



The Community Health and Wellness Corner

A Schoolcraft Memorial Hospital Publication
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Health Tips To Avoid The Flu

Avoid close contact.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Get the Influenza (flu) vaccination.

- Getting the flu vaccination helps you to avoid the flu by triggering your immune system to build up its own defenses against such viruses.

- The vaccine will not give you the flu; you can't catch the flu by getting the influenza vaccinations.
- You can prevent the spread of the flu virus to others, your family, friends, or someone who really doesn't have the ability to fight off such an infection.

Healthy habits can protect everyone from getting germs or spreading germs at home, school, or work. Simple actions, like covering your mouth and nose and cleaning your hands often, can stop germs and prevent illnesses and reduce sick days.

MORE IS BETTER WHEN IT COMES TO FRUIT AND VEGETABLES

by Bobbi Ayotte Schoolcraft Co. Health Dept.

Did you know more than 90% of both adults and children do not eat the amount of Fruits and Vegetables recommended? Did you know the obesity rate in American children has tripled over the past 30 years, and their expected lifespan is now less than their parents? YIKES!!

- As school continues, lunches are to be made and dinners to be prepped. When doing so think of ways your child can help in the kitchen and learn about the different types of fruit and vegetables. How can a child help you ask? Here are a few ways: Let them wash fruit and veggies when preparing.
- Older children can peel or slice.
- Sprinkle or stir herbs or other seasonings.
- Tear up the lettuce for salads and sandwiches.
- When shopping, let them select a new fruit or veggie to try!

As your child is helping you prep and make their lunches they may ask "why" they should eat fruits and vegetables. Here are a few great answers:

Color & Texture are great for the appeal of your plate.

*Provide **fiber** that helps fill you up and keep your digestive system happy.

*Naturally **Low in Calories**

*May Reduce **risk for diseases**

*Rich in **Vitamins & Minerals** that help you feel healthy and energized

*So much **Variety** and there is always something new to try.

***Quick, Natural Snack** and easy to grab and go!

***Fun to Eat** and are Nutritious AND Delicious!

So for those days your wondering what to do...just remember 2 things...fill half your meals with fruits and veggies at every eating occasion (including snacks) AND use all forms; fresh, frozen, canned, dried, and 100% juice. These all count towards your daily intake!

Bookworm Apple Bark

Preparation Time: 10 minutes
Great sweet breakfast treat for heading to school.

1 Granny Smith Apple
1 tablespoon peanut butter
2.5 tablespoons golden or black raisins
1.5 tablespoons dried sweetened cranberries
1 small bunch of chives or fresh parsley (optional plate garnish)

Cut apple into four quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Be careful not to cut too much of the edible portion of the apple away. Drop and slightly spread the peanut butter on apple quarters. Mix together with raisins and dried cranberries then sprinkle on peanut butter. Cut chives into one inch pieces and garnish.

<http://www.fruitsandveggiesmorematters.org/top-10-to-get-kids-involved>

Can You Boost Your Immune System ?

On the whole, your immune system does a remarkable job of defending you against disease causing germs; but sometimes it fails. A germ invades successfully and makes you sick. Is it possible to improve your immune system, to make it stronger? What if you improve your diet? Take certain vitamins or herbal preparations?

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is just that – a system, not a single entity. To function well, it requires balance and harmony.

Your first line of defense is to choose a healthy lifestyle. Every part of your body, including your immune system, functions better when protected from environmental assaults and aided by healthy living strategies such as these:

- ~ Don't smoke
- ~ Eat a balanced diet – cut out the junk foods
- ~ Exercise regularly
- ~ Maintain a healthy weight
- ~ Control your blood pressure
- ~ Drink alcohol in moderation only
- ~ Get adequate sleep
- ~ Take steps to avoid infections, such as washing your hands frequently
- ~ Get regular medical check-ups

Many products on store shelves claim to

boost or support immunity – be skeptical! The concept of boosting immunity actually makes little sense scientifically. Attempting to boost the cells of the immune system is especially complicated because there are so many different kinds of cells in the immune system that respond to so many different microbes in so many ways.

There is some evidence that various micronutrient deficiencies, for example, deficiencies of zinc, selenium, iron, copper, folic acid and vitamins A, B6, C and E alter immune response in animals. So what can you do? If you suspect your diet is not providing you with all your micronutrient needs, taking a daily multi-vitamin and/or mineral supplement brings health benefits of many types, beyond any possible beneficial effects on the immune system. However, taking mega-doses of a single vitamin does not. More is not necessarily better.

There is a stress connection with the function of the immune system. A wide variety of illnesses are linked to the effects of emotional stress. Learn to control the stress in your life. Don't get worked up over things you have no control over; dump the baggage! Do things to de-stress, examples include, meditation, yoga, exercise or fun hobbies.

Thanksgiving Fitness Resolution

Are you ready for the holidays? Many of us enjoy the wonderful food and fun that fills the holiday season and at the same time regret the 5 to 10 pounds we will pick up in the process.

Our fitness center encourages us to enjoy this holiday season and lose less ground in the battle against weight gain. For those of us who struggle with this issue; **START MOVING MORE/EATING LESS TODAY.**

If we can go into the holidays a little leaner, it should make the recovery in January easier. --Yeah, we don't even want to think about January either :(! Anyone wishing to use the fitness center to support the plan to move more is, as always, welcome.

We are making some small changes in fitness center layout and equipment to allow better user flow.

We would appreciate your feedback on these changes and any suggestions you have for improvement.

Thank you for considering this resolution."

by Al Duyck

COLORING FOR STRESS MANAGEMENT

Researchers at Harvard Business School and Stanford University have found that stress can be as dangerous to an employee's health as second-hand smoke. The researchers also noted that stress management is not included in many Employee Wellness Programs.

One way to help manage stress is by coloring...Yes, just like when you were a kid and didn't have a care in the world! Choosing the colors you'd like to use and the gentle, repetitive motion of your hand helps quiet your mind, strengthen your focus, and shift you back to a relaxed state.

You can keep your coloring as simple or as sophisticated as you would like,

from a simple children's coloring book to more intellectually stimulating pictures such as mandalas, which are complex, symmetrical geometric designs that draw the eye to the center. You can use regular ol' crayolas, felt markers, colored pencils, or whatever you choose. It's a great way to spend some quality time with your little ones, or even a girl's night activity!

There are many sites online that offer free, printable coloring pages and I have included one here to get you started. Enjoy!!

By Cathy Kaltz

Certified Worksite Wellness Specialist

