



Schoolcraft Memorial Hospital

A commitment to excellence by people who care.



THE HEALTH & WELLNESS NEWSLETTER

500 Main Street • Manistique, MI 49854 • 906-341-3200 • www.scmh.org

SPRING 2011

LOCAL MCAC OFFICE CHOSEN AS THE 2011 CBC COMMUNITY CHARITY

In our winter Health & Wellness Newsletter, we spotlighted the Medical Care Access Coalition – Schoolcraft County office (MCAC-S), known locally as Schoolcraft Health Access (SHA). Since that time, we have been notified MCAC-S has been chosen as the 2011 CBC Community Charity. To say we are honored is an *understatement!*

MCAC-S is one of three regional offices of the Medical Care Access Coalition of Marquette, Alger, and Schoolcraft Counties. The Schoolcraft office accepted its first client in 2006. Working in close collaboration with **Schoolcraft Memorial Hospital**, MCAC-S facilitates linking clients with a primary care home, as well as providing some labs and x-rays ordered by the SMH Rural Health Clinic physicians. The hospital donates thousands of dollars in free care for uninsured residents of Schoolcraft County who are at or below 200% of the Federal Poverty Level. Most of MCAC-S's clients are employed, but work for employers who are unable to provide them with health

insurance, and the client is unable to afford the out-of-pocket costs for health insurance on his/her own.

In addition to medical care, labs, and x-rays, generic prescription drugs can be obtained at the local pharmacies with a \$5 co-pay for MCAC clients. An MCAC-S staff person assists clients and eligible community residents alike to obtain brand-name prescription medications through pharmaceutical company prescription programs. The pharmaceutical companies have income eligibility requirements.

MCAC-S staff person, June Ann Smith, is a Medicare/Medicaid Assistance Program Counselor and is able to answer Medicare, Medicare Part D (prescription program), and Medicaid questions. You do not have to be an MCAC client to take advantage of this service.

MCAC will, of course, be participating during the CBC Telethon on Sunday, April 17, 2011.

There will be an information table set up for those who would like to stop by and see us. With the CBC Community Charity funds, MCAC – S will explore the possibility of expanding services for Schoolcraft clients to meet other health needs.

If you would like more information or assistance, please contact the **MCAC – S office at 906.341.1312, or stop in and visit at 330 Deer Street** (across from Good Neighbor Services).

Upcoming Events!

April 17, 2011

CBC Telethon - Manistique High School

April 18, 2011

Community Connection Svs. "Nursing Facility Transition to Home Services" - Manistique Public Library 6:00 p.m.

April 21, 2011

SMH Speaker Series featuring: Anne Richey RN, CDE
Manistique Public Library
6:00 p.m. call 341-3293 for more information

May 13-15, 2011

Advanced Wilderness Life Support - see mention on page 6
June 1st & Every Wednesday until September 28th, 2011
4:00 p.m. to 6:00 p.m.

Manistique Farmers' Market
Little Bear West Agenda
June 4, 2011

2nd. Annual Let's Get Moving Walk - see article page 6

The World Federation of Occupational Therapy provides the following definition of Occupational Therapy: *"Occupational therapy is a profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by enabling people to do things that will enhance their ability to participate or by modifying the environment to better support participation."* Occupational therapists use careful analysis of physical, environmental, psychosocial, mental, spiritual, political and cultural factors to identify barriers to occupation.

Occupational Therapy (OT) is often misunderstood as someone who helps in a job setting. Although it is true work site evaluations and ergonomics is part of what an OT does - it encompasses so much more.

Some examples of an Occupational Therapist's role in different settings include:



PEDIATRICS:

Working with children in a school setting on skills necessary to perform to the best of their abilities; including fine motor coordination for handwriting, visual motor skills for reading, sensory integration, and working with children with Autism.

YOUNG ADULTS:

Assisting young adults with disabilities to transition to independent living including, transportation skills, home modification, and job-related skills.

ADULTS AND AGING ADULTS:

Working with individuals to rehabilitate or reduce injury to complete activities of daily living skills (ADLs). Examples include grooming and hygiene, dressing, cooking and any home related tasks. Along with ADLs, independent activities of daily living skills (IADLs) are important; examples include: driving, public transportation, and grocery shopping. Another role of the OT is assisting individuals to "Age in place." Occupational therapists implement environmental modifications in senior housing, assisted living, long-term-care facilities, and homes. Environmental modifications can include rearranging furniture, building ramps, widening doorways, grab bars, special toilet seats, and other safety equipment to use performance capabilities to their fullest.

In a clinic setting an OT will work with individuals to rehabilitate Upper Extremity injuries or conditions. Interventions used include therapeutic exercise, therapeutic activities, desensitization, orthotic design, fabrication and education, scar management, pain management, joint protection and activity modification.

OCCUPATIONAL THERAPY SERVICES TYPICALLY INCLUDE: customized treatment programs to improve one's ability to perform daily activities, comprehensive home and job site evaluations with adaptation recommendations, performance skills assessments and treatment, adaptive equipment recommendations and usage training, and guidance to family members and caregivers. Occupational therapists work in a variety of settings including hospitals, clinics, schools, rehabilitation centers, skilled nursing facilities, assisted living facilities, homecare agencies, mental health facilities, insurance companies, and work hardening programs.



Protect Your Head!

According to the Centers for Disease Control, an athlete in a contact sport has a 19% chance of experiencing a concussion for every season played. However, a concussion isn't limited to contact sports. In fact, it can occur anytime.

What happens in the event of a concussion is that a significant force is applied to the body, not necessarily the head, which causes the brain to move striking the inside of the skull.

Prevention of a concussion may be unavoidable but there are a number of easy things we can do to significantly lower the risk. Use helmets, pads, safety gear, and seatbelts when they are available. These simple things can drastically improve the outcome in the event of an injury. Mind altering substances such as alcohol and drugs (whether prescribed or not), should be avoided with certain activities as they affect your judgment both physically and mentally. With certain medical conditions, particularly conditions affecting balance and equilibrium, high risk activities should be avoided. If you are on an anti-coagulant, which is also commonly referred to as a blood thinner, you have even a greater risk for serious complications in the event of a concussion. This

ENERGY DRINKS MAY POSE A RISK TO YOUNG PEOPLE

Popular energy drinks, which may contain high levels of unregulated ingredients, could pose a health risk to children, adolescents and young adults who consume many of the drinks sold.

Almost half of the 5,448 caffeine overdoses reported in 2007 involved people under the age of 19. Many energy drinks contain 70 to 80 mg of caffeine per 8 oz. serving, which is about 3 times the concentration of cola drinks.

Energy drinks have been linked to serious adverse effects in young people including seizures, diabetes, cardiac abnormalities, liver damage, kidney failure, respiratory disorders, agitation, mood and behavioral disorders, hypertension, heart failure and death.

Marketed in more than 140 countries, energy drinks constitute the fastest growing segment of the U.S. beverage market with sales expected to exceed \$9 billion in 2011. Children, adolescents and young adults account for half of the energy drink market. Although the U.S. Food and Drug Administration limits caffeine content in soft drinks, which are categorized as food, there is no such regulation of energy drinks, which are classified as dietary supplements.

Therefore it is important for parents to take control and limit the consumption of energy drinks by their children.

means extra care needs to be taken to prevent head injury. It is always a good idea to consult a physician prior to engaging in an activity if you have concerns about your health.

Some common symptoms that a concussion may have occurred with an injury include:

- Loss of balance
- Unusual emotional behavior
- Memory loss
- Nausea or Vomiting
- Loss of Consciousness
- Confusion
- Headache
- Visual changes
- Sensitivity to Light or Sound

If you suspect a concussion in someone, it is important to prevent another head injury. This is extremely important in children and adolescents as there is a chance second impact syndrome may occur. Second impact syndrome is when a person suffers a concussion and receives a second concussion while still healing from the first. If this occurs it can be fatal.

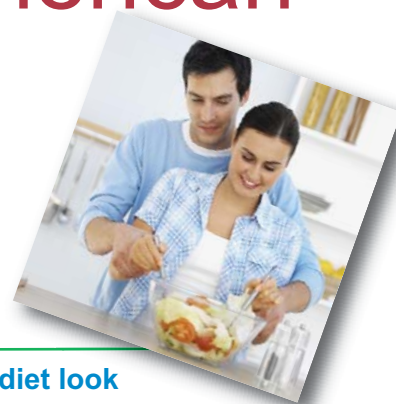
Children are more likely to have lasting and more significant problems related to concussion so extra care should be taken with them. It can be difficult to pull an athlete from an important game but consideration for the child's health and the long term effects of concussion need to be considered more important than winning a game.

For more information, refer to www.cdc.gov. If you are interested in training or seminars contact Randy Middledorf RN 341-3240 at Schoolcraft Memorial Hospital.

What should the New American Diet Look like?

...*the new dietary*

guidelines



For the first time the guidelines do more than tell us what's good for us: They tell us what specific foods to avoid and lifestyle choices that make us fat. The guidelines are revised every five years.

A new phrase in the guidelines, "Get off your SoFAS" means Solid Fats and Added Sugars. A third category of foods to avoid are refined grains. People who eat a lot of SoFAs also tend to eat a lot of these. One food that stands out as it contains all three foods - PIZZA

The new guidelines suggest cutting back on sodium to 2300 mg. per day. Currently most Americans eat double that amount. Furthermore if we have hypertension, are over the age of 51, and/or African American we should cut back to 1500mg. This group equals ½ of the US population!!! Most of our sodium consumption comes from processed foods, not from the salt shakers. The USDA will pressure the food companies to help us meet those guidelines.

The new dietary guidelines focus on two major themes: (1) reducing calories to reach and maintain a healthy weight, and (2) increasing nutrient rich foods, fewer calories for solid fats, sugars, and refined grains.

So what should the new American diet look like?

- ✓ Eat more seafood - at least 8 oz per week.
- ✓ Eat more fruits and vegetables.
- ✓ Substitute healthy oils for solid fats like margarine.
- ✓ Lower our sodium intake.
- ✓ Avoid fast food.

So what should the new American diet look like? cont'd...

- ✓ Exercise more.
- ✓ Read more food labels.
- ✓ Substitute whole grains for refined grains
- ✓ Eat more beans and peas
- ✓ Get plenty of fiber, potassium and vitamin D
- ✓ Eat or drink more nonfat or low fat dairy products
- ✓ Replace high fat meats with lean meats
- ✓ For some Americans, drink less alcohol
- ✓ Get off your SoFAS

Solid fats make up 1/5 of the calories we eat, a major factor behind the obesity epidemic.

The ten worst foods for solid fats are:

1. Grain-based desserts (10.8%)
2. Pizza (9.1%)
3. Regular cheese (7.6%)
4. Sausage, franks, bacon, and ribs (7.1%)
5. French fries (4.8%)
6. Dairy desserts (4.7%)
7. Tortillas, burritos, and tacos (4.6%)
8. Chicken and mixed chicken dishes (4.1%)
9. Pasta and pasta dishes (3.9%)
10. Whole milk (3.9% just ahead of burgers 3.8%)

Strive for a healthy overall eating pattern, making better choices 80 % of the time. Start by changing one or two habits and consciously thinking about it for several weeks until it becomes part of your healthy lifestyle.

For more information go to <http://www.cnpp.usda.gov/> click on "Dietary Guidelines."

PATH Program To Be Offered in Schoolcraft County



PATH (Personal Action Towards Health) is a six-week workshop to assist people living with chronic conditions to improve their health, one step at a time. Long-term health problems might include (but are not limited to) asthma, arthritis, chronic obstructive pulmonary disease, congestive heart failure, diabetes, fibromyalgia, heart disease, obesity, and pain. PATH groups meet once per week for six weeks with each session being 2 ½ hours long. Different topics are covered each week. The program is free with a suggested donation of \$10 - \$20 for the entire six week workshop to help cover program costs. In addition to the person living with the chronic condition(s), family, friends, and/or caregivers are encouraged to attend.

YOUR PATH TO LIVING LIFE WITH CHRONIC CONDITIONS

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PATH

(Personal Action Towards Health)
A six week workshop to
help you improve your health
- *one step at a time!*



PATH helps a person learn better ways to take care of his/her health by:

- Setting goals that are achievable.
- Working and sharing with others.
- Finding support and help for problems.
- Relaxing and managing stress.

PATH helps a person to feel more prepared to:

- Deal with pain and fatigue.
- Eat for better health.
- Talk with your doctor and others about your health needs.
- Maintain your independence.
- Manage medications.
- Relax and enjoy life.

Schoolcraft County PATH Partners include Schoolcraft Memorial Hospital, the UP Area Agency on Aging, the UP Diabetes Outreach Network, and the UP Health Plan. The workshops are funded in part through the American Recovery & Reinvestment Act of 2009.

A daytime PATH course is planned in Schoolcraft County for the Spring or Early Summer of 2011. For further information, please contact the Schoolcraft Memorial Hospital Fitness Center (Cathy Kaltz) at 906•341•3276.

*Dont' let your health stop you from
doing all the things you love to do!*



After a very successful short season of six Farmers' Markets in 2010, the Manistique Farmers' Market is preparing to offer 18 markets for 2011! Starting on June 1st and running every Wednesday through September 28th, the Manistique Farmers' Market will be open from 4-6pm at Little Bear West Arena – outside when the weather's nice and inside when it's not.

The June markets will likely feature eggs, chicken, beef, soy products, starter plants (such as tomatoes), baked goods and other cottage industry type foods, along with some fresh greens and early berries as the month progresses. Each month will feature a new array of local,



fresh produce and other seasonal farm products.

As part of the Second Annual Let's Get Moving – Community Challenge, Blue Cross Blue Shield of Michigan is providing a small

stipend to the Manistique Farmers' Market for ordering an initial supply of printed reusable shopping bags which will be for sale for a small fee on market days.

For more information about the Manistique Farmers' Market – for shopping or being a vendor – please contact Kerry Ott at 341-9561 or email at manistiquefarmersmarket@gmail.com.

Community Challenge

2nd. Annual

Let's Get Moving!

In 2010, the Sault Tribe Strategic Alliance for Health project and Blue Cross Blue Shield of Michigan sponsored the First Annual Let's Get Moving – Community Challenge for the four SAH communities of Manistique, Munising, St. Ignace and Sault Ste. Marie. Community teams earned wellness miles for exercise and healthy eating to compete for financial prizes for each community to use to improve the environment for easier access to physical activity. The event went so well, that the SAH and BCBS of Michigan are pleased to announce the Second Annual Let's Get Moving – Community Challenge!

This year's Challenge will run from Saturday June 4th through Saturday July 30th. Persons interested in participating can contact Kerry Ott at 341-9561 or kott@saulttribe.net. Registration information will also be available at the first Manistique Farmers' Market of the season on Wednesday June 1st from 4-6pm at Little Bear West Arena.

Save The Date!

ADVANCED WILDERNESS LIFE SUPPORT!

May 13 - 15, 2011

Indian Lake State Park, Manistique, MI

*Become Certified in Wilderness Medicine
Obtain up to 21.5 hrs. of category 1 CME*

Audience: Physicians, PA's, Nurses, EMS,
Search & Rescue, those who work in or
are outdoor enthusiasts.

For more information or to register, please contact
Ed Unger at eunger@scmh.org or 906-341-1880

T O R N A D O S E A S O N

Spring is generally tornado season and knowing what to do when you see a tornado, or when you hear a tornado warning, can help protect you and your family. During a tornado, people face hazards from extremely high winds and risk being struck by flying and falling objects. After a tornado, the wreckage left behind poses additional injury risks. Although nothing can be done to prevent tornadoes, there are actions you can take for your health and safety.

A tornado watch is issued when weather conditions favor the formation of tornadoes, for example, during a severe thunderstorm. During a tornado watch, stay tuned to local radio and TV stations or a National Oceanographic and Atmospheric Administration (NOAA) Weather Radio for further weather information. Watch the weather and be prepared to take shelter immediately if conditions worsen.

A tornado warning is issued when a tornado funnel is sighted or indicated by weather radar. You should take shelter immediately.

For more information on how to be better prepared for emergencies and/or disasters, check out the following websites: <http://www.schoolcraftcountycert.org> and <http://emergency.cdc.gov/disasters>



The skills children need to be successful readers begin long before Kindergarten. There are many foundation skills that develop from birth to age five that support literacy development. Here are some easy and fun ways to help your child develop strong pre-literacy skills:

1. READ to your child every day. Even if your child doesn't seem interested, keep introducing books. Start with short, simple ones with interesting pictures and work towards longer ones as their attention span improves.
2. Play rhyming games- pick something you can see in your environment and talk about what words rhyme with it.
3. Play "I Spy" to practice finding words that begin with a certain sound (e.g. "I spy with my little eye something that begins with buh" for a book). Take turns spying with your child. Talk about long words and short words- practice clapping for each syllable. For example "bus" would get one clap, while butterfly would get three claps.
4. It's imperative that your kids let you know if they arrange in-person meetings with people they meet online. Before any such meeting, you should confirm the person's identity, and you should accompany your child to the meeting in a public place.
5. Take a familiar book (one with pictures) and ask your child to tell you the story.
6. Play "What word is left?"- Say a word (Mice). Tell your child to take away the first sound (m). Ask what word is left (ice).
7. Play car games - watch for things that rhyme with a given word or that start with a certain letter.
8. Sing nursery rhymes and fingerplays. If you need ideas, some websites that have the lyrics are nurseryrhymes4u.com and smart-central.com. YouTube also has some cute kids' videos with nursery rhymes and kids' songs.
9. Practice counting and sequencing with activities such as dot-to-dots and mazes. Kids' puzzle books are inexpensive and have lots of great activities. There are also several websites that offer free printable activities for kids, such as: printactivities.com and activitypad.com.
10. Bring your child to storytime at a library. Did you know that our local library offers a free storytime?

Kids KOrner

Top 10 Ways
to
Protect
Your Kids
Online

1. Monitor your children's use of the Internet. Put the computer in a high-traffic family area and limit nighttime use. Also, check out online child safety monitoring software like IMSafer.
2. Fortify your computer with security software and make sure to keep it up to date. Anti-virus software will also protect your computer from viruses and spyware by automatically scanning email attachments and files.
3. Make sure kids understand basic rules for using social networking sites such as MySpace and blogs. They should guard their passwords, and never post personally identifying information or inappropriate photos. Kids should share information only with people they know from the real world.
4. It's imperative that your kids let you know if they arrange in-person meetings with people they meet online.
Before any such meeting, you should confirm the person's identity, and you should accompany your child to the meeting in a public place.
5. When using Peer-to-Peer (P2P) file-sharing programs, kids should not download files from users whom they don't know. They could be downloading infected files, pictures, games, and music that are inappropriate, or media files protected by copyright law.
6. Don't allow kids to fill out online forms or surveys. If there is a legitimate site where they want to register, have them come to you first so you can check the site's privacy policy and rules of conduct.
7. Only allow your children to use monitored chat rooms, and have them use a screen name that doesn't hint at their true identity. As with blogs and MySpace, kids should never reveal personal information or share photos. Make sure they understand that people can lie about who they are and that online friends are still strangers.
8. Teach your kids to ignore emails and instant messages from people they don't know. They should never open attachments they are not expecting nor click on links in messages.
9. Use browsers for kids and kid-oriented search engines. Children's browsers such as Kid Browser 1.1 do not display inappropriate words or images. Kid-oriented search engines including Ask for Kids and Yahoo!igans perform limited searches and screen search results.
10. Let your kids find appropriate and helpful web sites using lists put together by experts in the field. The American Library Association has a very good list, The ALA Great Web Sites for Kids. www.ala.org