

HAVASU COMMUNITY HEALTH FOUNDATION

Healthbeat



HCHF Website



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Under our Umbrella:

Alzheimer's-Dementia
Education

Cancer Association
of Havasu

Bosom Buddies
of Havasu

General Cancer Support

Men's Cancer Support

Diabetes Support in
Havasu

Fibromyalgia & Chronic
Fatigue Syndrome
Support Group

Havasu Epilepsy
Advocacy Team

Havasu Health
Walk Challenge

Havasu Hoop Love

Havasu Heart Society

Pet Partners® of
Havasu

Located in The Shambles
2126 McCulloch Blvd.#7
Lake Havasu City, AZ

Mailing Address:

P. O. Box 1410
Lake Havasu City, AZ
86405

Phone: (928) 453-8190
Fax: (928) 453-8236

End of Fall, 2014

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Like all skills, gratitude is best learned young

Shared by Erin Taylor, First Things First

The holiday season is the perfect time to teach young children a very important life lesson: gratitude.

Barbara Lewis, author of *What Do You Stand For? For Kids*, teaches us children as young as 2 are aware that other people do things for them or give them things that make them happy. As children grow, this awareness turns into an understanding of higher concepts, such as kindness and caring. As they mature further, they will learn to empathize and appreciate the feelings of others – crucial skills for all adults.

So, how do we teach our children to be grateful? Here are some tips from First Things First, gathered from child development experts and websites:

Teach children to say thank you to everyone who does something for them – their server at a restaurant, the older sibling who helps them pick up toys, or the friend who buys them a birthday gift.

Talk about the things you are grateful for. This can be everything from a blessing before dinner to reciting evening prayers.

Involve kids in chores at home. Nothing makes children appreciate the time and effort that goes in to different activities like doing the work themselves.

Support a charitable event or organization. Whether you are donating old clothes or toys, participating in a food drive, or even baking cookies for a new neighbor, talk to children about what those actions mean to those who receive the kindness.

Say no. It's hard to teach gratitude to someone who gets everything they want.

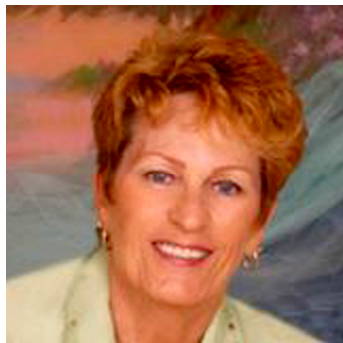
Be consistent. Like all skills, gratitude is not learned in one lesson.

The first five years offer the opportunity for children to develop the skills they need to be successful students and successful adults. Research shows that thankful people are usually more optimistic and are less depressed and stressed. So, when we teach our children to appreciate what they have – and what others do for them – we are helping them to become happier, healthier adults.



Invite 2014 Ms. Havasu Senior,
Betty Lea Johnson,
to grace your next event!
Call 453-8190

HCHF Welcomes new Board Members



Carole Cathcart (top left), Alana Cole (bottom left) Aphreikah Duhaney (top right), and Jacquie Wetenkamp (bottom right) were recently welcomed to the Havasu Community Health Foundation Board of Directors.

They have been welcomed to the board by existing board members, John Nygren, Chairperson, Diane Fayette, Vice Chairperson, Linda Seaver, Secretary/Treasurer, and Directors, Marcia Biehn, Carol Dumais, Jim Orth, Dr. Judy Selberg, and Christine Watson.

The board is committed to the HCHF vision of Lake Havasu becoming one of the world's healthiest communities, with residents enjoying long, pleasurable, active lives, and where no-one feels isolated by illness.



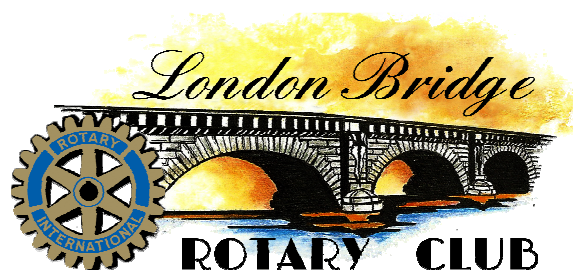
Havasus Community Health Foundation

Healthbeat

2014 Late Fall Edition

Submit comments and ideas to jeanie1@citlink.net, P. O. Box 1410, Lake Havasu AZ 86405, 453-8190

PARTNERS IN WELLNESS Sponsoring this issue of HEALTHBEAT



Partner in Wellness Recognition Levels:

	Annual Giving
Platinum	\$20,000
Gold	\$10,000
Silver	\$ 5,000
Bronze	\$ 1,000

Donors at these levels are entitled to receive a recognition plaque and recognition gift. They are also able to define multiple HCHF or partner events, programs or services they wish to support.

Business or Civic Organization Recognition \$500

Individual Recognition \$250

Donors at these levels are entitled to receive recognition gift.

Sponsorship of Public Relations Materials

Your logo will be displayed in our Partner in Wellness Section of our Website \$2,500/year or \$250/month

Quarterly Print HEALTHBEAT \$5,000/year or \$1,500/quarter

Weekly Electronic HEALTHBEAT \$2,500/year or \$50/week

Havasu Regional is Focusing on Ebola Awareness and Preparedness

Lake Havasu City, AZ (October 21, 2014) – In response to the recent public health concerns surrounding the Ebola Virus Disease, Havasu Regional Medical Center (HRMC) has put together a response team made up of staff from many hospital departments to be sure appropriate steps are taken if a patient were to present to the hospital with the virus. The response team has completed two mock drills to date in addition to training that is ongoing at the hospital, following the U.S. Centers for Disease Control (CDC) and Prevention and the Mohave County Health Department's criteria.

The Ebola Virus Disease is a disease that is native to several African countries. It is caused by infection with Ebola virus, which is contracted through direct contact with a sick person's blood or body fluids, contact with contaminated objects (such as needles), or contact with infected animals.

Symptoms include fever (greater than 100.4 degrees Fahrenheit), severe headache, joint and muscle pain, sore throat, weakness, diarrhea, vomiting, stomach pain, and unexplained bruising or bleeding. Some patients also experience skin rashes, red eyes and internal bleeding.

HRMC's first drill consisted of a mock patient who presented to the Emergency Department with symptoms that included a fever and stated that she had been out of the country. Staff from admitting, nursing, lab, x-ray and the emergency department responded as they would in a real situation. The second drill took place at Havasu Regional's Urgent Care and two more are planned in the next few days in the inpatient and outpatient areas of the hospital. Both drills started in the outpatient areas and moved all the way to the patients being admitted to an inpatient bed.

Following the drills, the response team met to review what went well and what could be improved upon. Training will be ongoing to make sure any necessary improvements are implemented.

"Havasu Regional Medical Center is working to ensure our staff is trained and that we have the proper equipment and procedures in place so that we are prepared to care for a suspected case of Ebola," said Michael Patterson, CEO of the hospital. "Screening criteria above and beyond what is recommended by the CDC has been implemented throughout the hospital."

Blondie Miley, Director of Infection Control at HRMC stated, "The risk of contracting Ebola is extremely low unless you've had direct contact with the body fluids of an infected person. Hospitals need to have strong infection-control protocols in place—before the first patient walks in the door and HRMC has these protocols in place. We want to assure our community that infectious patients and those who care for them will be isolated until they are determined to be free of infection."

HRMC's leaders and response team will continue to meet several times a week to discuss new findings and ways to continually train the staff to be prepared.

Protect Yourself with Healthy Habits

San Francisco Department of Public Health

- ◆ Handle and prepare food carefully
- ◆ Wash hands often
- ◆ Clean and disinfect commonly used surfaces
- ◆ Cough and sneeze into your sleeve



- ◆ Don't share personal items
- ◆ Get vaccinated
- ◆ Avoid touching wild animals
- ◆ Stay home when sick



These events are intended to raise awareness of :

- The high incidence of cardiovascular disease and our ability to manage controllable risk factors
- Recognition of symptoms of cardiac emergency
- What to do when symptoms occur - for ourselves or for someone in our presence
- Knowledge of resources in our own community

Havasu Community Health Foundation

Located in The Shambles
2126 McCulloch Blvd, #7
Lake Havasu City

P O Box 1410
Lake Havasu City, AZ
86405-1410

453-8190

Havasu Community Health Foundation

A Fair of the Heart & Heart Health Awareness Walk January 31, 2015



At the Aquatic Center, Lake Havasu City

7:30-8:00	Walk Rally for the Heart Health Awareness Walk will be held south of the Aquatic Center, with the walk starting at 8:00 AM. Registration is \$10 for individuals or \$25 for families. Download a form or register online on our website
8:30-10:30	Health Fair Visit the health fair vendors, where you can have blood pressure checks, learn hands-only CPR, visit a computer station where you can learn about your specific risk factors, and much more.
10:30-Noon	Panel Discussion featuring local cardiovascular professionals. Forum is free . However a nominal fee of \$5 will reserve your seat and enter you for a raffle.
Noon-3:00	Sock Hop Exercise is an important element of a heart-healthy lifestyle. 50's dancing is fun, family-oriented, inter-generational exercise.

www.havasucommunityhealth.org



February 28, 2015

To register, follow link at:

www.havasucommunityhealth.com



Havasu Epilepsy Advocacy Team (HEAT)

Epilepsy affects about 2 million people in the USA alone. Those with epilepsy often face challenges related to managing epilepsy treatment, symptoms, disability, lifestyle limitations, emotional stress, and stigma. (from the CDC website.)

The following information is from the Epilepsy Foundation and UCB Pharma, Inc.

First Aid for Seizures (Convulsive, generalized tonic-clonic, grand mal)

- ♦ Don't put anything in mouth
- ♦ Look for medical alert identification
- ♦ Time Seizure with a Watch
- ♦ Don't hold down
- ♦ As seizure ends, offer help
- ♦ Cushion head, remove glasses
- ♦ Loosen tight clothing
- ♦ Turn on Side

Most seizures in people with epilepsy are not medical emergencies. They end after a minute or two without harm and usually do not require a trip to the emergency room.

But sometimes there are good reasons to call for emergency help. A seizure in someone who does not have epilepsy could be a sign of a serious illness.

Other reasons to call an ambulance include

- ♦ A seizure that lasts more than 5 minutes
- ♦ No "epilepsy" or "seizure disorder" identification
- ♦ Slow recovery, a second seizure or difficulty breathing afterward
- ♦ Pregnancy or other medical diagnosis
- ♦ Any signs of injury or sickness



Havasu Community Health Foundation

Proceeds from this fun, fitness event will support the programs and services of HCHF and our health-related partners:

Alzheimer's-Dementia Education

Cancer Association of Havasu, including Bosom Buddies of Havasu General Cancer Support Men's Cancer Support

Diabetes Support in Havasu

Fibromyalgia & Chronic Fatigue Syndrome Support

Havasu Epilepsy Advocacy Team

Havasu Health Walk Challenge

Havasu Heart Society

Havasu Hoop Love

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4th Annual Line Dance



on the
London Bridge
March 1, 2015
2:00 PM

Electric Slide & Straight 8

Plan to stay and dance under the bridge

3:00-5:00 PM

Music by Art Michaud

Call (928) 453-8190

*\$10/person if paid by February 21,
\$15 February 22-28, and \$20 day of event*

Let's break our 2012 record!

www.havasucommunityhealth.org

Low-Cost Screenings

For those who are under-insured, or have prohibitively high deductibles:

Lab Work

Complete Blood Count	\$15.00	Comprehensive Metabolic Panel	\$20.00
Free T4	\$15.00	Hgb A1c	\$20.00
Lipid Panel	\$25.00	T3 Uptake	\$10.00
TSDH-Thyroid	\$35.00	Urinalysis	\$15.00
Vitamin D	\$40.00		

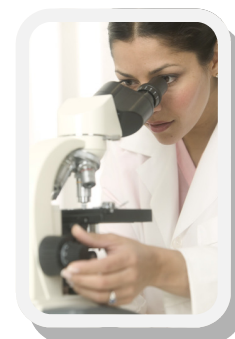
Other

Bone Densitometry—commonly ordered procedures with order from physician

MRI - commonly ordered procedures with order from physician

X-rays and report with order from physician

Prices for these tests will vary per procedure. Call 453-8190 for more information



The following screenings are subsidized by
CANCER ASSOCIATION OF HAVASU

Lab Work

CA-125	\$50.00
PSA	\$20.00

Other

Mammograms	\$40.00
Skin Cancer Screening	\$25.00

To take advantage of these screenings and diagnostic procedures, go to HCHF Office in The Shambles
2126 McCulloch Blvd, Unit 7
Lake Havasu City, AZ 86403

453-8190

Support

Cancer Association of Havasu

Bosom Buddies	1st Wed.	4:00
General Cancer	3rd Tues.	4:00
Men's Cancer	2nd Mon.	5:00

Diabetes Support in Havasu

Lunch & Learn	2nd Wed.	Noon
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Fibromyalgia & Chronic Fatigue Syndrome

Education & Support	Noon
1st & 3rd Wed. of each month	

Havasu Epilepsy Advocacy Team (HEAT)

Education & Support	Last Monday	1:00
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Support Groups meet in HCHF Meeting Room, 2126

McCulloch Blvd., Suite 5, unless otherwise noted.

See the HCHF website or call (928) 453-8190 for details about special events and other activities that are posted from time to time.

Educational Forums

1st Tuesday of every month

4:00 PM	Health & Wellness 101
6:00 PM	Havasu Heart Society

Featuring discussions led by local health professionals.

The above sessions are held at the Hampton Inn, 245 London Bridge Rd. They are free and open to the public.



Coming Events

January 31

A Fair of the Heart, including
 Heart Health Awareness Walk
 Heart-specific vendors
 Panel discussion
 Sock Hop

February 7

Roaring 20's Black and White Cancer Ball

February 28

Color Dash

March 1

Line Dance on the London Bridge

Visit www.havasucommunityhealth.org for details on the above events or to subscribe to our weekly electronic newsletter so you can learn about other events as they are scheduled.

OUR CORE VALUES

We support and encourage healthy living

Educating with current information about good health choices is our job

Living longer by living smarter is our mantra

Life quality in Lake Havasu is improved because of our programs

News about health options in our community is conveyed through HCHF

Everyone in our community can access common wellness screenings

Support of HCHF comes from the private sector rather than taxpayer dollars

Success of HCHF is a result of the efforts of dedicated volunteers and staff.

Come see us in
The Shambles



2126 McCulloch Blvd.
Suite 7
Lake Havasu City



Whole Wheat Sugar Cookies *126 calories per cookie*

Cookies

- 1 1/4 cups flour
- 1/4 cup whole-wheat flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 4 ounces unsalted butter softened
- 1/3 cup granulated sugar
- 1 egg white
- 1 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract

Icing

- 2 cups confectioner's sugar, sifted
- 2 large egg whites
- 2 teaspoons freshly squeezed lemon Juice

From www.health.com/health/recipe

Preparation

1. For cookies, whisk together first four ingredients in medium bowl
2. Beat butter and sugars together in separate bowl until light and fluffy. Scape down sides and bottom of bowl and add the egg white and vanilla and almond extracts; beat until just combined
3. Add flour mixture, and stir until incorporated. Cover bowl with plastic wrap and chill for 4 hours
4. Dust a work surface with flour. Turn out chilled dough onto work surface. Roll out to a 1/4" thickness. Use cookie cutters to cut shapes.
5. Bake at 325° for 12 minutes
6. For icing, whisk all icing ingredients together. If too thin, add sugar—too thick, add a few more drops of lemon juice.
7. Transfer to pastry bag with small tip. Outline the cookie or desired design, then fill in. Let icing harden before serving.



Thoughts from our President, Jeanie Morgan

Over fifteen years ago, our local hospital was sold to a for-profit company. As a result of that sale, funds that had been raised under the former non-profit ownership, but not yet spent, were set aside to serve health needs in the Lake Havasu Community. The volunteers who had raised funds to support the prior non-profit hospital became the original members of Havasu Community Health Trust which was organized to oversee those funds and put them to work to serve health-related needs in our local community.

I have been privileged to be a part of what became of that original gift, first as a volunteer and later in the position I hold today. There were some who thought that all the money would be given away in the first few years, and that the trust would be disbanded.

Instead, in 2004, the Banner Foundation, which housed the trust, started working with the local volunteers to form an independent local foundation. It had become apparent that the local team had the capacity to raise funds, engage volunteers in local health-related subcommittees, and create some sustainable programs. In January, 2005, the newly formed 501(c)(3) - the Havasu Community Health Foundation was born.

As we near the end of our tenth year of independence, I am proud to say we have added many additional health-related programs and services. Our total assets still equal approximately the amount of the original funds that were set aside for the trust, even though we have reinvested that sum several times over in health-related programs and services in our local community.

Volunteers, donations and successful fundraising events are what keep us going and growing. Thanks to all who have been part of that growth! It's been a wonderful ride.



You can become a **PARTNER IN WELLNESS**

Your tax-deductible donation will allow us to continue to grow and expand our local health-related programs.

Please fill out the information below and mail to:

Havasas Community Health Foundation
P O Box 1410
Lake Havasu City, AZ 86405-1410

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Amount of Gift: \$ _____

Please make your check payable to:

HCHF

(Havasas Community Health Foundation)
A 501(C) (3) Non-Profit Charitable Organization
TIN# 20-1839858

I would like to be a guest speaker at one of your support groups or educational forums. My expertise is: _____

I would like to volunteer in the following area:

- ☐ Fund Development
- ☐ Program Development
- ☐ Other _____