



Fall: New Outlooks, New Attitudes, New Life!

Fall! The act of losing balance and going down without wanting to do it, is one way of viewing the term. Fall! The beginning of a new season with multiple opportunities to live to the fullest which offers new colors, new promise, and new hope. Have you noticed that so much depends on how you view the meaning of the word...FALL? In scripture we learn that Christ had to fall three times while carrying the cross imposed on him by others. The result is that He was crucified and He died. But He was raised from the dead and the Light of the world returned to shine for all. We are asked to let that light that is within each of us shine for all to see in all seasons.

Fall is a great season for changes. Look around at the reds, yellows, browns, greens, violets and golds. The bright colors awaken our senses. Listen to the new sounds: leaves may rustle while they fall from trees and are blown around in circles; the gentle, quiet breeze may suddenly begin to whistle! The air that warmed you in summer now feels cool to your skin. It can be so refreshing. The days become shorter and darker as time goes forward.

At this time of the year you may need to go deeper into your inner self to find the Light of Life within you. New opportunities for growth are present each day. Take a moment to be mindful of what is happening around you and within you. The Spirit works with you to enliven your spirit.

Spirit of the Living God, fall afresh on us.

Spirit of the Living God, fall afresh on us.

Melt us, mold us, fill us, use us.

Spirit of the Living God, fall afresh on us.

—Daniel Iverson

Access to Care

MEDICAID

In Michigan, there are many health care programs available for children, adults, and families. Specific coverages may vary depending on the program and the applicant's citizenship status. The Michigan Department of Human Services (MDHS) determines eligibility for some of the health care programs that are administered by the Michigan Department of Community Health (MDCH).

All of the health care programs in Michigan have an income test and some of the programs also have an asset test. For some of the programs, the applicant may have income that is over the income limit and still be able to obtain health care benefits when their medical expenses equal or exceed their deductible (formerly known as spend-down) amount.

In this issue, the focus will be on programs available for **children**. Five programs will be highlighted – Healthy Kids, MICHild, Children's Special Health Care Services (CSHCS), Under 21 and Supplemental Security Income (SSI). Services for pregnant women, adults and families will be featured in future publications.

Healthy Kids is a Medicaid health care program for low-income children under age 19 and for pregnant women of any age. There is only an income test. There is no monthly premium for Healthy Kids. Healthy Kids provides a comprehensive package of health care benefits (includes vision, dental, and mental health services).

MICHild is a health care program administered by MDCH. It is for the low-income uninsured children under the age of 19

Continued on page 4



September Health Observances

Leukemia & Lymphoma Awareness Monthlls.org

National Cholesterol Education Month..... www.nhlbi.nih.gov
www.americanheart.org

Fruit and Vegetable Month.....www.cdc.gov/5aday

September 5-11-National Suicide Prevention Week www.nimh.nih.gov
www.freedomfromfear.org

Prostate Cancer Awareness Month.....www.fightprostatecancer.org

Ovarian Cancer Awareness Month www.ovarian.org

How to Use Fruit and Vegetables to Manage your Weight

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

To lose weight, you must eat fewer calories than your body uses. This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

Smart Snacks: 100 Calories or less

Most healthy eating plans allow for one or two small snacks a day. Choosing mostly fruits and vegetables will allow you to eat a snack with only 100 calories.

- a medium-size apple (72 calories)
- a medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsps. hummus (46 calories)

Instead of a high-calorie snack from a vending machine,

bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip. Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories

Remember: The key is substitution. Eat fruits and vegetables **instead** of some other higher-calorie food.

Source: http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

Break the Silence

In women age 35-74, ovarian cancer is the fifth leading cause of cancer-related deaths. An estimated one woman in 58 will develop ovarian cancer during her lifetime. The American Cancer Society estimates that in 2009, there will be 21,550 new cases of ovarian cancer and 14,600 women will die from ovarian cancer.

When one is diagnosed and treated in the earliest stages, the 5-year survival rate is over 90 percent. Due to ovarian cancer's non-specific symptoms and lack of early detection tests, only 19 percent of all cases are found at this early stage. If caught in stage III or higher, the survival rate can be as low as 30.6 percent.

What are the symptoms of ovarian cancer?

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often
- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during sex
- Constipation
- Menstrual changes

If symptoms persist daily for more than 2 weeks, ask your physician for a combination pelvic/rectal exam, transvaginal ultrasound, and CA-125 blood test.

What are the risk factors for ovarian cancer?

- Genetic predisposition
- Personal or family history of breast, ovarian or colon cancer
- Increasing age
- Undesired infertility

But remember, all women are at risk. Symptoms can exist – they can be vague, but increase over time. Early detection increases survival rate. A Pap test DOES NOT detect ovarian cancer. Break the silence and share this information with your friends and family!

Source: www.ovarian.org

October Health Observances

Halloween Safety Month www.preventblindness.org
Halloween-safety.com

Healthy Lung Month..... www.lungusa.org

National Breast Cancer
Awareness Monthwww.nbcam.com
www.cancer.org
www.komen.org
http://cancernet.nci.nih.gov

National Depression and
Mental Health Month. www.nimh.nih.gov
www.nami.org
www.wfmh.com

World Hospice & Palliative
Care Day - October 9 www.worldday.org
www.nhpco.org

World Osteoporosis Day - October 20www.nof.org
www.nih.gov

Depression

Depression is a medical disorder, just like high blood pressure, heart disease and diabetes. Although it is more likely to be seen in women, teenagers and the elderly, depression affects people of all races, ages, social, economic and educational backgrounds. Depression can have a profound impact on functioning and prevents a person from working or enjoying everyday activities.

Researchers have learned that depression runs in families and has been linked to imbalances of certain chemicals in the brain. Depression can result from medical problems such as thyroid disease, cancer, heart disease and sleep apnea. Misuse of alcohol and other drugs can also affect the body's chemical balance and lead to depression. Some of the medicines used to treat medical conditions can also cause symptoms of depression.

If you have daily symptoms for at least two weeks and are finding it difficult to function, you should see your healthcare provider. Symptoms that suggest depression are:

- A deep sense of sadness and or unhappiness
- A lack of interest in things you used to enjoy (hobbies, friends or sex)
- Appetite or sleep changes
- Trouble with concentrating
- Weight change
- Feelings of guilt, worthlessness or hopelessness
- Feelings of uneasiness or worry
- Thoughts of death or suicide with or without a suicide attempt

Some forms of depression can have alternating periods of depression and elation (mania) called Bipolar Disorder and sometimes referred to as "Manic-Depressive Disorder".

Mania symptoms are:

- Euphoric or "high" feeling
- Irritability
- Decreased need for sleep
- Increased sex drive
- Increased or rapid talking
- Racing thoughts
- Unrealistic beliefs in his or her own abilities or feeling grandiose
- Poor/impulsive/reckless judgment
- Delusions (loss of touch with reality) or hallucinations (hearing voices)

Depression is serious. You must learn to take care of yourself: physically, mentally and spiritually. Write a journal, exercise and eat well (eat the rainbow of colors), avoid alcohol and other drugs. Pace yourself and be realistic with your schedule. You may need to learn relaxation techniques, engage in self-help groups or a support group. Laughter can improve your mood too.

Depression can be treated with psychotherapy and medications. If symptomatic, you should seek out professional help at a licensed facility or psychiatrist. Some people lose the meaning in their life. You may want to speak to a trusted pastor/minister to help you with some of these thoughts and feelings.

—Information provided by Dr. Debra Hollander, Chief of Behavioral Medicine at St John Providence Health System

Osteoporosis – What is it?

Osteoporosis is a debilitating disease that can be prevented and treated. Bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist.

Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity.

Millions of Americans are at risk. While women are four times more likely than men to develop the disease, men also suffer from osteoporosis.

Continued on page 4

DATES TO REMEMBER:

September 16 - 19, 2010 – 24th Annual Westberg Parish Nurse Symposium, “Thriving in a Changing World,” Embassy Suites & St. Charles Convention Center, St. Charles, Missouri. www.parnurses.org

September 14 - November 16, 2010 – Parish/Faith Community Nurse Basic Preparation Course, Tuesday evenings 6 - 9:30 p.m., Providence Hospital, Southfield, offered by University of Detroit Mercy. 36 contact hours. Fee \$445.

September 29 & October 5, 2010 – Fall Support Group - Faith Community Partnerships. September 29 – 5:30 - 8 p.m., St. John Macomb-Oakland Hospital, Oakland Education Center, Madison Heights. October 5 – 8:30 - 11 a.m., Fisher Center, Providence Hospital, Southfield.

October 12, 2010 – “Every Nurse a Leader”, 7:30 a.m. - 3:30 p.m. St. Paul of the Cross Passionist Retreat and Conference Center, 23333 Schoolcraft, Detroit. \$75, 6 contact hours available. Call (313) 535-9563 for more information.

WHAT'S NEW?

Have You Heard...about the St. John Providence Riverview Senior Wellness Center? The goal of the Center is to provide support to enhance the quality of life for all participants aged 55 or older. Some classes that are offered include: Enhanced Fitness, PATH (6 week chronic disease self-management), Stress Less, Rate Your Plate, The ABC's of Diabetes. The Center is located in the Detroit Riverview Medical Pavilion II, Suite 170. For questions about the Center, call Louise at 313-499-4035

ACCESS TO CARE

Continued from page 1

for Michigan's working families. MICHild has a higher income limit than Healthy Kids. There is only an income test and a \$10 per family monthly premium for MICHild. It also is comprehensive in nature.

CSHCS is a program with the MDCH that provides certain approved medical service coverage to some children and adults with special health care needs. Children must have a qualifying medical condition and be under 21 years of age. Persons 21 and older with cystic fibrosis or certain blood coagulating disorders may also qualify for services.

Medicaid is available to eligible persons under age 21. There is an income test and an asset test for this program. If income is over the income limit, the person is assigned a deductible. It also is comprehensive.

SSI is a cash benefit for disabled children whose families have low income, as determined by the Social Security Administration. The beneficiaries are automatically eligible for Medicaid and receive the comprehensive package.

To learn more about Medicaid, you can visit the MDCH on-line courses at www.training@mihealth.org.

OSTEOPOROSIS

Continued from page 3

Five steps to bone health and osteoporosis prevention:

Eat Right: Get your daily recommended amounts of Calcium and Vitamin D. Currently the National Institutes of Health recommends 1000 mg. daily of Calcium for adults 19-50 years and 1200 mg. daily for those over 50. 400-600 IU (International Units) of Vitamin D is recommended, unless your physician instructs otherwise.

Exercise: Engage in regular weight-bearing and muscle strengthening exercise.

Maintain a Healthy Lifestyle: Avoid smoking and excessive alcohol consumption.

Talk to Your Healthcare Provider: Talk to your healthcare provider about bone health.

Get Tested: Have a bone density test and take medication when appropriate.

Remember, St. John Providence Health Faith Community Partnerships has a Hologic Sahara BMD Ultrasound Bone Density Densitometer which screens women for osteoporosis and osteopenia. Contact your Faith Community Coordinator to set up your screening today. It is recommended that you book this screening event at least 6 - 8 weeks in advance so appropriate scheduling of staff can happen.

Source: www.nof.org

Who's Responsible?

Mary Ann Martin, RN, BAS
Faith Community Coordinator

Sally Sterr, Administrative Assistant
St. John Providence Health System, Community Health
586-753-1484 • Fax: 586-753-1488
Email: sally.sterr@stjohn.org