

January-February, 2011

In With The New

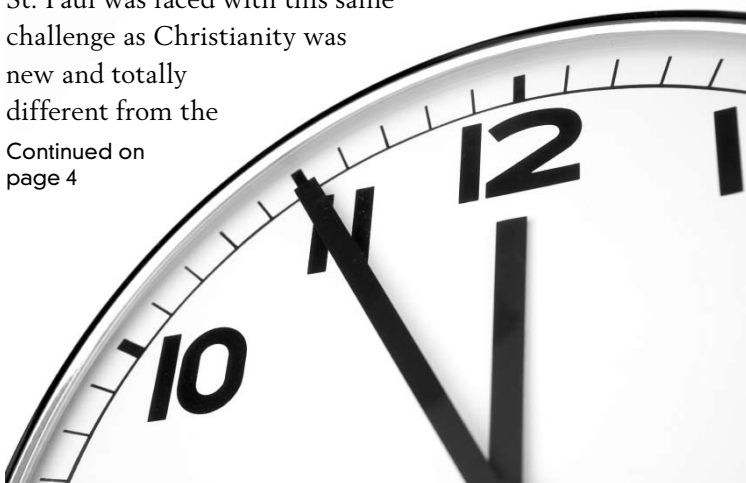
As you enter a new year, what visions and dreams do you have? Our needs, desires and aspirations change on course with the years. We do learn from our past experiences and hopefully engage in activities which reflect our change of priorities and our purpose for being. Henry David Thoreau, writing in the mid-1800's, explored the topic of change and new thinking—"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in your mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kinds of thoughts we wish to dominate our lives."

John Sklare, Ed.D, wrote in The Roots of Change "One of the greatest challenges to creating change in life is incorporating new thinking into your day. Not only is changing the way we think a daunting task for us humans, it is also a critical piece of the change puzzle. In short, change is impossible...unless accompanied by new thinking." Encouraging us to mindfully repeat thoughts that support the change we desire, Dr. Sklare challenges us to pick one thought regarding change in our lives that we would like to incorporate into our everyday thinking.

The opportunity is here to make 2011 a stellar year – complete with the visions and dreams we dare to make. We must walk the path again and again and incorporate new thinking into our days. Be bold and write the visions and dreams down and repeat them to yourself at every opportunity so that the new thinking becomes a part of your daily walk.

St. Paul was faced with this same challenge as Christianity was new and totally different from the

Continued on
page 4



Listen to the Exhortation of the Dawn!

Look to this Day!

For it is Life, the very Life of Life.

In its brief course lie all the
Verities and Realities of your Existence.

The Bliss of Growth,

The Glory of Action,

The Splendor of Beauty;

For Yesterday is but a Dream,

And Tomorrow is only a Vision;

But Today well lived makes

Every Yesterday a Dream of Happiness,

And every Tomorrow a Vision of Hope.

Look well therefore to this Day!

Such is the Salutation of the Dawn!

Kalidasa

Access to Care

Medicaid

Michigan Medicaid programs require an eligibility requirement component. The goal of these health care programs is to ensure that essential health care services are made available to those who otherwise would not have the financial resources to purchase them. All of the health care programs in Michigan have income limits and some programs also have an asset limit. To complete the articles regarding Medicaid, this article focuses on Michigan Medicaid programs for families.

Families

Low Income Families (LIF) include both income and asset tests. Families that receive cash assistance (Family Independence Program or FIP) are automatically eligible for this program. Other families must apply at the local MDHS

Continued on page 4

January Health Observances

Cervical Health Awareness

Month..... www.nccc-online.org/awareness.php

National Blood Donor Month..... www.aabb.org

National Birth Defects Prevention

Month..... www.marchofdimes.com

Exercise in Winter?

You worked really hard maintaining a walking exercise regimen all spring, summer and fall. Although the changing seasons make walking outdoors interesting and enjoyable, winter's sleet, snow and cold present a challenge!

No worries! St John Providence Community Health has partnered with Northland, Eastland and Macomb Mall to offer a walking program at their sites. We are committed to providing ongoing support, health information and speakers to address a variety of health-related topics as well as monthly blood pressure checks performed onsite. Although healthy exercise is the focus, the walkers benefit from the social aspect of meeting new people who share an interest in health and a commitment to a healthier lifestyle.

Walkers can begin at 8:00 a.m. before the mall doors open to the public. It's easy to join and free! Just contact the Mall Management Office or Customer Service, lace up your sneakers and begin!

- Eastland Mall - "Milers" 313.371.1500
- Northland Mall - "Pacers" 586.541.3277
- Macomb Mall - "Hikers" 248.569.6272



Seasonal Affective Disorder (SAD)

Seasonal affective disorder is a type of depression generally occurring in the fall and winter. It is more common in northern and cloudy climates, such as Detroit, and corresponds to times of lower vitamin D. It is often associated with weight gain, fatigue with increased sleep needs, and generally depressed mood.

It has most commonly been treated with light therapy (phototherapy) with intense bright light treatment using specially designed light boxes for 45 minutes to 2 hours daily, since the cause is thought to be related to lack of light. Morning phototherapy seems to be more effective than evening. This does help approximately two thirds of patients. Antidepressant medication has also been used with some success. L-tryptophan is a precursor to serotonin, the feel good chemical in the brain that regulates depression.

L-tryptophan, with or without light therapy, has been shown to be beneficial in alleviating the symptoms of seasonal affective disorder, although it seems to be most helpful in conjunction with phototherapy. It can have some side effects, most notably headache and gastrointestinal symptoms, and should not be used in patients also taking medications that increase serotonin levels such as selective serotonin-reuptake inhibitors.

Vitamin D is generally lower in the northern parts of the country, especially in the winter, and depressed people generally have lower vitamin D levels than people who are not depressed. Studies in the elderly have shown that daily dosing of 400-4000 IU of vitamin D has improved depression, although the higher doses were more effective. In patients with low vitamin D (less than 20 ng/ml), high doses of vitamin D (100,000 IU given once) were found to be more effective in alleviating depressive symptoms of SAD than 2 hours of daily light therapy. Some people think that the reason light therapy works is that it raises vitamin D levels.

We cannot make vitamin D from the sun in Detroit from October to April, and very minimal amounts are added to daily foods and a few other food products. Even in the summer, we do not spend as much time outside as we did many years ago, and sunscreen prevents the production of vitamin D. We also make substantially less vitamin D in our skin as we age, so supplementation is necessary. Taking extremely high doses for long periods of time can cause toxicity, but this is rare and difficult to produce. Ask your doctor to order a simple blood test for your vitamin D, to make sure your levels are over 30 ng/ml, preferably over 40 ng/ml.

Cynthia H. Browne, MD, PhD

February Health Observances

American Heart Month..... www.americanheart.org

National Wear Red Day,
February 4, 2011 www.nhlbi.nih.gov/health/hearttruth

National Children's Dental Health Month
Give Kids a Smile Day -
February 4, 2011 ... www.ada.org/goto/ncdm National Eating

Disorders Awareness Week
February 20-26, 2011 www.nationaleatingdisorders.org

How Healthy Is Your Heart?

The St. John Providence Heart and Vascular Screening Clinic offers a series of simple, non-invasive tests that can identify cardiovascular risk factors, even in people who have no symptoms.

The diagnostic studies include:

- blood work for cholesterol and diabetes
- blood pressure check
- electrocardiogram (EKG)
- body mass index (BMI)
- ankle brachial index (ABI), which shows how well blood is flowing to the limbs
- carotid ultrasound to show blood flow to the brain
- abdominal aorta ultrasound to check for aneurysm.

The entire series of tests takes approximately one hour. The results, combined with information from the patient's medical history and lifestyle questionnaire, are used to develop an individual coronary risk profile. Shortly after the clinic visit, patients will receive a follow-up mailing with their risk profile and the test results to review with his or her primary care physician.

Insurance generally does not cover the cost of screenings such as these, but the entire battery of tests is available at the *Heart and Vascular Screening Clinic* for only \$75. **CareLink members receive a 20% discount and only pay \$60!** Since cardiovascular disease can actually be prevented or lessened by reducing an individual's risk factors, consider it an investment in your peace of mind.

The Clinic is offered at St. John Hospital & Medical Center, Providence Hospital, St. John River District Hospital and St. John Macomb-Oakland Hospital, Macomb Center. For an appointment or for more information, call 1-866-501-3627.



Step in to a Healthy New Year

Start the New Year by making smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs. A healthy eating plan:

- emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.
- includes lean meats, poultry, fish, beans, eggs and nuts.
- is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Get the most nutrition from your calories. Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

- **Focus on fruits.** Eat a variety of fruits – fresh, frozen, canned or dried. For a 2,000 calorie diet, you need 2 cups of fruit each day.
- **Vary your veggies.** Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens. Include beans and peas such as pinto beans, kidney beans, split peas and lentils more often.
- **Get your calcium-rich foods.** Have 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese every day (1½ ounces of cheese equals 1 cup of milk). If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Continued on page 4

DATES TO REMEMBER:

January 25, 2011 - "Every Nurse a Leader", St. Paul of the Cross Passionist Retreat & Conference Center, 23333 Schoolcraft, Detroit, (313) 535-9563. 8:00 am - 4:30 pm, \$75, Nurses: 6.0 contact hours.

February 8, 2011 - "Rekindle the Spirit of Caring: A Holistic Approach", St. Paul of the Cross Passionist Retreat & Conference Center, (313) 535-9563, 8:00 am - 4:30 pm, \$75, Nurses: 6.0 contact hours.

What's New?

Welcome to two new partnerships to our St. John Providence Faith Community Partnership family! **Karen Straetmans, RN** and **Mary Bryk, RN** are the new Faith Community Nurses at *Grace Community Church* in Detroit. We also are pleased to welcome **Jacqueline Bright, RN**, leading the Faith Community Partnership at *Detroit Northwest Seventh Day Adventist Church*. We are thankful for dedicated nurses and new partnerships joining our community!

Access to Care

Continued from page 1

office. Families don't have to apply for FIP in order to receive health care coverage under this program. Most beneficiaries in all the following programs are enrolled in a Medicaid health plan and receive a comprehensive package of health care benefits including vision, dental, and mental health services.

Special N Support is available to families that received LIF Medicaid or FIP but are no longer eligible due to income from child support payments. Special N Support is available for four months.

Transitional Medical Assistance (TMA) is available to families that have received LIF or FIP in at least three of the last six months. The family is no longer LIF/FIP eligible because a parent has too much income from employment. TMA is available for up to 12 months and the family does not need to fill out a new application.

Transitional Medical Assistance Plus (TMA-Plus) assists beneficiaries in achieving self-sufficiency by extending medical coverage for families unable to purchase employer-sponsored health care coverage. TMA-Plus is available to adults after the 12 months of TMA. The family must apply and an income limit does apply. There are monthly premiums based on the number of adults and how long they have been in the TMA-Plus program. TMA-Plus is not available for children. Other programs for children may apply.

To learn even more about Medicaid, you can also visit the Department's on-line courses at <http://www.training.mihealth.org>.

Step in to a Healthy New Year

Continued from page 3

- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it or grill it. And vary your protein choices with more fish, beans, peas, nuts and seeds.
- **Know the limits on fats, salt and sugars.** Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

www.eatright.org Adapted from "Food, Nutrition and Health Tips" from the American Dietetic Association

Source: *Finding Your Way to a Healthier You*, U.S. Department of Health and Human Services, U. S. Department of Agriculture.

In With The New

Continued from page 1

old ways. Trying to encourage new Christians to stay strong in the changes they were making, he wrote "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" Let's move forward boldly, confidently, with our dreams and visions clear in our minds, walking our steps over and over until their new ways are deeply imbedded in our paths.

Who's Responsible?

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