



IT'S YOUR HEALTH FALL 2016



Toll Free 1-877-315-6855
www.theadvocacyalliance.org

SEPTEMBER IS NATIONAL HEALTHY AGING MONTH

Aging is sometimes explained as "the process of getting older, a process that is genetically determined and environmentally modulated". This means that part of how we age is predetermined by our genes, and part of how we age is regulated by our environment and what we do with our bodies. So exactly what does that mean? It means there are factors that contribute to aging we have no control over. Aging is part of life, and we cannot avoid it. However, it also means there are factors we do have control of in order to move through the aging process as healthfully as possible.

HERE ARE SOME STEPS YOU CAN TAKE TO STAY HEALTHY AND HAPPY AS YOU AGE:

KEEP MOVING, KEEP YOUR BODY ACTIVE



Regular physical activity is one of the best things you can do for healthy aging. Physical activity can reduce the risk of obesity, diabetes, heart disease, and even some cancers. It can help maintain or increase strength and balance, and can even reduce symptoms of depression.

Stretching and strengthening exercises, such as yoga, Tai Chi, lifting weights, and balancing exercises, are examples of activities that will help you maintain muscle tone, flexibility and balance. For exercise examples, see www.nia.nih.gov/health/publication/exercise-and-physical-activity. **REMEMBER** — *be sure to talk to your health care provider before beginning a new exercise program.*



KEEP YOUR MIND/BRAIN HEALTHY

Having an active lifestyle helps with overall well-being. It is known that those who stay socially active are less likely to be depressed, less likely to develop some health problems (including dementia), are happier, and may have longer life spans.

HCQU Trainings

Our Health Care Quality Unit is always available for trainings for groups large and small. In addition to group trainings, we offer web trainings 24 hours a day/7 days per week. If you are interested in scheduling a training, or have any questions about web trainings, please contact Tammy LaGraffe, R.N., C.C.M., Director, South Central PA Health Care Quality Unit at tl@theadvocacyalliance.org or toll-free at 1-877-315-6855.

For a list of our current web trainings please go to www.southcentralpa-hcqu.org/Trainings/trainings.htm.

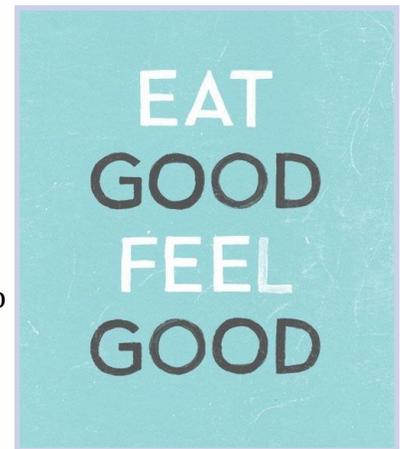


Activities that exercise your brain may help with memory, thinking and problem solving ability. There are many ways to exercise your mind/brain. Some ideas include:

- Learning how to play an instrument;
- Taking a class;
- Joining a book club;
- Socializing with friends;
- Volunteering in your community; and
- Staying connected with the world around you!

SOME POINTERS ON EATING HEALTHY:

- As we age our bodies require less calories. So you want to make sure you get the right amount for your activity level.
- Eating lots of fruit and vegetables in various colors will ensure you get a variety of nutrients.
- Protein is necessary for repairing and maintaining body tissues. Choose healthy sources such as lean meats, poultry, fish, nuts, beans and eggs.
- Dietary fats help the body to absorb nutrients and vitamins, and are necessary for cell growth.
- Limit your intake of “Bad” fats, saturated and trans fats, which tend to be more solid at room temperature.
- “Good” fats, monounsaturated and polyunsaturated, which tend to be more liquid at room temperature, are reported to be more heart healthy.
- Take time to learn about the various types of fats.
- Reading and understanding food labels can provide you with good information when making healthy choices.



Some websites offering excellent resources on healthy eating are <http://www.heart.org/HEARTORG> and <http://www.choosemyplate.gov/MyPlate>.

YOGA FOR INDIVIDUALS WITH DISABILITIES

Yoga is defined as a physical, mental and spiritual practice or discipline that represents a variety of schools, practices and goals in Hinduism, Buddhism and Jainism. The most well-known yoga types being Hatha yoga and Raja yoga. Yoga is a physical exercise, but it is also a lifestyle practice. The main goals of a yoga lifestyle are to train your mind, body and breath, as well as connect with your spirituality.



Numerous studies support the belief that we can improve thinking just by moving our bodies, and that movement re-patterns the brain and nervous system to increase their capabilities. The regular practice of yoga effects physical, intellectual and emotional development. Yoga increases strength, balance, stamina, body awareness, hand-eye coordination and fine and gross motor planning skills. Yoga can increase focus, clarity, concentration, creativity and communication skills. Yoga can also

help to regulate emotional states, calming or energizing as needed. Yoga has been known to increase self-esteem and add to a sense of personal well-being.

Yoga instruction for children and adults with disabilities is becoming increasingly popular. Special needs experts agree that yoga activities make a positive impact on individuals with special needs. These activities can improve mobility, strength, digestion and emotional well-being of individuals with disabilities. The success of yoga programs is catching the attention of parents, caregivers and medical professionals.

Because yoga is often a slow and meditative process, it helps individuals with disabilities slow down and increases attention and focus. Yoga is empowering because it meets the individuals at their current level of functioning and advances them towards meeting achievable goals. The limitations of the individuals are accepted, and with the help of the instructor, they work through those struggles. The instructors use typical yoga poses such as downward dog or cobra pose, and each one is adapted for the individuals needs or goals. Yoga can be adapted to individuals with a variety of disabilities, including people in wheelchairs. Due to the amount of time spent in a seated position, people in wheelchairs are in need of activities they can perform out of their chair and can benefit greatly from a modified version of traditional yoga.

With the use of various props, supports and possibly an in-class assistant or yoga buddy, a person in a wheelchair can participate in many of the floor postures in yoga. Depending on their level of ability, some people in wheelchairs are able to perform standing postures as long as they have a stable surface to hold on to.

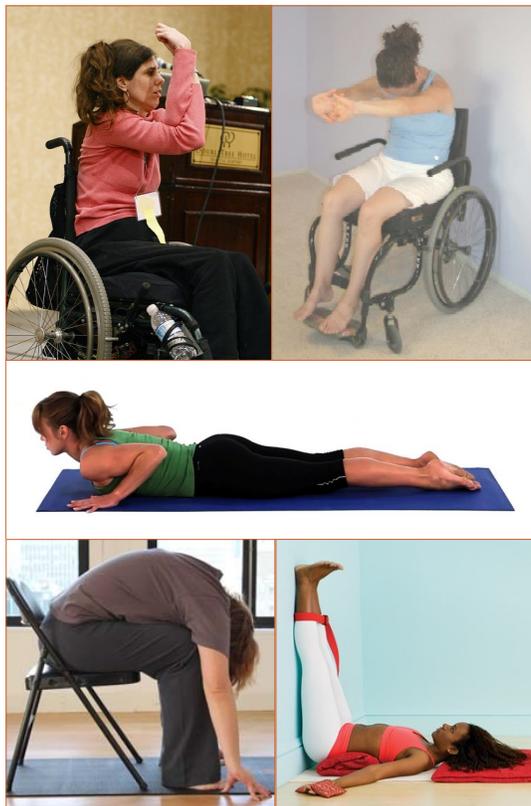
Yoga can improve flexibility, strength, balance and stamina. In addition, many people who practice yoga say that it reduces anxiety and stress, improves mental clarity and even helps them sleep better. There have been several studies done to assess the effectiveness of yoga for brain and mental health – and the research has come back promising!

The five most prominent mental benefits of practicing yoga are:

- Improves psychological/mental well-being
- Helps with anxiety and depression
- Boosts memory and improves concentration
- Prevents the onset of mental health conditions, which are prevalent during adolescence
- Reduces the effects of traumatic experiences

Yoga provides a tool for people with disabilities to not only improve their health, but also realize that they are valuable for who they are inside. They learn to connect with their inner self — the self that surpasses their physical limitations. They learn to separate themselves from their limitations and realize they are people of value and, despite their disability, are the same as everyone else.

Always consult with a doctor before starting any new fitness program, especially if you are over 40 years old, have a pre-existing medical condition or disability or haven't exercised in a long time.





Every September, the Substance Abuse and Mental Health Services Administration sponsors National Recovery Month. This celebration month promotes the message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and/or substance use disorders.

Mental and/or substance abuse disorders affect people of all ethnicities, ages, genders, geographic regions and socio-economic levels. Most importantly people who have mental and/or substance abuse disorders need to know that help is available. Families often deal with the complex dynamics of supporting a loved one in recovery while at the same time learning how to take care of their own well-being.

This year's Recovery Month theme is **"Join the Voices of Recovery: Our Families, Our Stories, Our Recovery!"** It encourages people to share real-life experiences about the power of recovery from mental and/or substance use disorders.

Among adults aged 18 or older, 43.6 million (18.1 percent of adults) had any mental illness in the past year. ***More than 41,000 Americans died in 2015 as a result of suicide—that is more than 1 person every 12.8 minutes! Suicide was the second leading cause of death for individuals between the ages of 15 to 34 years old.***

"I came to the decision that if I wasn't going to die, then I was set on finding a way to live."

PREVENTION WORKS, TREATMENT IS EFFECTIVE, AND PEOPLE RECOVER!

By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. The first behavioral health symptoms typically precede a mental and/or substance use disorder by two to four years, offering a window of opportunity to intervene early and often.

ONE CAUSE — TRAUMA

Trauma is an emotional response to an event or set of circumstances that is physically or emotionally harmful or life threatening, and that has lasting negative effects on a person's mental, physical, social, emotional, or spiritual well-being. Some traumatic events may include:

- √ Physical and sexual abuse
- √ War
- √ Neglect
- √ Violence
- √ Natural Disasters
- √ Acts of Terror
- √ Bullying
- √ Human Trafficking

IT'S A FAMILY ISSUE

When a family member has a mental and/or substance use disorder, the effects are felt by their immediate and extended family members. Family members may experience feelings of abandonment, anxiety, fear, anger, concern, embarrassment or guilt. They may also wish to ignore or cut ties with a person abusing substances. This is true for traditional families as well as non-traditional families, which may include step-children, same-sex couples, and individuals who consider, or include, their friends as their family unit.

When considering family recovery, it is also important to acknowledge the impact of growing up in a home where there may be dysfunction due to a family member's mental and/or substance use disorder. With strong evidence indicating that genes influence both alcohol dependence and dependence on illicit drugs, generations within a family often have to navigate the learned behaviors of substance misuse, as well as

the knowledge that their genetic makeup may put them at an increased risk for developing a mental and/or substance use disorder.

PROMOTING RECOVERY

Families experiencing the recovery process can find strength and resiliency from other families and learn how to better support a loved one's recovery journey. As family members adjust to the emotions and stresses of caring for someone with a mental and/or substance use disorder, some of the best support often comes from others who are, or have been, in similar circumstances.



Recovery Month continues to celebrate and support communities, families, and individuals through outreach efforts, materials, and cross-promotion. The Recovery Month website (www.recoverymonth.gov/events) provides printable materials, web, television, audio, and social media resources to help communities encourage individuals to seek treatment and recovery services.

On the site you can also:

- ✓ Share your recovery story and learn from others;
- ✓ Find and post recovery events in the community;
- ✓ Watch the Road to Recovery television series ([www.recoverymonth.gov/road to recovery](http://www.recoverymonth.gov/road%20to%20recovery)); and
- ✓ Download web banners and flyers to promote Recovery Month (www.recoverymonth.gov/promote/banners-logos-flyers).

Most Americans believe that recovery from a mental illness or a substance use disorder is possible. For many people, recovery emerges from hope, which is fostered by friends, families, mentors, providers, colleagues, and others who have experienced recovery themselves.



Check out these websites mentioned in this edition of "It's Your Health"

<http://www.heart.org/HEARTORG>

<http://www.choosemyplate.gov/MyPlate>

www.nia.nih.gov/health/publication/exercise-and-physical-activity

<https://nei.nih.gov/nehcp>

<https://www.diabetes.org>

<http://mayoclinic.org/diabetes>

<http://www.eatingwell.com/recipe/251741/broccoli-cheese-chowder/>

www.recoverymonth.gov/events

[www.recoverymonth.gov/road to recovery](http://www.recoverymonth.gov/road%20to%20recovery)

www.recoverymonth.gov/promote/banners-logos-flyers

<http://www.everydaydiabeticrecipes>

DIABETIC EYE DISEASE AWARENESS MONTH

Did you know that more than 29 million people are diagnosed with Diabetes, and there are over 8 million people who have diabetes that goes undiagnosed! You may have also heard that Diabetes causes eye problems and may lead to blindness. Regular vision exams and checkups with your family doctor should keep minor problems minor.

Diabetic eye disease refers to a group of eye problems such as Cataracts, Retinopathy and Macular Edema. Many Type 1 and Type 2 diabetics are unaware that they even have eye disease because often there are no early symptoms. The only way to detect it is to have a comprehensive dilated eye exam.



Other ways to **STAY ON TRACK** to delay or slow the progression of eye disease may include:



- T** Take your prescribed medications
- R** Reach and maintain a healthy weight
- A** Add more physical activity to your daily routine
- C** Control your ABC's: A1C, blood pressure and cholesterol levels
- K** Kick the smoking habit

If you have Diabetes and begin having problems with blurred vision, floaters, darker vision, difficulty with color perception or seeing spots you may have one of the following eye disease.

DIABETIC RETINOPATHY

Diabetic Retinopathy is a general term for all disorders of the retina caused by diabetes. It is caused by changes to the blood vessels in the retina, due to uncontrolled diabetes. There are several factors that influence whether you get Diabetic Retinopathy. They include how long you have had diabetes; your blood sugar control; blood pressure and your genes. The longer you have diabetes the higher your risk is to have retinopathy.

MACULAR EDEMA (GLAUCOMA)

People with Diabetes are 40% more likely to suffer from Macular Edema than people without, and it is the leading cause of vision loss. Glaucoma occurs when the pressure builds up in the eye, and the pressure causes draining of the aqueous fluid to slow down so that it builds up in the anterior chamber. The pressure pinches the blood vessels that carry blood to the optic nerve and retina. Vision loss is gradual as the nerve and retina become damaged. Macular edema may cause blurry vision or no symptoms at all. Treatment may include close follow up with physician, medications and laser surgery.

CATARACTS

Many people get cataracts, but people with Diabetes are 60% more likely to not only get cataracts but get them at a younger age and have them progress faster. With cataracts the eye's clear lens becomes cloudy which blocks light. If cataracts interfere with vision, doctors may suggest surgical correction to remove the clouded lens and implant a new lens. In people with Diabetes, Retinopathy can get worse after removal of the lens and glaucoma may start to develop.

Studies have shown that the blinding complications from Diabetes can be prevented medically by controlling blood glucose, well-controlled blood pressure and early detection that include comprehensive dilated eye exams and timely treatment of diabetic retinopathy.

Credits: <https://nei.nih.gov/nehep>; <https://www.diabetes.org>; <http://mayoclinic.org/diabetes>

Healthy Recipes

APPLE CRISP

Ingredients:

- 6 medium apples, cored, peeled and thinly sliced
- 2 tablespoons all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon ground cinnamon
- 1/4 cup all-purpose flour
- 1/2 cup quick-cooking rolled oats
- 3 tablespoons light brown sugar
- 2 tablespoons reduced-fat margarine



Directions:

Preheat oven to 400 degree F. Coat a 9-inch microwave-safe pie plate with cooking spray.

In a large bowl, combine apples, 2 tablespoons flour, the sugar, and cinnamon; mix well. Spoon into pie plate and cover with wax paper. Microwave on high power for 4 to 6 minutes, or until the apples are soft.

Meanwhile, in a medium bowl, combine remaining 1/4 cup flour, the oats, and brown sugar; mix well. With a fork, blend in margarine until crumbly; sprinkle over apples.

Bake 20 to 25 minutes, or until golden and bubbly. Serve warm.

Nutritional Information: 6 Servings, 146 calories p/serving. Calories from Fat: 13; total fat 1.5g; Saturated Fat .2g; Trans Fat 0g; Protein 1.6g; Cholesterol: 0mg; Sodium 39mg; Total Carbo. 34g; Fiber 2.3g; Sugars 22g

Credit: <http://www.everydaydiabeticrecipes.com/Misc-Desserts/Apple-Crisp/Apple-Crisp#0KDOIPrWtA2YUdi0.99>



LEMON-GARLIC HUMMUS

Lemon Garlic Hummus captures the traditional Mediterranean flavor of regular hummus with the lively flavor addition of fresh lemon and garlic for extra excitement.

Ingredients:

- 2 (15.5-ounce) cans garbanzo beans (chick peas), drained with 1/3 cup liquid reserved
- 3 garlic cloves, chopped
- 1/4 cup fresh lemon juice (2 to 3 lemons)
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground cumin

Directions:

Combine all ingredients in a food processor. Process until mixture is smooth and creamy, and no lumps remain, scraping down sides of bowl as needed.

Serve immediately, or cover and chill until ready to serve.

Nutritional Information: 16 Servings, 71 calories p/serving. Calories from Fat: 32; Total Fat 3.6g; Saturated Fat .5g; Trans Fat 0g; Protein 2.7g; Cholesterol: 0mg; Sodium 239mg; Total Carbo. 7.6g; Fiber 2.4g; Sugars .1g

Credit: <http://www.everydaydiabeticrecipes.com/Snacks/Lemon-Garlic-Hummus-103612#beSRtmw1EEF3z91k.99>

1512 East Caracas Avenue
Hershey, PA 17033



Ideas for Our Newsletter?

Contact:

Tammy LaGrafte, R.N., C.C.M., Director,
South Central PA Health Care Quality Unit

Toll-free at 1-877-315-6855 or

tl@theadvocacyalliance.org.