

Community Outreach

Spring/Summer Newsletter

May/Jun/Jul 2016

ELDER LAW DAY

Friday, May 6

9:30 to 2pm

Mercy Conference Center

Registration starts at 9:30am and program starts at 10am. Presenters include Scott Hines, with KFOR news; William J. Bergner, JD, Senior Law Resource Center; Julie Bays, OK Attorney General's Office; and Bill Whited, State Long-Term Care Ombudsman. Seating is limited.

RSVP to 752-3935

WELLNESS WEDNESDAYS

11:30am

Mercy Cancer Resource Center

McAuley Building, First Floor

Wellness Wednesday has expanded again! We now offer three types of demonstrations each month aimed at helping you reduce the risk of cancer or its recurrence. Demonstrations and taste testing cover healthy food selections and recipes, ways to become more physically fit, and now, our newest addition, a series on Coping with Challenge from Chaplain Beverly Powell. This new topic will only be offered once a quarter so be sure and put it on your calendar.

May: 11 Mexican Fiesta, Lori Manning, RD, LD

18 Fitness Training: Circuit Training, Jason Coker, Exercise Physiologist

25 Mexican Fiesta, Diane Moore, RD, LD

June: 8 Summer Salads, Lori Manning, RD, LD

15 Fitness: Getting a Total Workout, Betty Brooks, Fitness Trainer

22 Summer Salads, Diane Moore, RD, LD

29 Coping with Challenge: Sources of Strength, Beverly Powell, Board Certified Chaplain



CARE FOR CAREGIVERS

Survival Skills Conference

Friday, June 10

8:30am to 3pm

Mercy Conference Center

Registration and resource fair starts at 8:30am. Speakers include Carrie Chavers, M.Ed., artist; Amy Steele Neathery, JD; Emma Bromme, M.Ed. In Applied Behavioral Studies: Professional Counseling; Jessica Welp, Caregiver Fundamentals Program and Shotgun, Certified Pet Therapist; and Bob Willis, grief counselor and author. Topics include: Embracing Color, A Sense of Accomplishment, A Caregiver's Best Friend, Stress Therapy and A Sense of Being.

RSVP by June 8th to 936-5821

Free Reading Material

- Medi-cards
- COPD Are You at Risk?
- Saving for Retirement
- Understanding Alzheimer's Disease
- Coping With Stress
- Coping with Debt



- Hiring a Contractor
- Miracle Health Claims & Dietary Supplements
- Shopping for Funeral Services
- Before Giving to a Charity

Call Patty, **405-752-3935** for your free copies. Some materials may be limited.

Exercise with Therabands

Mondays and Wednesdays

2:30 to 3:30

Mercy Neuroscience Atrium

\$2 per class

This is an effective exercise class using exercise bands. The goal is to increase strength, balance, range of motion and stability. To sign up, call **405-752-3725**

Health Tip:

Keeping a Health Journal

Keeping a health journal can help you better answer questions from your doctor. *The American Academy of Family Physicians* suggests recording this information:

1. Any illnesses or injuries you've had
2. Any times you were hospitalized
3. Any surgeries you've had
4. Anything you are allergic to
5. Illnesses affecting immediate family members
6. A list of all supplements, vitamins and medications you take, and when you take them

AARP Driving Course

Wednesday, May 18

9 to 4:30pm

Mercy Conference Center,
(check monitor for room assignment)

\$15 for AARP members

\$20 for non-members

- Looking to be eligible for a discount on your insurance?
- Evidence-based safe driving strategies
- New Oklahoma traffic laws and rules of the road
- How to deal with aggressive drivers

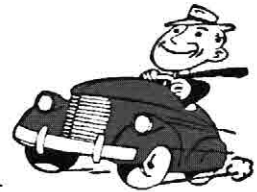
Future classes are:

July 22

September 16

November 18

RSVP to Instructor, Charles Reffner, 405-478-4587



On March 30th, the Alzheimer's Association released its **2016 Alzheimer's Disease Facts and Figures** report. This annual compilation of national statistics and information, which is the most cited source covering issues related to Alzheimer's and other dementias provides an in-depth look at increasing prevalence, incidence, mortality and economic impact of the disease. In addition, **2016 Facts and Figures** features a special report on how the costs of dementia impact care contributors—people who provide care or financial support to an individual with Alzheimer's on an ongoing basis. The report reveals that:

- Care contributors were 28 percent more likely to eat less or go hungry.
- One-fifth of care contributors sacrificed their own medical care by cutting back on doctor visits.
- Nearly half of care contributors cut back on their own expenses to afford dementia-related care for their family member or friend.
- More than one-third of care contributors lost income as a result of having to reduce their work hours or stop working altogether in order to meet caregiving demands.

Please visit **alz.org/facts** to download the full Alzheimer's Association Facts and Figures report.

Air Pollution

National Institute of Environmental Health Sciences

Air pollution is a mixture of natural and man-made substances in the air we breathe. It is typically separated into two categories: outdoor air pollution and indoor air pollution. Outdoor air pollution involves exposures that take place outside of the built environment.

Examples include:

- Fine particles produced by the burning of fossil fuels (coal and petroleum used in traffic and energy production)
- Noxious gases (sulfur dioxide, nitrogen oxides, carbon monoxide, chemical vapors, etc.)
- Ground-level ozone (a reactive form of oxygen and a primary component of urban smog)
- Tobacco smoke

Indoor air pollution involves exposures to particulates, carbon oxides, and other pollutants carried by indoor air or dust. Examples include:

- Gases (carbon monoxide, radon)
- Household products and chemicals
- Building materials (asbestos, formaldehyde, lead)
- Outdoor indoor allergens (cockroach and mouse dropping, etc.)
- Tobacco smoke
- Mold and pollen

Please note: In some instances, outdoor air pollution can make its way indoors by way of open windows, doors, ventilation, etc.

Health effects linked to air pollution:

Over the past 30 years, researchers have unearthed a wide array of health effects which are believed to be associated with air pollution exposure. Among them are respiratory diseases like asthma and changes in lung function, cardiovascular diseases, adverse pregnancy outcomes (such as preterm birth), and even death.

In 2013, the World Health Organization concluded that outdoor air pollution is carcinogenic to humans.

To reduce risk of exposure, make sure a building is well-ventilated and cleaned regularly to prevent the build up of agents like dust and mold. Occupants would be wise to remove any known pollutants and irritants (aerosols, stringent cleaning supplies, etc.) whenever possible.

Understanding Anxiety Disorders

Anxiety disorders affect nearly 1 in 5 American adults each year. People with these disorders have feelings of fear and uncertainty with everyday activities and last for 6 months or more. Anxiety disorders can also raise your risk for other medical problems such as heart disease, diabetes, substance abuse and depression. Anxiety disorders are one of the most treatable disorders. One of the most common types is social phobia. It affects both women and men equally, a total of about 15 million US adults. Without treatment social phobia can last years. People may worry for weeks before a social event. They're often embarrassed, self-conscious, and afraid of being judged. They find it hard to talk to others. They may blush, sweat, tremble or feel sick to their stomach when around other people. CBT or cognitive behavioral therapy (talk therapy) is known to be effective with social phobia. Out of one small study, 38 adults responded better after 3 months of CBT. It helped them change their thinking patterns and how they react to anxiety-provoking situations. But it doesn't work for everyone. It's important to be aware that there are many different treatments. Start by talking with your physician. If you are a parent talk to your child's pediatrician. Health professionals can help you identify such problems and help patients get the appropriate care they need.

Source: NIH News in Health



Community Outreach

4300 W. Memorial Road Oklahoma City, OK 73120

Mercy Community Outreach is committed to improving the health and wellness of our community. If you know of someone who could benefit from this newsletter, please call us. We will be glad to add them to our mailing list.

Community Outreach –405-752-3935

Patty Porter, M.Ed.

Health Ministry Outreach-405-936-5226

Glenda Bronson, R.N.

Caregiver Outreach –405-936-5821

Wendy Mobley, M.Ed.

Director-405-752-3604

Gaylene Stiles, M.Ed.

Listeria

You can get very sick from some ready-to-eat foods if you wait too long to eat them. The sickness is caused Listeriosis. A germ called Listeria causes it. It's unusual because it can grow at refrigerator temperatures where most other food-borne bacteria do not. You can't see it, smell it, or taste it. Only heat can kill it, but if heated food cools, listeria may grow again. You should avoid some foods and take special care with others to prevent listeriosis. Pregnant women and their unborn babies, older adults, people with cancer, AIDS, and other diseases that weaken the immune system.

How to reduce your risk? Keep your fridge set at 40 degrees F and use precooked and ready to-eat foods as soon as you can.

All pregnant women and others at risk should not eat certain foods.

- Don't eat soft cheeses:

Mexican style soft cheeses including queso blanco, queso fresco, queso de hoja, queso de crema and asadero

- Feta, brie, Camembert, blue cheese and Roquefort
- Cheeses made from raw milk

You don't have to cut all cheeses from your diet. Cheese can be a good source of protein, vitamins and calcium when you are pregnant.

- Hard cheeses, such as cheddar, Swiss, semi-soft such as mozzarella and pasteurized cheese slices, spreads, cream cheese and cottage cheese.

Don't eat refrigerated smoked seafood right from the package, like salmon, trout, cod, tuna or mackerel.