

# Living It Up North

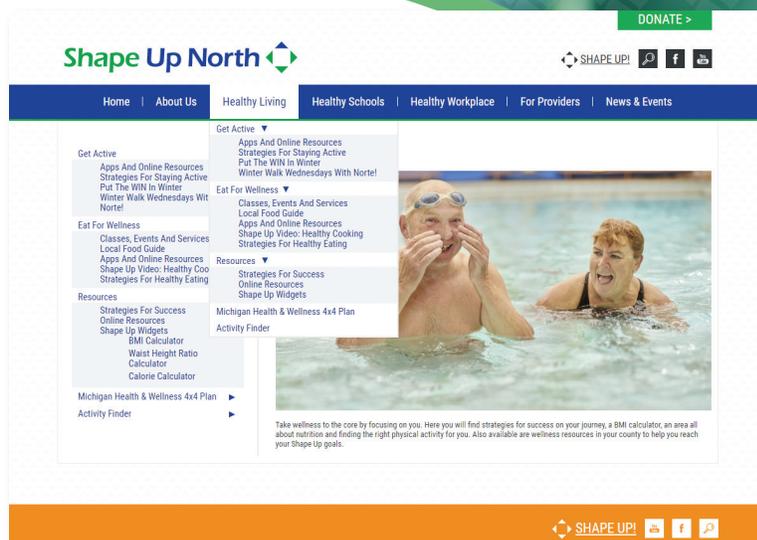
SUMMER 2016

## Start Where You Are

*A Great Place to Start – ShapeUpNorth.com*

Shape Up North (SUN) is a community collaboration created to provide the resources you need to achieve and maintain a healthy weight. **ShapeUpNorth.com** offers tips, guidance, and support for individuals, schools, businesses and health care providers throughout northern Michigan.

Wherever you happen to be on your weight-loss and fitness path, you will find easy and useful tools and ideas on **ShapeUpNorth.com** to help you move forward. You will find links to all sorts of trails, affordable recipes made with locally grown foods, ideas for low-cost ways to get exercise, and suggestions for sticking with your goals for exercise and eating. You can also “like” the SUN Facebook page at [facebook.com/shapeupnorth](https://facebook.com/shapeupnorth).



## Living with Diabetes?

*Food and Nutrition – Healthy Substitutions*

Many people think they have to give up sweets or desserts when they are diagnosed with diabetes. But this is not the case. All types of foods – even sweets – can fit into a diabetes meal plan. In fact, you will probably be more successful meeting your goals if you do not try to change all your food choices at once. Instead, work on making small changes in the foods you eat. A great way to start is by learning how to make your family’s favorite treats lower in fat and calories. This will keep you and your entire family healthy. Visit [nmdi.org/nutrition](http://nmdi.org/nutrition) to download a tip sheet on lightening up your family’s favorite treats.

“Like” the **Northern Michigan Diabetes Initiative** Facebook page for updated news about diabetes and diabetes-related activities in your area.

KMHC has a diabetic support group that meets the second Wednesday of each month. For more information, call Connie at **231-258-7520**.

### Substitution Examples

#### In Place of

1 cup butter\*, shortening, full-fat margarine, or oil

#### Reduce or Replace

Replace 1/2 cup fat with 1/2 cup unsweetened applesauce or butter flavored granules (1 packet or 2 Tbsp.)

#### Calorie and Fat Savings

– 750 calories and 88 fat grams

Replace 1 cup fat with 1/2 cup prune pureé

– 1309 calories and 176 fat grams

Replace 1 cup oil with 1 cup unsweetened applesauce

– 1840 calories and 220 fat grams

Reduce 1 cup oil with 1/2 cup oil

– 972 calories and 110 fat grams



\*2 sticks of butter = 1 cup



## Try Something New! Summer Quinoa Salad



From Meghan Damman, RD  
Renal Dietitian at  
Kalkaska Dialysis Center  
and Munson Dialysis Center

One of my all-time favorite, go-to summer dishes is a vegetable quinoa salad. The beauty of this recipe is you can literally throw whatever you want into it and it will still taste fresh and delicious. It is easy to make a large batch on Sunday and eat it throughout the week. Each day it only gets more flavorful. So whether it's a make ahead dish for your lunches during the week, a post-workout snack, or a dish to bring to a summer BBQ, this recipe is quick and easy for all. My favorite version is:

- 2 cups of cooked quinoa  
(based on how much you want to make)
- 1 large cucumber, diced
- 1 container of cherry tomatoes, halved
- 1 can (rinsed and drained) of  
cannellini beans
- 2-3 Tbsp. chopped, fresh parsley
- 1½ cups of finely chopped Kale or  
spinach (or both)
- 1 container of feta cheese
- ⅓ bottle of Olive Garden Italian Dressing  
(more or less based on taste preferences)
- 1 small finely chopped red onion

Mix all ingredients together, cover and let set in the refrigerator for at least a half hour to soak up the flavors.

Other variations: Black beans, corn, finely chopped peppers, tomatoes, taco seasoning, olive oil and vinegar.

## FAQs: Assisted Living and Long-term Care

### What is the difference between Assisted Living and Long-term Care?

**Assisted living** communities are designed for seniors who can no longer live safely on their own, but do not require the level of care provided in a nursing home. Assisted living facilities can greatly differ in terms of size, services offered, licensure, and price.

**Long-term care** nursing facilities provide both short- and long-term care services for older adults and people with disabilities or chronic illness that require 24-hour nursing support. Many facilities in the U.S. are designated as a Skilled Nursing Facility (SNF), offering expert skilled nursing care and rehabilitative stays.

### How is the care and assistance different?

Staff in assisted living can help with medication management and activities of daily living as needed. Although requirements vary by state, most assisted livings will have available staff 24 hours a day, but are not required to have licensed nurses around the clock. Meals, housekeeping, and activities are routinely provided.

In long-term care, 24-hour nursing services are available from licensed nurses and are assisted by certified nurse aides. Skilled nursing homes provide short-term rehabilitative stays for those recovering from illness, injury, or surgery, with the goal of returning home. Long-term residents have high care needs and complex medical conditions and can no longer live safely at home alone.

### How are the living areas different?

Residents in assisted living usually reside in a private apartment, varying in size and amenities. Most facilities have a central dining area and offer room service as needed or as desired.

Long-term care facilities may have semi-private or private rooms and meal choices are generally customized to the individual resident's preferences.

### What is the difference in cost and qualification?

Assisted living often ranges from \$2,500 - \$4,000 (and up) depending on multiple factors. Assisted living communities commonly charge a per month rental fee, which can vary greatly due to geographic area, services offered, size of apartment, single or double occupancy, and level of care provided. Most assisted living is private pay only; very few states or facilities can accept Medicaid. Some facilities may have an age requirement; many have admission criteria that reflect the level of care they offer.

Long-term care often ranges from \$6,000 - \$8,000 per month. It is typically paid through Medicare, Medicaid, and private pay. Long-term care has eligibility criteria that must be assessed prior to admission.

### What are the senior service options at Kalkaska Memorial Health Center?

Kalkaska Memorial Assisted Living offers both studio and one-bedroom apartments, all equipped with a kitchenette, private bathroom, and emergency call system.

The community is licensed as a Home for the Aged by the State of Michigan. Residents have convenient next-door access to health care services, including primary care, emergency care, diagnostics, specialty physicians and rehab services (rehab also available in-house). Other amenities include restaurant style dining, room service, beauty salon, spa room, community room, active social calendar, and spacious outdoor areas. For more information, please call **231-258-3033**.

The Eden Center is a 104-bed skilled nursing facility attached to KMHC. This includes the 60-bed legacy unit, 24-bed Memory Care Unit, and two 10-bed Green House homes. The Eden Center honors each resident's individual needs and encourages a culture of spontaneity, companionship, and opportunities to give and receive care. Registered nurses are on duty every shift to provide skilled nursing care and multiple health care services, such as speech, physical, and occupational therapy are available on site. The Eden Center has an overall 5-star rating, the highest rating available, from Medicare based on health inspections, staffing, and quality measures. For more information, please call **231-258-7583**.



## Teen Health Corner: Get Your Sports Physical

Summer is a great time for students to get their fall sports physical and beat the last minute rush in August. Students can get a jump on the 2016-2017 sports season with a comprehensive physical at the Teen Health Corner. All insurances are accepted. Please visit the Michigan High School Athletic Association's (MHSAA) website at [mhsaa.com/schools/forms-resources](http://mhsaa.com/schools/forms-resources). Download and complete the 2-page Physical Card/Medical History Form. It must also be signed prior to the appointment.

The Teen Health Corner health care and counseling services are offered to students and teens ages 10-21. Services are not limited to those living in Kalkaska County. There are two convenient locations. The KMHC campus location is open Monday-Friday during the summer months. To make an appointment, call **231-258-7791**. The Forest Area location is open Monday, Wednesday, and Thursday. Please call **231-369-2000** to make an appointment.

Services supported by MDE and MDHHS.

## KMHC Welcomes Two New Providers

Kalkaska Memorial Health Center will soon welcome two new providers to its staff.



**Sharon Johnson, PA-C**, will join us in August to work in long-term care. She has a strong background in geriatric care and looks forward to building relationships with residents and their families while treating and preventing medical illnesses.

Sharon has a master of science degree in medicine from Western Michigan University in Kalamazoo, Mich., graduating cum laude from its Physician Assistant Program in 2005. She most recently worked for UNC Physicians Network in North Carolina. She has also worked for the Raleigh Durham Medical Group in Raleigh, NC, Spectrum Health Medical Group in Grand Rapids, Mich., and in emergency medicine for Southwestern Michigan Emergency Services, PC at Bronson Methodist Hospital in Kalamazoo, Mich.



**Kelly Donovan, DO**, will join us in late 2016 and practice family medicine at Kalkaska Medical Associates. Dr. Donovan received her medical degree from

Chicago College of Osteopathic Medicine in Downers Grove, Ill., in 2013. She is completing her post-doctoral training at Munson Medical Center's Family Practice Residency program.

Her clinical practice interests include women's health, osteopathic manipulative medicine, and weight management. Outside of work, she enjoys hiking, biking, cross country skiing, kayaking, and cooking. She is a member of the American Academy of Family Physicians and the American Osteopathic Association.

## POSTAL CUSTOMER

### Convenient Services

Aquatic therapy  
Assisted living and long-term care  
Dialysis Center  
State-of-the-art diagnostics  
Emergency Care  
Cardiac and pulmonary rehabilitation  
Occupational, speech, and physical therapy  
Outpatient surgery  
Primary care  
Munson Healthcare specialists at KMHC:  
- Ear, Nose, Throat  
- Gastroenterology  
- Gynecology  
- Ophthalmology  
- Orthopedics  
- Pediatrics

### Support Groups

#### KMHC:

#### Breastfeeding Support Group

For individual sessions, contact Joanna at **231-360-3242**.

#### Diabetics Support Group

Meets second Wednesday of the month  
6 - 7 pm  
Dr. William W. Kitti Education Center  
Contact Connie at **231-258-7520**.

#### Yoga

Meets every Tuesday in Cardiac Rehab  
4:30 - 5:30 pm  
Contact Marianne at **231-258-7525**.  
Free for community members.

#### Other Support Groups in Kalkaska:

#### Grief Recovery Group

For individual sessions, contact Sister Augusta at **231-620-0375**.

#### Women's Empowerment Group

Meets every Monday at the Kalkaska Women's Resource Center office  
9:30 - 11 am  
Contact Peggy at **231-258-4691**.

Women's Resource Center 24-hour crisis line:  
**800-554-4972**

### Upcoming Events

#### Blood Drive

Thursday, Sept. 1, 2016, 1 - 6 pm  
Kalkaska Memorial Health Center (KMHC)

#### Sharps Disposal Day

Tuesday, Sept. 6, 2016, 10 am - 2 pm  
KMHC Main Entrance

#### Community Education Seminar Kidney Health and Disease

Thursday, Sept. 15, 2016, 5:30 pm  
Stone House Education Center