



Schoolcraft Memorial Hospital

A commitment to excellence by people who care.



THE HEALTH & WELLNESS NEWSLETTER

SUMMER 2012

500 Main Street • Manistique, MI 49854 • 906-341-3200 • 1-888-460-8724 • www.scmh.org

Where's Your Water?



As the weather grows warmer, the possibility of becoming dehydrated increases. Dehydration is a condition where the body lacks enough water to maintain normal function. Effects of dehydration on the body can be mild or severe depending on the person and the degree of dehydration. Some mild effects of dehydration include thirst, headache, and muscle cramps. More severe effects would include fainting, confusion, and in severe cases, death.

Avoiding dehydration in most cases is easy and can be done by simply drinking water. To stay hydrated, you should plan ahead. If you know you are going to be doing vigorous activity on a hot day, start hydrating yourself early, don't wait until you start the activity. If you are thirsty, you are already experiencing mild dehydration. Remember that if you become dehydrated the only way to fix it is to rehydrate. If you start having symptoms, stop and rehydrate yourself before the symptoms become worse. Also, contrary to popular belief, beer or other drinks containing alcohol will not rehydrate you. In fact, they will do just the opposite.

Overhydration is a condition that can occur if you drink too much water. Though this is uncommon, it can

occur. What happens with this condition is that a massive influx of water over a short period of time flushes the electrolytes out of the body.

When the body is depleted of certain electrolytes there are a number of potentially dangerous things that can happen including cardiac arrhythmias. This is a condition when the heart beats in an odd rhythm that could potentially be life threatening. This is easily avoided by replacing electrolytes when you are drinking large amounts of water. Sports drinks are known to have electrolyte replacements as well as a number of nutritious foods. You should also note that if you are taking medications, you should check with your physician to see if there are any extra precautions that need to be taken.

Remember it is much easier to prevent dehydration than to treat it. Have a safe and enjoyable summer!



Get Fit By Gardening!

Trying your hand at gardening may be a best-kept secret to getting and staying in shape. Imagine yourself digging around in the dirt and being conscious only of bird songs and your immediate surroundings; the garden is one place where you can totally slow down your thoughts and switch off from everything.

At other times, after a strenuous day of 'real' gardening in the fresh air, turning the soil or wrestling with a hedge - the results of which can give you a tremendous sense of achievement - there is a special quality to the exhaustion you may feel and better sleep is almost guaranteed.

If anyone has ever experienced the peacefulness and fulfillment of gardening, this article will hopefully inspire you to realize that with gardening you not only reap the benefits of beautiful flower gardens, and healthy fresh fruits and vegetables, but also the very healthy benefits of helping you to stay in shape.

What gardening for exercise can do for you:

Gardening and yard care are unique forms of exercise that allow you to do something calming, creative and fun while you work various muscle groups and get a moderate level of cardiovascular exercise as well.

This is truly the great thing about gardening for exercise, as you can use your whole body while you're working. Gardening involves a number of different kinds of exercises, including stretching, weightlifting, and a moderate cardiovascular workout.

Like other forms of exercise, gardening can help lower blood

Cont'd.../3



What began as a test market in 2010 with six local farmers, the Manistique Farmers' Market is making preparations for 25 markets in 2012, with 15-20 farmers/vendors participating over the course of the season. Pre-season work started in January with farmer meetings and finalizing equipment orders as part of the USDA Farmers' Market Promotion Program grant received by the City of Manistique. The grant runs from October 2011 through September 2013, with the main project purpose being to develop a sustainable system for the market to ensure it will continue to be a mainstay in the Manistique community for many years to come.

For more information about the Manistique Farmers' Market please call 906-450-4240 or visit the website at ManistiqueFarmersMarket.com



**Get Fresh.
Get Local.**



**2012
Manistique
Farmers'
Market**

Wednesdays
May 23-June 20, 5-6pm
June 27-Oct. 31, 4-6pm
Little Bear West Arena
180 N. Maple St.

906-341-2290
906-450-4240

WIC & Senior
Project Fresh

ManistiqueFarmersMarket.com

Get Fit By Gardening - *cont'd from page 2...*



pressure and cholesterol levels and keep away problems with heart disease, diabetes and other diseases related to inactivity and excess weight.

You can also use gardening and yard work to keep extra pounds off. The National Institute of Health recommends gardening 3-5 times a week for 30-45 minutes as a way to help reduce problems with obesity. For older gardeners, especially women, gardening can also help reduce problems with osteoporosis.

How Best to Garden for Exercise

For gardening and yard work to actually provide a beneficial workout, you must garden for at least 30 minutes a day. Try including a variety of activities in your routine so that you use various muscle groups. Moderately strenuous activities are best.

If you're busy and don't garden for 30 minutes at a time, not to worry. Even if you perform a few gardening and yard care tasks throughout the day, you'll benefit. Even 10 minutes of moderate exercise, 3 times a day, can give you a similar amount of exercise as an extended 30 minute program.

Calories Burned During Specific Gardening Activities

Iowa State University claims that women in general can burn up to 300 calories with an hour of moderately strenuous gardening activities like cultivating or using a spade. Men typically burn around 400 calories per hour while doing these activities.

Raking is another good activity and burns just a little fewer calories than using a cultivator or a spade. This provides some exercise for your legs, back and arms as well. The reason is that the ground is providing resistance and thus, your muscles work hard to move the earth.

Transplanting, including trees and shrubs, works out to 250 calories burned for women, and 350 for men. This activity will also provide your arms with some exercise. If you're planting trees and shrubs, you can expect to be digging holes, so that translates to a pretty decent upper body workout.

Weeding is a necessary chore in the garden. Some people hate to weed, but if you consider that you're exercising while you weed, you can think of it as replacing a trip to the gym. Weeding burns at least as many calories as mowing the lawn with a power mower which is 250 calories for women and 350 for men.

Some of the best gardening activities you can do to both work muscles and burn calories are to move compost, rake, dig holes for transplanting, etc. You can burn over 100 calories when you turn the compost pile for 15 minutes

HOW TO START - Start small: A 4 x 6 foot bed can produce a lot of tomatoes or cut flowers. Or you can garden in containers; just be sure they are large enough that they don't dry out too quickly.

Be realistic: Peonies are not going to live in Phoenix. Forget it. You need to learn your growing region number and get plants that can grow successfully in our area. In our area of the U.P. we have a growing region of a 3-4.

Don't do one activity each time you go out there: Switch every 30 minutes and do something else.

Take regular breaks: While weeding, put a rock or something down to show where you are going to stop. Keep yourself well hydrated with lots of fresh cool water.

Lift heavy bags carefully: Remember the old saying "lift with your legs"; use your biggest strongest muscles for the heavy stuff. Also avoid twisting action on the spine. If you lift a shovelful of dirt, then twist to the side to dump it, you may injure your spine. Move your feet instead.

If you are heaving off the couch to garden, take it slowly: Sedentary people who suddenly start exercising vigorously risk injury

Take a nice hot bath after gardening: You've earned it.

Eat Right

eat right Academy of Nutrition
and Dietetics

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Shop Smart—Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats

A Quick Guide to Reading the Nutrition Facts Label

Start with the Serving Size

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV for fat means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember: Percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 1.5g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Eat Right - *cont'd from page 4...*

The High and Low of Daily Values

- 5 percent or less is low—try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high—try to aim high in vitamins, minerals and fiber

Limit Fat, Cholesterol and Sodium

Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:

- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100% DV or less per day.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Sodium—high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients.

Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, Vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for % DV of these nutrients.

Additional Nutrients

- Carbohydrates—There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- Sugars—simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Effective January 2006, manufacturers are required to clearly state if food products contain any ingredients that contain protein derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

What Health Claims on Food Labels Really Mean

FDA has strict guidelines on how certain food label terms can be used. Some of the most common claims seen on food packages:

- **Low calorie**—Less than 40 calories per serving.
- **Low cholesterol**—Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced**—25% less of the specified nutrient or calories than the usual product.
- **Good source of**—Provides at least 10% of the DV of a particular vitamin or nutrient per serving. *Cont'd.../8*

Body Recall

There's a new exercise in town and it's called Body Recall!

'What is Body Recall,' you may be asking yourself. The mission statement explains it: "To offer all people a better quality of life through responsible movement that is pain-free and possible: To assist, inform, teach, and train people in the practice of lifetime fitness." Mary Lyon, a class member from Manistique, explains the mission statement on a personal level: "Body Recall is the best class for anyone, especially senior citizens, who want to improve balance, flexibility and overall better health. It is one weekly enjoyment I try never to miss. And, it is fun!" Class instructor Stacey Cunningham explains it by stating, "Each class we stretch and work on each body part to the best of our ability, and then we apply it to daily life. We focus on simple joints that many of us forget to pay attention to as we get older, but can improve our balance, flexibility and strength, such as ankles, wrists, hips and back." The classes are designed to fit the needs of all people regardless of their ability; for example, if the exercise is a standing march, someone can work the same muscles by sitting on a chair or in a wheelchair and do seated marches. The same applies to the upper body. The great thing about Body Recall is its adaptability to meet the needs of all people. Marilyn Pitts-Johnson talks about her experience with Body Recall: "Because Body Recall is designed specifically to keep people fit as they age, it is the perfect exercise program for me. After a Body Recall session I may not look ten years younger, but I sure feel as if I am!"

The great thing about Body Recall is that it is gentle and pain-free so if you haven't been active for years you don't have to worry. One of the members of the current group, Phyllis Homer, is new to Body Recall and has great positive results from it. "I wish I could fully express my enthusiasm for the Body Recall program. I have been sedentary for a long time, and haven't participated in any exercise for about 40 years. I've discovered new energy, mobility, and self confidence! If I could, I would suggest that every health care provider give a written prescription to every one in their care to join a Body Recall group. SMH has delivered an extremely well led and fun way to regain the feeling of well being."

Body Recall will continue in the Manistique area 3 times a week year-round. Check with your local Body Recall instructor, Stacey Cunningham, at 341-3254 for times and places.



SAVE THE DATE!

COUNTY HEALTH FAIR

Saturday September 29, 2012

9:00 a.m. to 1:00 p.m.

Emerald Elementary

628 Oak Street • Manistique, MI



The Alzheimer's Association is continuing its fight against Alzheimer's Disease by gearing up for its annual "Walk to End Alzheimer's". Formerly known as the "Memory Walk," the event is held annually and is the nation's largest event to raise funds and awareness for Alzheimer's research, care and support. Walks are held across the country, usually in September,

and this year won't be any different as the Schoolcraft County walk has been scheduled for September 15th.

SOME FACTS ABOUT ALZHEIMER'S DISEASE:

- Alzheimer's disease is a progressive, fatal disease of the brain that causes problems with memory, thinking, and behavior. It is not related to normal aging. People afflicted with Alzheimer's disease usually start with forgetfulness, then advance to repeating themselves, difficulty performing tasks, following directions, and can become agitated, restless, wandering, and have poor personal hygiene. In the final stages, a person becomes unable to speak, smile, and eat.
- Researchers are calling Alzheimer's disease "the defining disease of the baby boomers." The first baby boomers turned 65 in 2011. There is concern that the dementia population could bankrupt the health care system and we will have a national crisis on our hands.
- nearly one in two people that reach age 85 will get Alzheimer's disease
- One in eight between ages 65 - 85 have Alzheimer's disease.
- it is the sixth leading cause of death – and the only disease of the top 10 causes of death without a way to prevent, cure, or slow its progression. It is the fifth leading cause of death for those over 65.
- death rates from Alzheimer's disease continue to climb, while other major diseases have declined, thanks to research.
- Alzheimer's disease is devastating, deteriorating, and debilitating. The toll this disease takes on caregivers can be devastating...financially, physically, and emotionally. Caregivers usually rate their stress level either high or very high.
- You can support the annual "Walk to End Alzheimer's" by joining your local walk and making a donation, either online or directly at the walk. For more information, please contact Jeani Dalgord, LMSW @ 341-1863 or jdalgord@scmh.org

[Taken from the 2012 Alzheimer's Disease Facts and Figures report - Alzheimer's Association. 2012 Alzheimer's Disease Facts and Figures. Alzheimer's and Dementia: The Journal of the Alzheimer's Association. March 2012; 8:131–168.]



CAMP FIRE SAFETY

With Springs arrival our thoughts naturally turn to the great outdoors and all the activities we enjoy doing there. One of the favorite things in our family is camping. We love sitting around the fire, with coffee in the morning, and then story telling into the night. A lot of days we have the fire going all day long and into the night.

Along with the joys of a bonfire, comes a multitude of responsibilities. Here are some safety tips to make you camping and bonfires safe and enjoyable.

1. Never have a fire when there are strong winds or winds blowing in the direction of your camper/tent.
2. Keep your fires small where they are easy to control and less likely to get out of control.
3. Don't let small children or pets play close to the fire. Teach them to sit around the fire, or play away from the fire.
4. Be aware that sparks and floating debris can be dangerous, so be careful when you stir the fire, and add wood. Avoid burning cardboard boxes, etc that tend to float when burning.
5. Be sure some one responsible is in attendance whenever a fire is burning.
6. Use alcoholic beverages sparingly around a bonfire.
7. Never start a fire with charcoal starter, gasoline or kerosene by spraying or pouring it over the wood. Instead use some crumpled newspaper and a match, adding kindling, then wood, as the fire grows.
8. Be sure a fire is completely out before you leave it unattended or go to bed for the night. If you can't hold your hand over the coals, it is too hot to leave unattended. Stir the coals and be sure it does not have hot spots.
9. If you are wilderness camping without a fire pit, be sure to dig out the fire area and line with stones or rocks to contain the fire and avoid it spreading to grass that is nearby.
10. If you have large pieces of wood left when you need to put out the fire, separate pieces from each other, douse with sand or water until no longer emitting heat.

Bonfires can be some of your great camping memories. Don't let them become part of a tragic incident. Use good judgment and care and enjoy your fires.

Eat Right - *cont'd from page 5...*

- Calorie free—Less than 5 calories per serving.
- Fat free / sugar free—Less than 1/2 gram of fat or sugar per serving.
- Low sodium—Less than 140 mg of sodium per serving.
- High in—Provides 20% or more of the Daily Value of a specified nutrient per serving.
- High fiber—5 or more grams of fiber per serving.

FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

For more food label information, visit the Food and Drug Administration at: www.fda.gov/Food/Resources-forYou/Consumers