

# Schoolcraft Memorial Hospital

*A commitment to excellence by people who care.*

THE HEALTH & WELLNESS NEWSLETTER

500 Main Street • Manistique, MI 49854 • 906-341-3200 • 1-888-460-8724 • [www.scmh.org](http://www.scmh.org)



SUMMER 2011

## LET'S GET MOVING! COMMUNITY CHALLENGE 2011

*...there is still time to join!*

**T**he Sault Tribe Strategic Alliance for Health and Blue Cross Blue Shield of Michigan have issued a Community Challenge to the SAH funded communities of Manistique, Munising, St. Ignace and Sault Ste. Marie, along with their mentored communities of Newberry and Kinross, to determine which community's residents can log the most wellness miles from June 4 through July 29, 2011.

The Let's Get Moving – Community Challenge 2011, encourages residents to be more physically active, while helping each community vie for financial prizes. The six prizes of \$2,000; \$1,500; \$1,250; \$1,000; \$750 and \$500 are to be used by each community to make some change or improvement in the environment that will increase access to physical activity.

Improvements can include things such as: crosswalks, bike racks, benches, and way-finding signs. The prizes will be awarded based primarily on each community's average wellness miles per participant, although higher numbers of active participants will also play a part in award consideration.



Anyone can participate in the Challenge, but will need to sign up to represent one of the SAH communities. In 2010, Team Manistique had participants from as far away as Texas and South Carolina. You can sign up at any time during the Challenge, but you cannot log activity in weeks prior to your registration. For more information about the Community Challenge, please visit the Healthy Sault Tribe website at <http://miniurl.org/lgm>. You may also contact the SAH Manistique Community Coordinator, Kerry Ott at 906-341-9561 or [kott@sault-tribe.net](mailto:kott@sault-tribe.net).

## THE FIRST RESPONSE TO ANY EMERGENCY...

*... begins locally!*

**M**any people do not realize that they may be the one and only person to respond to an emergency situation. Major local emergencies can overwhelm the capability of first responders, especially during the first 12-72 hours. Having citizens who are prepared to take care of themselves, their families and others during times of crisis will allow first responders to focus their efforts on the most critical, life-threatening situations (*continued page 2*)



The 2011 Manistique Farmers' Market opened on Wednesday June 1st at the Little Bear West Arena. After six very successful markets in 2010, the City of Manistique, Sault Tribe SAH Project and area farmers are excited to offer a full season of markets for 2011, every Wednesday from 4-6pm through September 28th.

In addition to offering 18 markets this year, the Farmers' Market will also be accepting Project FRESH coupons (WIC and Senior). Lists of approved products that WIC families and Seniors can purchase with their Project FRESH coupons will be available at the market.

Farmers and products expected to be at the Manistique Farmers' Market through June and July:

- Jude & Barbara Collins: asparagus, lettuce, and rhubarb
- Collins Farm & Mill (Belinda Collins): kidney beans, wheatberries, flour tortillas
- Bear-A-Villa Acres (Rick & Holly Nims): lettuce, peas, radishes, rhubarb, eggs, baked goods
- Rondeau's Ruff Acres: strawberries
- DeAnn Henrichsen: lettuce, peas, spinach, eggs
- Jim Koeune & Linda Kumm: variety of vegetable plants
- High Post Farms (Matt Miotke): vegetable plants, ground beef, beef sticks
- Chandler Cottage Cakes: cakes, cookies, pies, breads
- LaBar Poultry Farm: chicken, eggs
- Wegottafarm (Dan & Linda Casteel): eggs
- Indian Lake Honey (Ed & Jan Wright): honey, beeswax products, mustards, honey products
- Loebach Fisheries, LLC "The Traveling Fish Market": fresh whitefish fillets



With a longer market season this year, organizers encourage shoppers to remember that product availability will vary week to week and is dependent on weather and other conditions that are out of the farmers' control.

For the latest information about the Manistique Farmers' Market, please visit <http://manistiquefarmersmarket.com>. You can also call 906-341-9561, or email the market at

## THE FIRST RESPONSE TO ANY EMERGENCY...

*... begins locally!*

*continued from front page.*

In Schoolcraft County, we have a very special organization – the Schoolcraft County Citizen Corp. This is a community-based, organized group of dedicated volunteers whose intent is to augment existing community emergency response as well as contribute to meeting the public health needs of the community throughout the year. The Schoolcraft County Citizen Corp includes the Community Emergency Response Team (CERT) and the Medical Reserve Corp (MRC).

The CERT and MRC programs strive to educate people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations. CERT and MRC members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

CERT and MRC programs encourage the development and implementation of :

1. Personal Preparedness: Have a personal preparedness/disaster plan for yourself and your family.
2. Training: Take classes in emergency preparedness, first aid, CPR, and fire suppression.
3. Volunteer Service: Engaging individuals in volunteer activities that support first responders, disaster relief groups and community safety organizations.

Being prepared to handle an emergency is a challenge for any community. However, when a community is truly prepared, its residents will be able to mobilize quickly to minimize disability, death and emotional trauma resulting from an emergency.

To learn more about the Schoolcraft County Citizen Corp – the Community Emergency Response Team (CERT) and Medical Reserve Corp (MRC) go to <http://schoolcraftcountycert.org> or contact Cathy Flores at 341-3232 or [cflores@scmh.org](mailto:cflores@scmh.org)

# Vitamin D

**Vitamin D:** Odds are you need more! Scientists believe Vitamin D could play an important role in preventing disease. Research suggests inadequate levels contribute to cancer, diabetes, high blood pressure and other problems. Vitamin D deficiency is also linked with osteoporosis because the vitamin helps your body absorb calcium - vital to having strong bones. But reports of Vitamin D deficiencies have been rampant. In one study, the Institute of Medicine concluded more than half of American women are not taking the recommended amounts of Vitamin D.

Depending on your age, the federal government calls for 200 to 600 IU of Vitamin D daily. Many researchers believe the recommendation should be raised to 1,000 IU a day. Doses above 2,000 IU are considered toxic. Vitamin D is sometimes called the "sunshine Vitamin" because your body can manufacture it when bare skin is exposed to sunlight though too much sun can harm your skin.

However, if you're over 50 years of age or have dark skin, spend most of your time indoors or live where there is not much sunlight making Vitamin D through sun exposure is hard.

The federal government's recommendations are as follows:

|              |              |
|--------------|--------------|
| Age 1 to 50  | 200 IU daily |
| 51 to 70     | 400 IU daily |
| 70 and older | 600 IU daily |

Your other options for Vitamin D include supplements and foods. Among foods, Vitamin D is naturally plentiful only in fish and fish oil. Smaller amounts can be found in Vitamin D fortified foods, such as milk.

**Here is a recipe that offers some of both:**

## NEW WORLD SALMON FLORENTINE

- 2 C flaked cooked salmon fillet (about 12 oz)
- 2 C fresh baby spinach leaves washed and shredded
- 2 C cooked tri-color chunky pasta
- 2 stalks thin sliced celery
- 1 ½ C skim milk
- 1 t Dijon mustard
- 2 oz shredded Gruyere cheese (about ¾ C) divided
- ¼ C sun-dried tomato pieces chopped (not packed in oil)
- 1 t fennel seeds



Preheat oven to 375 degrees.

Combine salmon, spinach, celery and pasta in ovenproof baking dish.

Heat milk in a small sauce pan; don't let it boil. Stir in mustard and half the Gruyere until it melts. Add sun-dried tomatoes to soften. Add fennel seeds. Pour sauce over salmon mixture. Top with remaining Gruyere. Cover and bake at 375 degrees for 30 minutes.

Nutritional information per serving: 400 calories; 31g protein; 16.5 g fat; 68 mg cholesterol; 29.5 g carbohydrates; 3 g fiber; 611 mg sodium.



## The Matter of SALT

**T**he American Heart Association recommends consuming no more than 1,500 milligrams of sodium per day. To effectively limit sodium intake, when buying prepared and prepackaged foods, you should read the nutrition and ingredient labels. Sodium compounds are present whenever food labels include the words “soda” and “sodium,” and the chemical symbol “Na.”

### Reading the food labels:

|                                 |  |
|---------------------------------|--|
| <b>Sodium free or no sodium</b> | <b>Less than 5 milligrams of sodium and no sodium chloride ingredients</b> |
| <b>Very low sodium</b>          | <b>35 milligrams or less of sodium</b>                                     |
| <b>Low sodium</b>               | <b>140 Milligrams or less of sodium</b>                                    |
| <b>*Reduced or less sodium</b>  | <b>At least 25 percent less sodium than the regular product.</b>           |

\*You may need to reconsider purchasing a product which is 25 % less sodium as it can still be a high sodium item.

How much salt do you add at the table? Sodium chloride or table salt is approximately 40% sodium. Understand just how much sodium is in salt so you can take measures to control your intake.

1/4 teaspoon salt = 600 mg sodium • 1/2 teaspoon salt = 1,200 mg sodium  
 3/4 teaspoon salt = 1,800 mg sodium • 1 teaspoon salt = 2,300 mg sodium

An American Heart Association survey of 1000 people showed that many Americans are confused about low-sodium food choices and don't know the primary source of sodium in American diets. Excessive sodium can increase blood pressure in some people, increasing the risk of heart diseases and stroke.

Sixty-one percent of respondents incorrectly agreed that sea salt is a low-sodium alternative to table salt. Kosher salt and most sea salt are chemically the same as table salt (40 percent sodium), and they count the same toward total sodium consumption.

Forty-six percent said table salt is the primary source of sodium in American diets, which is also incorrect. Up to 75 percent of the sodium that Americans consume is found in processed foods such as tomato sauce, soups, condiments, canned foods and prepared mixes. *(continue on next page.)*

Suggestions  
on reducing  
sodium in our  
diets:



- Eat more fresh foods. Most fresh fruits and vegetables are naturally low in sodium. Also, fresh meat is lower in sodium than are luncheon meat, bacon, hot dogs, sausage and ham. Buy fresh and frozen poultry or meat that hasn't been injected with a sodium-containing solution. Look on the label or ask your butcher. Buy plain whole

grain rice and pasta instead of ones that have added seasonings. Make your own soups from scratch.

- Opt for low-sodium products. If you do buy processed foods, choose those that are labeled "low sodium."
- Remove salt from recipes whenever possible. You can leave out the salt in many recipes, including casseroles, stews and other main dishes that you cook. Baked goods are generally an exception since leaving out the salt could affect the quality and taste. Use cookbooks that focus on lowering risks of high blood pressure and heart disease to help guide you to sparing the salt without spoiling taste or quality.
- Limit use of sodium-laden condiments. Soy sauce, salad dressings, sauces, dips, ketchup, mustard and relish all contain sodium.
- Use herbs, spices and other flavorings to enhance foods. Use fresh or dried herbs, spices, zest from citrus fruit, and fruit juices to jazz up your meals. And remember that sea salt has about the same amount of sodium as table salt.
- Use salt substitutes wisely. Some salt substitutes or light salts contain a mixture of table salt and other compounds. To achieve that familiar salty taste, you may use too much of the substitute — and get too much sodium. Also, many salt substitutes contain potassium chloride. Although potassium can lessen some of the problems from excess sodium, too much potassium can be harmful if you have kidney problems or if you're taking medications for congestive heart failure or high blood pressure that cause potassium retention.

There is a rich world of creative and flavorful alternatives to salt. Get started with this guide to spices, herbs and flavorings and the food items with which they are a particularly good flavor match. Then get creative and experiment! Here are some seasonings to add variety:

**Allspice:** Lean ground meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat

- Almond extract: Puddings, fruits
- Basil: Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
- Bay leaves: Lean meats, stews, poultry, soups, tomatoes
- Caraway seeds: Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
- Chives: Salads, sauces, soups, lean meat dishes, vegetables
- Cider vinegar: Salads, vegetables, sauces
- Cinnamon: Fruits (especially apples), breads, pie crusts
- Curry powder: Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
- Dill: Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
- Garlic (not garlic salt): Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
- Ginger: Chicken, fruits
- Lemon juice: Lean meats, fish, poultry, salads, vegetables
- Mace: Hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes, veal, lamb
- Mustard (dry): Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
- Nutmeg: Fruits, pie crust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
- Onion powder (not onion salt): Lean meats, stews, vegetables, salads, soups
- Paprika: Lean meats, fish, soups, salads, sauces, vegetables
- Parsley: Lean meats, fish, soups, salads, sauces, vegetables
- Peppermint extract: Puddings, fruits
- Pimiento: Salads, vegetables, casserole dishes (*continue on page 7*)

## B L O O D B O R N E P A T H O G E N S

Whether or not you work directly with the public, you need to protect yourself from exposure to bloodborne pathogens. These are disease causing germs that are carried in blood and body fluids. Knowing how these infections are spread will help you prevent them.

### Bloodborne Pathogen Transmission

Many infectious germs are carried in blood and in body fluids where blood may be present, such as saliva, semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pleural fluid, peritoneal fluid, pericardial fluid, amniotic fluid, urine or any other body fluid that is visibly contaminated with blood.

If infected blood comes into contact with any opening or break in your skin, or with mucous membranes, you may be exposed to disease. Two of the most common and dangerous types of bloodborne diseases are caused by the Hepatitis virus (both Hepatitis B and C) and the Human Immunodeficiency Virus (HIV).

### Infection Prevention Strategies

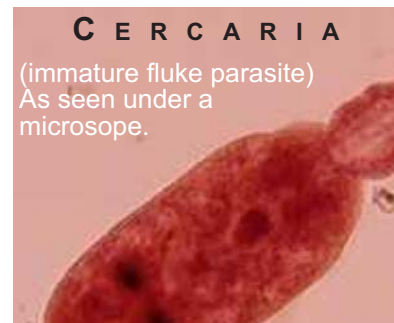
To keep you from transmitting germs and to protect yourself from receiving them:

- Maintain good personal hygiene
- Perform regular handwashing
  - Handwashing is the number one way to prevent infections
- Use Universal/Standard Precautions at all times
  - The idea behind Standard/Universal Precautions is simple but effective: since you don't know whose blood is carrying infectious germs, treat all blood and body fluids as potentially infectious.
  - If it's not your blood or body fluids, then don't touch it at all or if you must handle something that might have blood on it then do so only after putting on proper gloves
- Get immunizations such as the Hepatitis B vaccinations. Check with your healthcare provider to ensure you are up-to-date on all your immunizations.

## S W I M M E R ' S I T C H

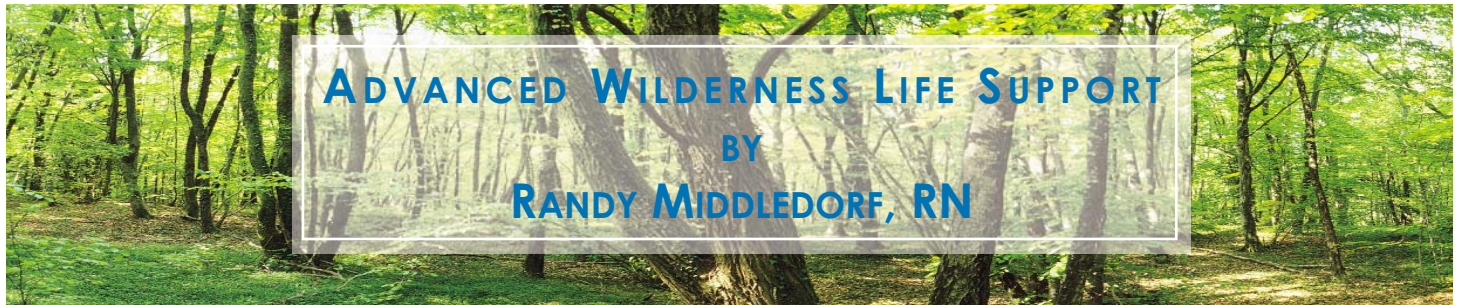
Swimmers in lakes in the northern U.S. are sometimes troubled by swimmer's itch. This is an allergic reaction to cercariae (immature fluke parasite). Cercariae are free swimming and parasitize snails or mollusks. These parasites mature only in wildfowl and not in humans, so infection does not progress beyond penetration of the skin and local inflammatory response.

The cycle goes like this: the adult flukes lay the eggs; the eggs hatch into free swimming larva (miracidia); the larva penetrates a snail (an intermediate host species) where it matures more; the cercariae are released from the snail; the free swimming cercariae penetrate human skin; an allergic reaction occurs in the human skin.



There are variations in the clinical manifestations after the initial exposure. Symptoms are typically mild and sometimes go unnoticed. The person initially complains of itching followed by the appearance of a rash at the site of penetration of the cercariae. The appearance of bumps resembling insect bites on the skin occurs usually from 4 - 13 days after exposure, but can occur as soon as 24 hours. After repeated exposures, reactions can occur earlier than 24 hours and can be more severe. The bumps may be larger and associated with redness, itching and swelling. You only need to treat the symptoms of the itching, because this does not progress beyond the local allergic reaction. It is usually present only on exposed surfaces of the skin.

Control of infection can be obtained by ridding swimming areas of the mollusk or snail, the intermediate host, or by applying a chemical agent to the area (schistosomicide), or by avoiding infected bodies of water. You should shower immediately after swimming in any water that you even suspect may be infested.



## ADVANCED WILDERNESS LIFE SUPPORT

BY  
RANDY MIDDLEDORF, RN

I was privileged to be able to attend the Wilderness Medical Society's training in Advanced Wilderness Life Support. To start, a little background on AWLS: The course was originally developed in 1997 by the University Of Utah School Of Medicine. Since then, the demand has grown and the course is now offered as far away as New Zealand. Instructors come from a vast array of backgrounds and locations. The course content is a mix of training with a heavy emphasis on preparation, survival, and treatment of patients in a non-traditional setting. I can't emphasize enough how impressed I am with the people that were able to bring a course with this kind of significance to little ol' Manistique Michigan.

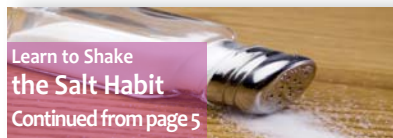
The instructors were all fun and charismatic and it was clear that they were enjoying what they were doing. They were able to draw from a wealth of past experience and made time go by quickly in what could've been a torturous series of lectures. Some instructors were local while others had flown in from other parts of the country. This provided students with a great contrast of how things work in the Upper Peninsula versus the rest of the world.

The content of the course was a mixed bag of everything that had anything to do with the outdoors. We talked about treatment of illness and injuries from heat, cold, water, elevation, lightning, food poisoning, animal attacks, trauma, and just about anything else you can imagine that could happen to you outdoors. Not only was it all covered, but it was covered thoroughly. We also learned how to make useful items out of normal every day things that can be used in treating and extracting patients.

This was my second time attending the course. I think I realized it the first time but maybe even more the second time that despite all the focused instruction on specific topics, there are three primary principals being repeated over and over. I can't say for sure whether this was intentional, but I certainly got the point. These three principals are:

1. Be prepared. If you are going out into the wilderness tell someone where you're going and when you'll be back. Know where you are going and how to get back. Know the gear you'll need and the environment you'll be in. Consider and plan for the worst case scenario.
2. If something happens don't be afraid to improvise. Consider and use anything you have available to get done what needs to be done.
3. Think before you act. Don't make something bad worse by making a poor decision. If someone is sick or injured consider your options carefully. A hurried bad decision is still a bad decision.

After taking the course, I definitely feel better prepared to deal with outdoor emergencies and I would encourage any person with a medical background to take the course if they are able. For more information on the course you can go to their website at [www.awls.org](http://www.awls.org).



- Rosemary: Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffings, potatoes, peas, lima beans
- Sage: Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
- Savory: Salads, lean pork, lean ground meats, soups, green beans, squash, tomatoes, lima beans, peas
- Thyme: Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads
- Turmeric: Lean meats, fish, sauces,

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit\\_UCM\\_303241\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit_UCM_303241_Article.jsp)

# Kids Korner

## TEENS AND SLEEP!

The amount of sleep a child needs varies depending on the individual child and the age. The following are some guidelines:

1-4 Weeks Old: 15 - 16 hours per day  
1-4 Months Old: 14 - 15 hours per day  
4-12 Months Old: 14 - 15 hours per day  
1-3 Years Old: 12 - 14 hours per day  
3-6 Years Old: 10 - 12 hours per day  
7-12 Years Old: 10-11 hours per day  
12-18 Years Old: 8-9 hours per day

More research is coming out on teen sleep and their brains. Researchers are worried about more serious consequences of not getting enough sleep for growing teenagers.

The National Sleep Foundation's 2006 Sleep in America poll found that America's adolescents (6th-12th grade) are not getting the sleep they need, and this lack of sleep gets worse as they progress through their teen years. According to our study -

- Just one in five adolescents get an optimal nine hours of sleep on school nights; nearly one-half (45%) sleep less than eight hours on school nights.
- More than half of adolescents report feeling too tired or sleepy during the day.
- More than half of adolescents say they know they get less sleep than they need to feel their best.
- Nine out of 10 parents believe their adolescent is getting enough sleep at least a few nights during the school week, leaving an "awareness gap" between parents and teens.

## **FACTS REGARDING TEENS AND SLEEP!**

Sleep is vital to well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help to eat better and manage the stress of being a teen.

Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.

Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). Most teens do not get enough sleep; one study found that only 15% reported sleeping 8 1/2 hours on school nights.

Teens tend to have irregular sleep patterns across the week - they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.

## **CONSEQUENCES...**

Sleep deficits may interfere with brain development and increase the chance to develop

- Attention Deficit Disorder
- Cognitive problems
- Higher risk for obesity
- Immune problems
- Depression
- Drowsy drivers can cause crashes

## **SOLUTIONS...**

- Make sleep a priority
- Naps can help give a pick-up and help work more efficiently
- Make the bedroom a good sleep environment. Keep it cool, quiet and dark. Let in bright light in the morning.
- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep.
- Establish a bed and wake-time and stick to it, even on the weekends.
- Don't eat, drink or exercise within a few hours of your bedtime. Don't leave homework for the last minute.

## **SAVE THE DATE!**

### **HEALTH FAIR**

Saturday September 24, 2011  
9:00 a.m. to 1:00 p.m.

### **Emerald Elementary**

628 Oak Street • Manistique, MI