

Living It Up North

SPRING 2017



New Programs Help You Stay Well

The Adult Wellness Program is a free service for Medicare beneficiaries created to improve the lives of older adults in northern Michigan. It helps prevent new medical conditions from arising, and helps manage existing chronic conditions.

A registered nurse provides a free annual wellness visit for all Medicare patients. This preventive screening is covered by Medicare. It allows your doctor to help you manage your overall health and well-being. The nurse identifies any unmet needs, connects you with resources, and provides you with information to help you stay healthy.

During the visit, the nurse will discuss your medical history, review your health risk factors, discuss advance directives, conduct health screenings, and give you a personalized prevention plan to keep you healthy. Your doctor can easily review your wellness visit results and address any concerns at your next visit.

To learn more, call Kalkaska Memorial Health Center's Chronic Disease Manager Katie Daman, RN, at **231-258-3091**.

Please Join Us for a Community Forum

March 22 | April 12 | April 27

You are invited to participate in a Community Forum as Kalkaska Memorial Health Center's Administrator Kevin Rogols presents "KMHC Design for the Future." Learn about KMHC's current state, get a first-hand look at conceptual renderings and blueprints for future expansion, and hear how the capital millage is used to provide health services in Kalkaska County.

All forums begin at 6 pm in the William Kitti Education Center (Stone House) next to KMHC. Appetizers will be available. No RSVP needed. For more information, call **231-258-7502**.

Teen Health Corner Kalkaska and Forest Area

Building Stronger Bodies Project Update



Teen Health Corner staff has been working toward a goal to increase teen consumption of healthy foods and water. Teen Health Corner staff and MSU staff conducted taste testing of vegetable stir fry and bean salad during school lunches at Forest Area and Kalkaska Middle and High Schools for students in grades 6-12. Fruit and vegetable smoothie taste tests were held during lunchtimes in February.

The Cooking Matters for Teens Curriculum, which involves six hands-on cooking/food-tasting lessons, was completed in Kalkaska High School health classes during the first semester and at Forest Area health classes in the second semester. Four water bottle filling stations were ordered, one for each middle and high school. The filling stations were installed for students to begin using second semester.

Teen Health Corner staff is also working with physical education teachers to encourage improved fitness and access to equipment and activities to keep youth physically active. The project, Building Stronger Bodies, includes the purchase of new equipment for use in physical education classes, grades 6 - 12. In March, students will have access to new balls, goals, and weight strengthening equipment. And, the Show Me Nutrition Curriculum will be conducted with all fifth grade students at Forest Area and Kalkaska in April and May.

The Building Stronger Bodies Project and the Cooking Matters for Teens Curriculum were funded through District Health Department #10 through the Live Well Kalkaska Healthy Eating Grant program supported by the Michigan Health Endowment Fund.



Diabetes Self-Management Courses

Diabetes is a lifelong condition, but it can be managed. Kalkaska Memorial Health Center is offering a new self-management course to help you learn how to live well with diabetes.

People who complete Diabetes Self-Management Education have a better understanding of diabetes, are able to make changes to improve their health, develop skills to manage their diabetes, and typically reduce their A1C by 1 percent.

During a two-part course, you will learn:

- Basics about diabetes and how it affects your body
- How to choose healthy food
- Ways to be active
- How to safely take medication
- How to monitor your blood sugar

- How to problem solve
- Healthy ways to cope
- How to reduce your risk

Ask your primary care provider for a referral to Diabetes Self-Management Education. Once referred, a diabetes educator will meet with you to develop a care plan to meet your specific needs. You will be scheduled for two group classes lasting four hours each. These classes are held at Kalkaska Memorial Health Center.

To learn more, call KMHC Diabetes Education at **231-258-3091**.

Community Wellness Assessment Program

Kalkaska County residents are eligible for a free Community Wellness Program that will help you stay healthy and safe in your home following an illness or hospitalization.

If you have recently been in the hospital or visited the Emergency Department and were identified as someone who may benefit from a follow-up home visit, Kalkaska EMS personnel will make an appointment to stop by your home. They will check your blood pressure, pulse and oxygen levels to make sure you are doing okay. EMS personnel also may do an ECG, 12-lead ECG monitoring, and carbon monoxide monitoring. Early identification of a developing condition may help avoid a return to the hospital.

EMS personnel also may:

- Talk with you about safe handling and storage of your prescription medicine
- Do a safety check of your smoke alarm, carbon monoxide detector, and potential fall hazards
- Make sure you have all the support you need for snow plowing, transportation, meals, housekeeping, medication coverage and any other day-to-day issues

To learn more, call Program Coordinator Jason Sopha at **231-258-7538**.

Try this Healthy Comfort Food

Fireside Beef Stew



From:
Katie Daman, RN
Chronic Disease
Manager and KMHC
Diabetic Educator

What could be better on a cold winter day than the rich aroma of beef stew simmering in a crock pot? Butternut squash and Italian green beans add a healthy twist to this classic winter dish. Try this diabetic-friendly version the next time you have a hankering for beef stew.

Ingredients

1 ½ pounds boneless beef chuck pot roast
1 pound butternut squash, peeled, seeded, and cut into 1-inch pieces (about 2 ½ cups)
2 small onions cut into wedges
2 cloves garlic, minced
1 14-ounce can reduced sodium beef broth
1 8-ounce can tomato sauce
2 tablespoons Worcestershire sauce
1 teaspoon dry mustard
¼ teaspoon ground black pepper
1/8 teaspoon ground allspice
2 tablespoons cold water
4 teaspoons corn starch
1 9-ounce package Italian green beans

Preparation

1. Trim fat from meat. Cut meat into 1-inch pieces. Place meat in a 3-1/2- to 4-1/2-quart slow cooker. Add squash, onions, and garlic. Stir in beef broth, tomato sauce, Worcestershire sauce, dry mustard, pepper, and allspice.
2. Cover and cook on low-heat setting for 8 to 10 hours, or on high-heat setting for 4 to 5 hours.
3. If using low-heat setting, turn to high heat setting. In a small bowl, combine cold water and cornstarch. Stir cornstarch mixture and green beans into mixture in slow cooker. Cover and cook about 15 minutes more or until thickened. Makes 6 (1 1/3-cup) servings.

Tip

For easy cleanup, use a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and dispose of the liner. Do not lift or transport the disposable liner with food inside.

Nutritional Information

Servings Per Recipe: 6

PER SERVING: 206 cal., 4 g total fat (1 g sat. fat), 67 mg chol., 440 mg sodium, 15 g carb., 3 g fiber, 5 g sugars, 27 g protein.

Diabetic Exchanges

Lean Meat (d.e): 2.5; Vegetables (d.e): 1.5; Starch (d.e): 0.5

Please Welcome Dr. Okerson-Sparks



Kalkaska Memorial Health Center is pleased to welcome Natalie Okerson-Sparks, MD, to Kalkaska Medical Associates as a specialist with 15 years experience in family medicine. She is accepting new patients.

A graduate of Wayne State University School of Medicine in Detroit, Mich., Dr. Okerson-Sparks completed her family medicine residency at Bon Secours Cottage Hospital in Grosse Point, Mich. Dr. Okerson-Sparks most recently practiced at Crystal Lake Clinic in Traverse City. She served on the faculty at Bon Secours Cottage Hospital and as an associate faculty member at Wayne State University. She has special interests in nutrition, preventive medicine, patient education, chronic disease management, child development and women's health.

She is board certified in family medicine and a member of the American Academy of Family Physicians.

To schedule an appointment, please call **231-258-7777**.

POSTAL CUSTOMER

Convenient Services

Aquatic Therapy
Assisted Living and Long-term Care
Diabetes Management
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:
Gastroenterology
Gynecology
Ophthalmology
Orthopedics

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 Katie at **231-258-3091**.

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

Back Safety Seminar

Wednesday, March, 29, 6 - 7 pm
KMHC - Dr. William W. Kitti Education Center (Stone House)

Sharps Disposal Days

Tuesday, June 20, 10 am - Noon
KMHC - Main Entrance | 419 S. Coral St., Kalkaska, MI