized vehicles.

The Farmers' Market work group is putting the final touches on an interest survey which will be distributed to Manistique residents. This group is also organizing for a Harvest Market to be held in conjunction with the last concert of the summer in late August.

The SAH Coalition meets the third Friday of every month at 1:30 pm

at the Manistique City Hall. New members are always welcome to join the coalition or to volunteer to work with one of the workgroups (Safe Routes to School, Complete Streets, and Farmers' Market).

For more information, please contact Kerry Ott, Sault Tribe SAH Community Coordinator, at 341-9561 or kott@saulttribe.net

Walking for a cause...

The community's annual Alzheimer's Memory Walk/Bike/Run is scheduled to take place on September 18th at Central Park. SMH's Jeani Dalgord is a member of the planning committee. Other members are Jean Anthony, Tina Burnis, Victoria George, Wilbur Labar, Megan Macarthur, Lee Robberts, and Sally Stram. Jeani would encourage SMH employees to form or join a team or just attend the walk on their own. Jeani plans to form a walking team; anyone who is interested in joining Jeani's team or who would like more information about the event, please contact Jeani at 341.1863.





Exercise Can Spell Relief From The Symptoms Of Menopause!

You can help your menopause symptoms with exercise, according to the American College of Sports Medicine. In addition to boosting overall health, regular exercise can help reduce many of the symptoms of menopause that some women experience.

Some of the benefits of exercise include:

IMPROVED CARDIOVASCULAR FITNESS: Women's risk for heart disease increases when the hormones estrogen and progesterone decline at menopause.

DECREASED ANXIETY AND DEPRESSION

HELP WITH WEIGHT CONTROL: Nearly 90% of women gain 10 to 15 pounds after menopause.

REDUCED BONE LOSS: which decreases the risk for osteoporosis?

IMPROVED STRENGTH, BALANCE, AND COORDINATION: to help prevent falls and fractures.

In addition to the above benefits, some research suggests that exercise may also reduce the risk for breast cancer after menopause.

Activities that focus on deep breathing or relaxation, like yoga or tai chi, may be particularly helpful in controlling hot flashes.

Exercise recommendations for women when they reach menopause are very similar to those for all women: At least five days a week, 30 minutes total of brisk activity such as walking, water aerobics, or even mowing the lawn. You should break a sweat but still be able to carry on a conversation.

Two days a week: Weight training- at least eight different lifts with eight to twelve repetitions.

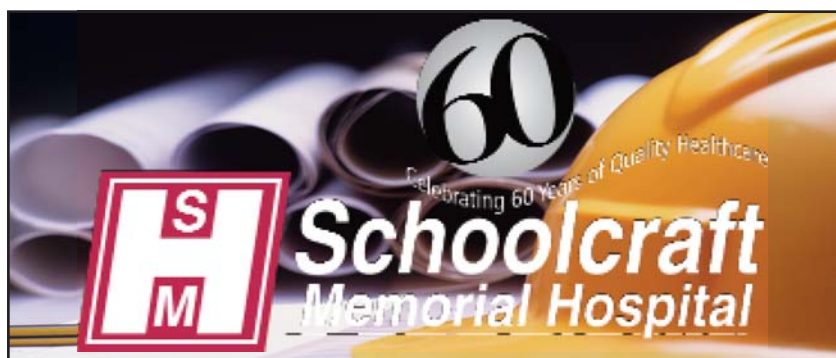
Seven Super Steps to Safe Food In the Summer

During warm weather, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

1. **Wash, Wash, Wash Your Hands** (as in Row, Row, Row Your Boat). Always, wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. **Marinating Mandate.** Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.
3. **Hot, Hot, Hot.** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
4. **Temperature Gauge.** Use a food thermometer to ensure that food reaches a safe internal temperature. (Continue on page 4)

New Building Project

u p d a t e



Schoolcraft Memorial Hospital continues to move toward realization of its vision of a new, state-of-the-art hospital for the community. We are hoping to break ground in October or November of 2010 and have the project finished by April of 2012. We anticipate receiving State of Michigan Certificate of Need approval for the project in July of this year. We are working with the United States Department of Agriculture (USDA) to fund the project through a combination of direct loans and loan guarantees. The full application to the USDA will be submitted at the end of June following the requirements of the USDA pre-application. We continue to work on the completion of the many documents required for the full application including a new schematic design for the building and a revised financial feasibility study. M Bank has been selected as our lender for the loan guarantee portion of the project.

Changes that have been made in the design of the building are very significant, and a new architectural firm, HGA, has been hired to work with the hospital. The re-design phase is anticipated to move forward very quickly.

Introducing....

SMH
BOOTCAMP!

Employees from Schoolcraft Memorial Hospital volunteered to be participate in a new experimental program affectionately "Boot Camp." Of the staff who volunteered ten, were selected to participate in the comprehensive, eight-week course, which focuses on the important aspects of wellness - nutrition, rest, and exercise. The program incorporates a combination of classroom instruction as well as physical training sessions held three to four times per week.

Throughout the program, participants were introduced to various types of physical training by a number of diverse instructors. Plyometrics, yoga, tai chi, strength conditioning, aerobic conditioning and multiple styles of martial arts. Most of the workouts were quite intense and required a great deal of effort by the participants. Classroom instruction included numerous topics including interpreting food labels, understanding calories, types of exercise, and the effects of exercise and nutrition on the body. The goal of the program was to provide participants with the tools they need to make themselves and those around them live healthier, longer more productive lives.

The "Boot Camp" was well received by the participants and plans are underway to open it up to a wider audience.

Randy Middendorf, RN and Education Coordinator at SMH spearheaded the program.

SAVE THE DATE!

Schoolcraft County
Steps Up to Good Health!



for the whole Family!

Health Fair

September 25, 2010 • 9:00 a.m. to 1:00 p.m.

Emerald Elementary • Manistique, MI

Call Alison Jones for more info. at

906-341-3293

LIVING LONGER WITH CHRONIC DISEASES...



The twentieth-century life expectancy revolution has dramatically increased our longevity.

Advances in medical sciences have wiped out deaths from many infectious diseases. This coupled with aging baby boomers and a rise in sedentary life-styles has created a new challenge for humanity. Now, we are confronted with a different kind of illness; chronic conditions that are associated with the aging process itself. A chronic condition lasts a year or longer, limits what one can do and may require ongoing care.

More than 125 million Americans have at least one chronic condition and 60 million have more than one condition. The number of people with chronic conditions is growing at an alarming rate. By the year 2020, 25% of the American population will be living with multiple chronic conditions, and costs for managing these conditions will reach \$1.07 trillion.

Many with different chronic conditions face common problems, including pain, fatigue, managing medications and

worry. A large part of the health of those with chronic conditions depends on how they manage the disease every day. Researchers at Stanford University developed a Chronic Disease Self-Management Program (CDSMP). This program was evaluated in a randomized study involving over 1,000 subjects. The study revealed that those who participated in the program (when compared to a control group) improved their healthful behaviors (exercise, cognitive symptom management, coping and communicating with physicians), improved their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and, decreased their days in the hospital.

This program was named PATH, Personal Action Towards Health. PATH helps people living with or caring for someone with a life-long condition to take an active role in managing their health issue(s). Participants learn ways to deal with pain, fatigue and stress. They gain communication skills, and learn how to express their needs to family, friends, and health professionals. Setting achievable goals and sharing with others increases confidence and self-efficacy; both factors vital in maintaining independence. PATH gives participants the various tools needed to relax, enjoy life and FEEL BETTER!

Groups meet once a week for 6 weeks. Each session is 2 ½ hours long and different topics are covered each week. Currently there is a session being held at the Senior Center on Wednesday from 12:30-3:00. There are 7 participants and they have reported positively on the program, especially in regards to the motivating factor of goal-setting. Future sessions are being planned. For more information contact the Fitness Center at 906-341-3276.

Seven Super Steps to Safe Food In the Summer - Continued from page 2

5. **Where's the Beef? Chicken and Fish?** Hamburgers should be cooked to 160 °F, while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily.
6. **Stay Away from that Same Old Plate.** When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot, soapy water first. And in hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator.
7. **Icebox Etiquette.** A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun.

ON THE ROAD AGAIN... SUMMER TRAVEL AND PICNICS

When eating outside while traveling or picnicking away from home, it's important to take along the basic food safety necessities and follow these helpful tips:

- Soap and water are essential to cleanliness. But if running warm water for hand washing is not available, disposable wipes or hand cleanser will do. Clean your hands before and after handling food.
- Bring water for drinking or mixing with food.
- Take foods in the smallest quantity needed – pack only the amount of food you think you'll use. Consider taking along non-perishable foods and snacks that don't need to be refrigerated.
- Pack foods in your cooler in reverse-use order – pack foods first that you are likely to use last. Pack plenty of ice or freezer packs to ensure a constant cold temperature.
- When traveling, transport the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Keep the cooler out of direct sun. At the picnic or campsite keep your cooler covered with a blanket or tarp.
- Don't let food sit out for more than two hours. On a hot day (90° F or higher), reduce this time to one hour.
- Bring a food thermometer in your grilling supplies. Use it to make sure meat and poultry have reached a safe temperature.
- When the picnic is over, discard all perishable foods if there is no longer sufficient ice in the cooler or if gel packs are no longer frozen.

Resources

If you have more questions or concerns about food safety, contact:

- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 888-MPHotline (888-674-6854). The TTY number for the hearing impaired is 800-256-7072. Or visit www.fsis.usda.gov.
- The U.S. Food and Drug Administration (FDA) Food Information Line at 888-SAFE-FOOD. Or visit online at www.cfsan.fda.gov.