



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

WINTER 2010- 2011

SPOTLIGHT ON...

Schoolcraft Health Access (SHA)

Schoolcraft Health Access (SHA)

is a program that assists Schoolcraft County residents who have no health insurance. SHA is the Schoolcraft County office of the Medical Care Access Coalition, which serves residents in Marquette, Alger, and Schoolcraft Counties. SHA works in partnership with Schoolcraft Memorial Hospital and until recently, the Emerald City Dental Center. *(The dental center had to withdraw from the program.)* Applicants are screened to see if they are eligible for free services.

Examples of services donated by the hospital include primary medical care in the Rural Health Clinic, certain lab tests, and some diagnostic radiology procedures. Certain Marquette specialty visits are possible upon referral through a primary care physician. SHA has a prescription card available for SHA clients that covers generic medications with a \$5.00 co-pay. SHA is open to community residents 19 – 64 years of age, based upon income eligibility criteria. A prospective client is required to apply for Medicaid; however, office staff can assist with the application process at the same time the person is making application to SHA.

Since SHA accepted its first client in September of 2006, Schoolcraft Memorial Hospital has donated \$86,000 in office visits, \$95,000 in laboratory work, and \$55,000 in radiology visits on behalf of uninsured Schoolcraft County residents.

Dr. Rick and Kathy Pink at Emerald City Dental have donated \$4,857 in dental care since seeing their first SHA client in November of 2009.

Another service offered by SHA is assisting community residents with applications to pharmaceutical company prescription programs. Most pharmaceutical companies offer free brand name prescription medications based on income eligibility requirements. SHA does not limit this assistance to its own clients, but will provide pharmaceutical assistance program (PAP) application help to any community resident who requests it, and who meets the eligibility criteria. Since September of 2006, SHA has assisted community residents in accessing prescription medications valued at \$1,012,130.

One of the SHA staff members, June Ann Smith, has completed training to become a Medicare/Medicaid Assistance Program (MMAP) counselor, and is able to assist any community member with Medicare, Medicare Part D, and Medicaid questions. She is able to assist Medicare recipients in evaluating and signing up for Medicare Part D prescription drug programs.

Staff members in the SHA office are Winch Diller and June Ann Smith. Board members include Susan Phillips of Schoolcraft Memorial Hospital; Kristen MacArthur of the SMH Rural Health Clinic; Robyn Loviska of the

Alger/Schoolcraft Department of Human Services; Clarine Nelson of the LMAS District Health Department; Bob Williams, community representative; Pastor Al Valentine with Presbyterian Church of the Redeemer; Mark Rohde with Putvin's Health Mart Drug Store; Donna Pryor-Foote with Hiawathaland Habitat for Humanity; and Jim Foote with the new Veterans' Clinic in Manistique.

For more information or assistance, visit the Schoolcraft Health Access office at 330 Deer Street, or call 341-1312.



Influenza, or the flu, is a serious contagious disease that can lead to hospitalization and even death. Approximately 36,000 people die each year from the flu, so this is no small deal. Anyone can get the flu, but rates of infection are highest among children. Infants, the elderly, pregnant women and people with certain health conditions can get much sicker.



Cont'd.../2



Symptoms of the Flu:

- Fever (greater than 100°F)
- Sore throat
- Chills
- Fatigue
- Cough
- Headache
- Muscle Aches
- Nasal & Chest Congestion

Emergency Warning Signs in Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Emergency Warning Signs in Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

Influenza is a virus, which can be spread by coughing, sneezing or from nasal secretions. People infected with the flu virus can infect others from one day before they know they are getting sick to about a week after getting sick.

There are a few important things you can do to fight the flu:

1. Get the flu vaccine – this is the most important step in protecting against flu viruses.
2. Cover your nose or mouth with tissue when coughing or sneezing
3. Wash your hands often with soap and water. Use a hand sanitizer only when soap and water are not available.
4. Avoid touching your eyes, nose and mouth; germs are spread this way.
5. Avoid close contact with sick people.
6. Stay home if you are sick to avoid spreading the flu to others
7. See a physician if the symptoms become severe

Need more information?

Go to: <http://www.cdc.gov>.

Pertussis (Whooping Cough)

Pertussis, also known as whooping cough, is a highly contagious respiratory disease. Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. After fits of many coughs, someone with Pertussis often needs to take deep breaths which results in a “whooping” sound. Pertussis most commonly affects infants and young children and can be fatal, especially in babies less than one year of age.

Fast Facts:

- There were nearly 17,000 cases of Pertussis in the U.S. last year.
- Worldwide, there are 30-35 million cases of Pertussis and about 300,000 deaths per year.
- Coughing due to Pertussis can last weeks to months; sometimes known as the “100 day cough”
- Pertussis can be life-threatening, especially for babies
- The best way to protect against Pertussis is through vaccinations
- Protection from the childhood vaccine fades over time, so adults may need booster vaccinations
- Since the 1980's, there has been an increase in the number of reported cases of Pertussis in the U.S. (*continued on page 3.*)

BONE HEALTH & EXERCISE CONNECTION

The bones in the human body undergo constant change throughout our lifetime. From childhood into our young adult years, our bones generally become stronger and more resistant to fracture. From about age 25 until around 50 years old, the bone is breaking down and reforming at approximately equal rates, so bone mass and strength remain relatively constant. Later in life, bone loss may overshadow bone development, so our bones become more fragile. Osteoporosis is a condition in which bones become weakened to the point that the fracture risk is high. Although we will all lose bone if we live long enough, there are things we can do to increase bone health. Exercise is an important contributor to developing and maintaining bone health over our life span.

Recommendation for children:

- Structured activities are not necessary; however, any type of play that children often naturally choose if given the time and access to a safe environment (eg., running, jumping, climbing) are beneficial.
- The U.S. Department of Health and Human Services (HHS) recommends children and adolescents engage in 60 minutes or more of physical activity daily. The HHS guidelines further recommend that, on at least three days per week, part of the 60-minutes target bone-strengthening exercises such as running and jumping.
- The American College of Sports Medicine Position Stand "Physical Activity and Bone Health"

recommends 10 to 20 minutes of high intensity bone loading activities at least three days per week.

Recommendation for adults:

- A combination of resistance exercise and weight-bearing exercise, such as jogging, or playing tennis, or other sports that involve jumping, is recommended for adults.
- Thirty minutes or more of weight bearing aerobic activities should be done three to five times per week.
- Resistance training should target major muscle groups and be completed two to three times weekly.

Recommendations for Adults with Osteoporosis:

- If you have osteoporosis, it is important to consult with your physician for specific exercise recommendations.
- The amount, intensity, and types of activities you should do will be dependent on your individual needs.
- Many people with osteoporosis can safely engage in aerobic activities, resistance training, and balance training.

Source: American College of Sports Medicine Health & Fitness Journal; September/October 2010, Volume 14, Number 5. Dixie L. Thompson, Ph.D., FACSM.

Pertussis (Whooping Cough) Cont'd

Signs & Symptoms:

Early symptoms can last for 1-2 weeks and may include:

- Runny nose
- Low-grade fever
- Mild, occasional cough

As the disease progresses, the classic and more severe symptoms of Pertussis can appear and include:

- Paroxysms (uncontrollable, rapid coughs followed by a high-pitched "whoop" sound.)
- Vomiting (due to the hard coughing)

Recent Outbreaks of Pertussis

- More than 5,900 cases of Pertussis (including ten infant deaths) were reported this year in California. This is the most cases reported in 60 - years.
- In Michigan, a steady increase in Pertussis cases has been reported. As of the beginning of fall 2010, cases have already exceeded last year's numbers already of 902. The western U.P. has seen a huge increase in cases.



Need more information?

Go to: http://www.pkids.org/dis_pert_stsop.php

Or: <http://www.cdc.gov>



Nutritional Benefits of Omega3's!

Omega-3's are "essential" fatty acids - they are necessary for our health and must be included in our diet because our bodies cannot manufacture them on its own.

3 Types of Omega-3's: ALA- (alpha-linolenic) EPA (eicosapentaenoic) DHA (docosahexaenoic acid)

Sources of Omega-3's ~ 3 types of omega-3's are found in specific types of foods.

- ALA is found in foods of plant origin. The richest source of ALA is flaxseed, but it is also found in hempseed, canola oil, soybeans, soybean oil, pumpkin seeds, pumpkin seed oil, linseeds, walnuts, and walnut oil. Once ingested, the body converts ALA into EPA and DHA, allowing it to be more readily used by the body. However, this conversion isn't very efficient. That's why experts recommend including EPA and DHA sources in your diet as well. *Note: Flaxseed oil supplements are available in liquid and capsule form, but always consult your health care provider before taking any

supplements.

- DHA is found in seafood, algae, and coldwater fish such as salmon, sardines and albacore tuna. *Note: Fish oil supplements and vegetarian DHA supplements (containing algae) are also available in liquid and capsule form, but always consult your health care provider before taking any supplements. Only use fish oil supplements that have been certified to be free of heavy metal contaminants like mercury.
- EPA is found in many of the same foods as DHA, including cold-water fish such as salmon, and sardines, as well as cod liver, her ring, mackerel, and halibut. *Note: Fish oil and vegetarian algae supplements are also good sources of EPA, but always consult your health care provider before taking any supplements. Only use fish oil supplements that have been certified to be free of heavy metal contaminants like mercury.
- Enriched eggs that contain all three types of omega-3 fatty acids are readily available these days. These eggs are enriched by adding flaxseed or algae to the hens' diets so that they produce eggs that are rich in healthy fats. According to the Flax Council, omega-3-enriched eggs provide almost half of the recommended daily level of ALA and one-quarter of the recommended daily level of EPA and DHA—the same amount that can be found in 3 ounces of fish.

Mega Health Benefits

Extensive research indicates that omega-3 fats reduce inflammation, helping to prevent inflammatory diseases like heart disease and arthritis. In addition to warding off inflammation, omega-3's are also essential to the brain, impacting behavior and cognitive function, and are especially necessary during fetal development. According to the University of Maryland Medical Center (UMM), omega-3's may also:

- Improve artery health by helping to reduce plaque buildup and blood clots in arteries that lead to the brain.
- Improve cholesterol by lowering triglycerides and elevating HDL (good cholesterol) levels. These benefits come primarily from DHA and EPA.
- Improve joint health by reducing joint tenderness and stiffness associated with arthritis and osteoarthritis.
- Improve bone health by positively impacting the body's calcium levels, reducing the incidence of bone loss.
- Improve mental health by helping to insulate nerve cells in the brain, allowing these nerve cells to better communicate with one another. People who are deficient in omega-3's may suffer from depression, bipolar disorder, schizophrenia, eating disorders, and ADHD.

To get the recommended levels all types of omega-3's, aim for:

- 2 tablespoons of ground flaxseed (or 1 tablespoon of flaxseed oil) daily.
- 2 to 3 servings of the above-mentioned fish sources per week. In general, fresh fish contain more DHA and EPA than frozen fish.

Move Your Way To Health!

...redefining exercise!

So you've committed to fitting back into those jeans. Oh wait, you promised to do that last year - and the year before! Maybe it's time to redefine exercise and look at it as a way not only to make yourself look good, but as a way to feel better and live a longer, more productive life.

In fact focusing on internal factors-wanting to feel better or play with the kids and grandkids-is a far better long-term exercise motivator than looking good. The keys are to start small, have fun and stick with it. If you pursue the benefits you are more likely to keep exercising. There simply is no good reason not to exercise, even if only a little bit, as scientific research proves again and again.

10 MINUTES MATTER: As little as 10 minutes a day of exercise can improve your peak oxygen utilization - a measure of cardiovascular health. Research done at Pennington Biomedical Research Center in 2007, studied the effects of three levels of exercise-72 minutes, 136 minutes, and 192 minutes a week-on overweight, sedentary women. The workouts were all light intensity-treadmill or exercise bikes at 2 to 3 miles/hour. Yet even those in the 72 minutes group improved their fitness levels by 4.3%. The group in the 136-minutes improved by 6%, and the more vigorous 192-minute group improved by 8.2%.

BETTER THAN MEDICINE: A 2009 study of more than 3,200 individuals at risk of diabetes, some on exercise, some not, showed those who were on an exercise regimen were significantly more successful in fighting diabetes than those who were put on the diabetes drug metformin.

BRAIN BOOSTER: Exercise may improve the brain, potentially slowing the development of dementia, by reducing the vascular disease that often exacerbates the severity of dementia and may also make the brain more elastic.

CANCER CONNECTION: A 2008 analysis of 28 studies on data from more than 2,000 patients showed that exercise during cancer treatment can reduce the fatigue caused by chemotherapy and radiation. Multiple studies have linked reduced rates of breast, colon, lung, prostate, and endometrial cancer to increased physical activity. Even a moderated level of exercise can strengthen the body's immune system and inhibit tumor development.



REDEFINE EXERCISE: The number one reason people say they are not active is because they don't have time. So look for small opportunities to get moving. Consider going for a walk with a friend rather than sending an email or sitting around the table eating. Walk or bike to work, or park as far away as possible and walk to the store or work.

GO ONLINE: Find an exercise partner-or motivation-on fitness focused websites, like www.presidentschallenge.org or www.health.gov/PAguidelines.

DON'T STRESS ABOUT WILLPOWER: Develop an exercise schedule for each week. Plan activities for specific days and times that you know you can follow. An occasional guilty pleasure is OK.

GET A DOG OR GET A HUMAN: Eighty percent of dog owners are able to get at least 150 minutes of physical activity each week related to their furry best friends. An exercise buddy can be the difference between success and failure.

HAVE FUN: Do what you like, not what you think you should do. If you hate the gym, don't go. Ski, ice skate, take tennis lessons; go to the pool with the kids, garden, do yoga.

The important thing is to do something. Take the 10-10-10 approach: 10 minutes in the morning, 10 minutes at lunchtime, and 10 minutes after dinner. Vary your routine, walk, swim, bike, yoga, etc. The more variety, the more likely you will stick to it. (From: *Good Neighbor Magazine* from State Farm Insurance.)

MANISTIQUE FARMERS' MARKET READY FOR FULL SEASON IN 2011!

The 2010 preview Farmers' Markets in Manistique deemed a great success!



The Manistique Farmers' Market Work Group

(part of the Sault Tribe Strategic Alliance for Health project) held one Farmers' Market in 2010 as a preview and a test to measure the community acceptance of a local Farmers' Market. The "test" was so well received by shoppers and growers, that five more markets were held through September 2010. Over the six markets, 17 different growers participated, and an average of 200 shoppers visited the market each week. The results of a grower's survey, estimate that well over 3,000 pounds of produce were sold in the six weeks of the Manistique Farmers' Market!

Not only did shoppers find fresh, locally grown food at the Market, they found neighbors, new friends, and an opportunity to learn about new foods, how certain foods are grown in the UP and even some tasty new recipes from the growers themselves.

The tentative schedule for the 2011 Manistique Farmers' Markets is Wednesday's, beginning June 1st. through September 21st, from 4:00 pm to 6:00 pm at Little Bear West Arena. The schedule is subject to change, and interested parties are urged to watch for updates or to contact Manistique SAH Coordinator Kerry Ott at 341-9561 or kott@saulttribe.net for current information.

CITY OF MANISTIQUE PASSES COMPLETE STREETS RESOLUTION

On Monday September 13, 2010, the Manistique City Council unanimously passed a Complete Streets Resolution – making them only the second city in Michigan's Upper Peninsula to do so, and only the eighth in the entire state!

The Manistique Strategic Alliance for Health Coalition in partnership with the City of Manistique first started working on the Complete Streets project after Walkable Communities Expert, Dan Burden, conducted a walking audit and training in Manistique in October 2009.

After months of presentations in the community, and working with City Administration and members of the City Council, the draft Complete Streets resolution was presented to City Council in August of 2010.

The City Council and leadership of the City of Manistique, is to be commended as they understand the benefits that Complete Streets can bring to the health of our citizens and the economic health and vitality of our community. The key now is to work to secure funding that can begin to make these infrastructure changes a reality, and improve accessibility for all transportation users in the City of Manistique: pedestrians, bicyclists, motor vehicles and other users.

Part of the Resolution reads as follows:

WHEREAS, the City of Manistique recognizes the importance of street infrastructure and modifications such as sidewalks, crosswalks, shared use paths, bicycle lanes, signage, narrow vehicle lanes and accessible curb ramps, that enable safe, convenient, and comfortable travel for all users; therefore

BE IT RESOLVED, that the City of Manistique, to the extent feasible, will include Complete Streets design considerations and practices as a routine part of infrastructure planning and implementation; and

BE IT FURTHER RESOLVED, that the City of Manistique supports the future development of a non-motorized transportation plan and a Complete Streets ordinance that supports ease of use and safety for all users of transportation systems within the City of Manistique.

For more information on the Manistique Complete Streets Resolution, please contact Kerry Ott, Strategic Alliance for Health Community Coordinator at 906-341-9561 or kott@saulttribe.net.

Kids Korner

It's the time of year when we all venture inside to stay warm, but what to do with the kids? Here are some ideas for homemade toys you can make with your children or grandchildren.

Handcrafted Tambourine:

1. Purchase disposable aluminum pie tins or thick paper or plastic plates. You will need two plates for each child.
2. Punch holes through the rims of one pie plate every one inch or so.
3. Put the plates together and mark your holes on the second plate.
4. Punch holes at every mark on the second plate with a standard hole puncher.
5. Decorate the bottom sides of the plates as they will become the outside parts of your tambourine.
6. Use buttons, pebbles, beans or popcorn kernels to fill one pie plate.
7. Place the second plate on top and line up the punched holes with the first plate.
8. Thread yarn or ribbon through a hole and begin lacing the thread over and under each punched hole until finished. Leave some length of ribbon if you'd like, and tie into a knot or bow.
9. Now shake, rattle and roll!

Homemade Play Dough:

Store playdough in a covered container or Ziploc bag. If it sweats a little, just add more flour. For sensory variety, use playdough warm or cool as well as at room temperature.

Materials:

- Bowl
- 1 cup cold water
- 1 cup salt
- 2 teaspoons vegetable oil
- Tempera paint or food coloring
- 3 cups flour
- 2 tablespoons cornstarch

Directions:

1. In bowl, mix water, salt, oil, and enough tempera paint or food coloring to make a bright color.
2. Gradually add flour and cornstarch until the mixture reaches the consistency of bread dough.
3. Store covered.

Check It Out!

Schoolcraft Memorial Hospital has been in the process of developing a relationship with our local elementary schools in the interest of promoting wellness. We believe the sooner healthy behaviors are learned, the better the outcome will be. We have already started a small scale program with St. Francis School in which various things related to wellness are being taught. They include first aid, fitness, prevention of diabetes, healthy eating, car seat safety, dangers of smoking and asthma, and infection control. So far things appear to be going well and the kids have been great. We are still working on developing a plan with Emerald Elementary and look forward to working with them soon.

Building a Healthy School Environment at Emerald Elementary School

Blue Cross Blue Shield of Michigan Awards \$25,000 Building Healthy Communities Grant to Manistique School

The students at **Emerald Elementary** School in Manistique are learning how to make exercise and healthy eating regular parts of their time at school and at home, thanks to a nearly \$25,000 Building Healthy Communities Grant from Blue Cross Blue Shield of Michigan. The grant funds are helping Emerald to implement programs that teach students and parents about nutrition and physical activity across the school curriculum and outside of the school day.

Teachers at Emerald have received training, materials, and equipment necessary to implement the EPEC and PE-Nut curricula at the school. EPEC (Exemplary Physical Education Curriculum) is an award winning PE program designed to promote life-long physical activity skills in students. PE-Nut (Physical Education and Nutrition) is part of the Healthy Classrooms/Healthy Schools program and uses a whole-school approach to motivate students, parents, and educators to be physically active and eat healthier.



Ms. Kathy Dale's 1st and 2nd grade students learn how to add short bouts of physical activity into their school day from Tracie Abram, Health and Nutrition Educator from MSU-Extension, Schoolcraft County.

with a healthy-snack/no-candy Halloween party. Currently Ms. Abram is implementing the program with 2nd, 3rd and 5th grade classes at Emerald, and will be working with kindergarten, 1st, and 4th grades over the winter.

The Sault Tribe Strategic Alliance for Health project in Manistique assisted Emerald in writing and implementing the grant program. For more information about the Blue Cross Blue Shield of Michigan Building Healthy Communities grant, please contact Kerry Ott at 341-9561.

Tracie Abram, Health and Nutrition Educator with MSU-Extension in Schoolcraft County is working with Emerald teachers to implement the Healthy Classrooms/Healthy Schools program. Recently Ms. Abram awarded students in Ms. Kathy Dales 1st/2nd grade class and Mrs. Karen Sherbinow's 2nd grade class their healthy superhero glasses as they learned to identify reminders and opportunities for healthy eating and physical activity in their environment. Ms. Dale's class put the lessons into practice



Second grade students in Mrs. Karen Sherbinow's class at Emerald Elementary School in Manistique, received their Super Healthy Hero glasses recently as part of the Healthy Classrooms/Healthy Schools Program being implemented at the school.