



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

FALL 2012

City of Manistique Increasing Walkability!

Thanks to a \$260,000 Safe Routes to School Grant, work the Michigan Department of Transportation is doing on Deer Street (M-94), the City of Manistique, and the Downtown Development Authority, more than five miles of new or replaced sidewalks are being installed in 2012. This sidewalk work also increases accessibility at more than 14 intersections, adding ADA compliant ramps, crosswalks, and better signage.

Safe Routes to School Sidewalks (2.34 sidewalk miles):

- Both sides of Garden, Michigan, and Manistique Avenues between Range and Cattaragus (a total of 1.44 miles of sidewalk)
- Both sides of Cattaragus between Park Avenue and Oak Street (a total of .60 miles)
- North Maple Street (East side only) from Main Street to Quarry Lane (a total of .30 miles)

Michigan Department of Transportation (.80 sidewalk miles):

- Both sides of Deer Street (M-94) between 5th and Chippewa
- City of Manistique and the Downtown Development Authority (1.92 sidewalk miles)
- Both sides of 1st, 2nd, 3rd, and 4th Streets one block North and one block South of Deer Street.

The City of Manistique passed a Complete Streets Resolution in 2010, and adopted a Non-Motorized Transportation Plan in 2012, demonstrating an ongoing commitment to address the travel needs of all users of all abilities within the community - not only motorized vehicles.



The Manistique Strategic Alliance for Health/Non-Motorized Transportation Workgroup will be conducting a Pedestrian Rodeo at the Community Health Fair on September 29, 2012 as part of the Safe Routes to School program. The Pedestrian Rodeo will help to teach and provide practice for pedestrians of all ages to learn and understand the rules of the road. The workgroup is also finalizing the Walk Manistique signage to be placed in five locations around the community that are easy to reach on foot.



Many Manistique neighborhoods have been a mess while new water, sewer, curbs, and sidewalks are installed during the summer of 2012. Garden Avenue (bottom of photo), is already seeing the fruit of all this labor, with an improved street and new sidewalks. School children, families, and all area residents will find many more locations to walk safely throughout the Manistique community when the 2012 construction projects are completed.





PERTUSSIS

~ Whooping Cough

In adults, Pertussis is often mistaken for a cold or respiratory tract infection. The extreme coughing can lead to severe complications including weight loss, incontinence, rib fractures, fainting, vomiting and pneumonia. Full recovery from Pertussis may take more than 3 months.

One of the most effective ways to avoid getting Pertussis is to be vaccinated. The Centers for Disease Control and Prevention (CDC), recommends Tdap vaccination – (tetanus, diphtheria and Pertussis) especially for people who live with or take care of infants less than one year of age; women who might become pregnant; new mothers before leaving the hospital and healthcare workers.

Currently, there is a problem with Pertussis in the Upper Peninsula of Michigan. To date, there have been more than 44 cases with an expected 90 cases before the end of 2012 in the U.P. alone.

For more information on Pertussis, including what the 'whooping' cough sounds like, check out these websites or just talk to your family physician:

<http://www.soundsofpertussis.com>

<http://www.michigan.gov/mdch>

<http://www.cdc.gov/Features/Pertussis/>



Seasonal Influenza

The Flu!

The flu (influenza) is a contagious respiratory illness caused by viruses that infect the nose, throat and lungs. It can cause mild to severe illness and at times can lead to death. Each year thousands of people die from the flu and its complications. The best way to prevent the flu is by getting a flu vaccine each year.

People who have the flu often feel some or all of these signs and symptoms: Fever or feeling feverish or having "chills" (not everyone with the flu will have a fever); cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; and fatigue (very tired). Some people may have vomiting and diarrhea, though this is more common in children than adults. Vomiting and diarrhea are not the main signs or symptoms of the flu, and just because someone has these, they may not actually have the flu. Remember, the flu is actually a respiratory illness.

Flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can contaminate the mouths or noses of people who are nearby. Also, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, eyes or nose. *Cont'd.../3*

Pertussis, also known as Whooping Cough, is a very contagious disease that can cause serious illness in adults, children and infants. At first Pertussis can seem like a common cold, but it gets far worse with severe coughing spells that leaves the ill person gasping for their next breath, thus the "whoop" sound as they try to desperately pull in air to breathe. This cough may last for months instead of just days.

Pertussis is caused by a bacteria called *Bordetella Pertussis*. It usually spreads when a person who has the bacteria coughs or sneezes while in close contact with others, who then breathe in the bacteria.

Pertussis or Whooping Cough is more severe in infants. Infected infants generally must be hospitalized. Many develop pneumonia as a result. Other complications for this disease in infants include seizures, brain disorders and even death. 92% of all deaths from Pertussis occur in babies under 4 months of age.



M

FARMERS' MARKET

Now in its third season, the Manistique Farmers' Market has become an important part of the schedule and culture in the Manistique area, with shoppers lining up more than 30 minutes before the Market bell rings at 4 pm. The Farmers' Market started with six markets in 2010 through a partnership between the City of Manistique and the Sault Tribe Strategic Alliance for Health project. In 2011, 18 markets were held with an additional three late fall/early winter markets into January 2012.

For 2012, the Market opened on Wednesday May 23rd and will run every Wednesday through October 31st, for a total of 24 markets. This is the first year of implementing the two-year USDA Farmers' Market Promotion Program grant received by the City of Manistique. The purpose of the USDA grant project is to create a sustainable market system to ensure the continuation of the Market for many years to come. The Manistique Farmers' Market is seeing increased use of WIC and Senior Project FRESH coupons this year. While 2011 was the first season that the Market accepted Project FRESH coupons, the farmers have already taken in more Project FRESH coupons in 10 weeks than in all of 2011.

As part of the sustainability plan, the Market conducted a three week economic impact study in July to collect data related to economic impact for the farmers and for the broader community. The study identified that persons shopping at the Manistique Farmers' Market on average spend an additional \$3000 at other area businesses while in town for the Market. This type of



Seasonal Influenza The Flu! Cont'd...

You will be able to pass on the flu to someone else before you realize that you are sick, as well as while you are sick. Most adults may be able to infect others beginning one day before symptoms develop and up to 5 to 7 days after becoming sick. Young children and people with weakened immune systems may be able to infect others for an even longer period of time.

economic data will help to garner additional local support for the Market and assist the City in seeking other funding sources in the future.

The economic data combined with the Project FRESH numbers reflect that more and more area residents are accessing fresh locally grown nutritious foods throughout the Market season. For more information about the Market, visit ManistiqueFarmersMarket.com or call 906-341-9561.



Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women, people with certain health conditions (for example, asthma, diabetes, or heart disease), and persons who live in facilities like nursing homes.

Since getting vaccinated against the flu is the best way to prevent being sick yourself or spreading it to others, you should understand that there are two types of flu vaccine. There are the traditional "flu shots" and the nasal spray flu vaccine. Neither the flu shots nor the nasal spray vaccines cause the flu. You should also know that flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses. Yearly flu vaccinations generally begin in September, or as soon as vaccine is available, and continue throughout the flu season, which can last as late as May.

Everyone 6 months and older should get a flu vaccine each year. It's very important that all health care workers get vaccinated in order to protect themselves, their families and their patients from getting the flu from them. *Cont'd page 8*





Easy Ways to Keep Your Blood Pressure Under Control

Is high blood pressure on your mind? Maybe you're thinking something like this:

Sam has that problem. Not me. I'll beat the odds. - or - It's inevitable, so why bother? - or even - I feel fine. I'll worry about it next year.

Here's a new thought to consider: Rationalizing and procrastinating can leave you with serious health problems. That's because high blood pressure is a silent killer and a major risk factor for heart disease and stroke.

"You don't feel it until you have a stroke or a heart attack," said Gerald Fletcher, M.D., professor of medicine at the Mayo Clinic, in Jacksonville, Fla. "High blood pressure is painless — but deadly."

High blood pressure, which affects almost 75 million Americans, makes your heart work harder than it should have to, causing it to thicken and become stiffer. It also increases your risk of stroke, heart attack, vision loss, erectile dysfunction, kidney failure and congestive heart failure.

"Short term, high blood pressure can cause an acute, hemorrhagic stroke, and you may be paralyzed from it," said Fletcher, who is also an American Heart Association volunteer. "Over time — anywhere from four to 10 years — high blood pressure can lead to an enlarged heart, which can cause a heart attack."

That's why prevention of high blood pressure and early intervention are so important. Early on, high blood pressure is highly treatable. "We have wonderful drugs to treat high blood pressure, and not all of them are expensive," Fletcher said. "Simple diuretics can help."

So how do you get started when you want to get your blood pressure under control?

"It's different for everyone," Fletcher said. "First, assess where you are — and figure out what you need to do next." Here is some further advice for getting on the right track:

Don't ignore the risks. Some people don't get inspired to make a change until they see a stroke ravage a beloved uncle. For others, it's a big birthday: "I'm 50 now; I've got to get healthy." Don't wait for a tragedy or a special occasion. Make the decision to get healthier today; you won't regret it.

Keep things in check. Checking your blood pressure and keeping tabs on your cholesterol should top your to-do list. If you use an at-home blood pressure test, make sure you do it correctly. Health fairs offer screens for both blood pressure and cholesterol.

Know the high blood pressure risk factors you can control. They are: sedentary or inactive lifestyle, heavy alcohol consumption, excess sodium (salt) ingestion, obesity and being overweight, family history and advanced age.

Look at your lifestyle. Is your arm on auto-reach when it comes to the salt shaker? Most Americans consume far more salt than they should.

It's also important to follow a healthy diet and get at least 150 minutes (2 hours and 30 minutes) of moderate to vigorous intensity physical activity per week. Take it day by day. Perfection isn't important; just get started!

For more information go to www.americanheart.org and look under "Conditions" and then "Hypertension". A life is a gift. Treasure and prioritize your health and wellbeing. www.americanheart.org





COMMUNITY HEALTH NEEDS ASSESSMENT

The Community Health Needs Assessment (CHNA) was first introduced in Schoolcraft Memorial Hospital's Winter 2012 Wellness Newsletter. Since that time, an Assessment Advisory Committee (AAC) has been formed, made up of a broad representation of community professionals and health care consumers. The AAC has met twice, on April 11th and June 25th of this year. At the April meeting, the purpose of the CHNA was explained, and there was discussion on health care needs in our community.

Between the April and June meetings, a series of community focus groups was held:

May 2nd at the Senior Center in Manistique
May 16th at Big Bay de Noc School at Garden Corners
May 31st at the Germfask Township Community Center
June 15th at the Sault Tribe Community Health Center

Community residents from Manistique, Cooks, Garden, Germfask, and members of the Sault Ste. Marie Tribe of Chippewa Indians were invited to attend. The focus groups were led by Paul Olson of the Great Lakes Center for Youth Development. No one on staff at the hospital attended the meetings in order for people to feel comfortable expressing their thoughts and opinions.

A series of questions was asked of the focus groups:

1. How do you perceive your health?
2. What are the barriers to health care in this area?
What are the barriers to healthy behaviors?
3. When you seek medical/health care, what motivates you to do so?
4. If there was a service that Schoolcraft Memorial Hospital wanted you to know about, what would be the best way to get that information to you?
5. What do you feel are the major health issues in the community?

We want to thank everyone who participated in a focus group. The information provided was very valuable for the project.

Following the focus groups, Paul created a list that combined together all of the responses for each question to protect the identities of the participants. This list of responses was presented to the Assessment Advisory Committee at their second meeting on June 25th. After a great deal of discussion, the following were chosen as the top three health-related priorities to be addressed from 2013 – 2015:

1. Educate/inform community residents about primary prevention (how to stay well and take steps to avoid becoming ill). This would include how to maintain optimum mental health as well as physical health. It would help people learn how to take responsibility for maintaining or improving their health through nutrition, physical activity, weight loss, etc.
2. Communication and education through community partners: The focus group responses demonstrated that there are resources available in the community that community residents remain unaware of. The AAC realized that many community professionals are unaware of programs that are available to assist their clients. The decision was made that we need to educate the professionals and then begin a marketing campaign to inform community residents, and find ways to keep them informed of services available to them.
3. Treatment of mental illness: There is a significant number of people in the community who are "less than seriously mentally ill", who need mental health support services but are unable to obtain them. The AAC believes that finding ways to provide mental health services for these community members is a top priority over the next three years. *Cont'd page 8*





Getting Started with An Exercise Program

~ tips for long-term success

Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated.

Visit StartWalkingNow.org to find American Heart Association-designated Start! Walking Paths, personalized walking plans, an online community of walkers and more!

Here are some tips for exercise success:

Dress for success

- Wear comfortable clothes and sneakers or flat shoes with laces.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.

Make the time

- Start slowly. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).
- Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday and Saturday from noon to 12:30 p.m.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.

Keep reasonable expectations of yourself

- If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.
- Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity.
- Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace.
- Don't exercise right after meals, when it's very hot or humid, or when you just don't feel up to it.

Make it fun!

- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- Ask family and friends to join you — you'll be more likely to stick with it if you have company. Or join an exercise group, health club or the YMCA. Many churches and senior centers offer exercise programs too. (Remember to get your doctor's permission first.)
- Use variety to keep your interest up. Walk one day, swim the next, then go for a bike ride on the weekend.
- Use music to keep you entertained.

Track and celebrate your success!

- Note your activities on a calendar or in a logbook. Write down the distance or length of time of your activity and how you feel after each session.

Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

- Visit StartWalkingNow.org to find all the resources you need to get moving and stay motivated.
www.americanheart.org



Food and Water In An Emergency

... are you ready?

If a disaster struck, even a bad winter storm, you might not have access to food, water and electricity for days or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.

You don't need to purchase special or extra foods; you can use the canned goods, dry mixes and other staples that you already have in your cupboards. Be sure to check the expiration dates. Try to keep at least 2 weeks of supplies on hand. Don't forget about people with special diets and allergies. Ensure that you have non-perishable foods for your pets. Make sure you have a manual can opener.

If the electricity goes off: First, use perishable food from the refrigerator, pantry and garden. Then use the foods from the freezer. To limit the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will generally last for about 2 days in hot weather. Lastly, begin to use non-perishable foods and staples.

For emergency cooking indoors, you can use a fireplace carefully. A charcoal grill or camp stove should only be used outdoors though. You can keep cooked food hot by using candle warmers, chafing dishes or fondue pots (non-electric ones).

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. If your water supply is limited and supplies run low, drink the amount you need to stay healthy today and try to find more for tomorrow.

Having an ample supply of clean water is a top priority in an emergency. You will also need water for food preparation and hygiene. To ensure you have enough water, store at least one gallon per person per day. It is best to use commercially bottled water as your emergency water. Keep the bottled water in its original container; do not open it until you need to use it.

If you decide to re-use storage containers, choose the 2-liter plastic soft drink bottles, not the plastic milk jugs or waxed-cardboard juice containers. The reason is that milk protein and fruit sugars can't be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. You should not use water from toilet flush tanks or bowls, radiators, waterbeds or swimming pools/spas for drinking.

Boiling or chlorination will kill most microorganisms but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before treating water, let any suspended particles settle to the bottom or strain them through layers of clean coffee filters.

Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners if you decide to chlorinate your water. Add 16 drops or 1/8 teaspoon of bleach per gallon of water, stir and let stand for 30 minutes.

Every household should assemble a disaster supply kit and keep it up to date. A disaster supply kit is a collection of basic items a family would need to stay safe during and after a disaster. Disaster supply kits should be stored in portable container(s) that are easy to get to at a moment's notice. Make sure to grab any medications that you will need for the next few days also; especially important would be any diabetic supplies.

For more information on this subject or to make your own disaster supply kit, please visit the following websites:

- www.fema.gov
- www.ready.gov
- www.schoolcraftcountycert.org
- Or write to: FEMA, P.O. Box 2012, Jessup, MD 20794-2012 and ask for emergency preparedness publications.



M

FARMERS' MARKET



The final weekly Manistique Farmers' Market of 2012 will be on Wednesday, October 31st from 4-6pm at the Little Bear West Arena. Farmers (many planning to come in costumes) will be hosting a trick-or-treating event for area families, starting at 4pm. Come in costume to the Manistique Farmers' market on Halloween and enjoy some special treats and activities.



Some people should not be vaccinated without first consulting a physician. They include people who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination in the past; people who developed Guillian-Barre syndrome within 6 weeks of getting an influenza vaccine; and children younger than 6 months of age. People who have a moderate or severe illness with a fever should wait to get vaccinated until they are feeling and doing better.

For more information on flu vaccinations go to the following: Centers for Disease Control and Prevention (CDC) – Key Facts about Influenza (Flu) & Flu Vaccine at <http://www.cdc.gov/flu/keyfacts.htm>

Make Half Your Grains Whole

Any food made from wheat, rice, oats, cornmeal, barley or other cereal is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples. Grains can be divided into two sub groups: Whole grain or refined grains. Whole grains contain the entire grain kernel – the bran, germ and endosperm. Using whole grains is one of the changes being made in the school lunch program.

Tips to help you eat whole grains:

- Try some simple switches – substitute a whole grain bread or brown rice for white bread or white rice.
- Try a healthy snack: Popcorn or 100 % whole wheat crackers (limit the extra butter, salt, or cheese).
- Add barley or bulgur to soups or stews.
- Try some whole grain substitutes for pancakes, waffles or muffins; experiment with ½ oat or buckwheat flours.
- Read labels: Good sources of fiber have 10-19 % of the daily value, and excellent sources contain 20 %.
- Read the ingredient list: Look for first ingredients of whole wheat, brown rice, buckwheat, oatmeal, whole grain cornmeal, whole oats, whole rye or wild rice.

A smart shopper knows the color of the food is not an indication that it is whole grain; labels reading “stone ground”, “7 grain”, “bran” or “multi-grain” are usually not 100 % whole grain and may not contain any whole grain.

COMMUNITY HEALTH NEEDS ASSESSMENT

The next step in completion of the CHNA is to develop an intervention plan to address the priority issues chosen for this initial 3-year time period.

If you have questions about any aspect of the CHNA process, please contact Susan Phillips at 341.3238.

