



**Under our Umbrella:**

Alzheimer's-Dementia  
Education & Support  
Center

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 Hoop Love

Havasu Health  
Walk Challenge

Havasu Heart Society

Inside Out—Support for  
Eating Disorders

Pet Partners® of  
Havasu

Young Diabetics 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

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Spring, 2013



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## 2013 Line Dance on the London Bridge

Sunday, February 24, 558 people braved the cool temperatures and the wind to participate in a fun-fundraising event generating approximately \$7,500 to support the programs and services offered by the Havasu Community Health Foundation. This second annual line dance on the bridge did not surpass last year's record setting number of 1,041 dancers.

Following the dancing on the bridge, many of the participants stayed to dance under the bridge to music provided by Steve Wayman.

Dancing is not only fun, it is good for your health!



## A mother shares her story—and offers support!

“I wish I didn’t like food so much or had a small touch of anorexia!” I’m sure many of us have heard or even made similar side comments like this ourselves while trying to lose weight. Honestly, none of us would want a touch of cancer, so would we *really* want a touch of anorexia? Eating disorders are nothing to joke about. They are serious illnesses, not lifestyle choices (like many of the Pro-Ana movement websites suggest.) Left untreated they can even have life-threatening consequences. Anorexia nervosa has the highest premature mortality rate of any mental illness.

According to NEDA’s website, [www.nedaawareness.org](http://www.nedaawareness.org), in the United States, nearly 20 million women and 10 million men suffer from anorexia or bulimia; millions more suffer from binge eating disorder. Education, early intervention, and access to professional help and support groups are essential. The prognosis for recovery is better with early involvement and treatment. Eating disorders or ED’s as they are typically referred are complex illnesses which arise from a combination of long-standing behavioral, emotional, psychological, interpersonal, biological, and social factors. However, **recovery is possible** and there are many people living healthy lives in recovery today.

My first experience with eating disorders was in high school...and I didn’t even realize it. A good friend of mine would engage in certain behaviors with food such as not eating the top bun from her burger or skipping a meal. I never gave it much thought until about 15 years later when I had discovered that she had actually been in treatment after high school and still has daily struggles. She has had many health complications because of this disease, but because of it she has helped others become more informed about nutrition.

Thereafter, my second experience with eating disorders hit a little, or actually a lot closer to home. My husband and I started noticing our daughter’s abnormal eating habits beginning at the age of 13. We just brushed it off as a teen fad. Two years later, she began having health issues, and we sought professional advice. She has since been in inpatient treatment care, and is currently in recovery with newfound family understanding and support. After our family had been affected by this illness, there were just not many resources available to us. My daughter and I then decided to create Inside Out, a support group under the umbrella of the Havasu Community Health Foundation. “In order to feel good on the outside, we need to first feel good on the inside!” We gladly welcome anyone struggling with the disorder, symptoms, or confusion about this disease, as well as their family members to attend our meetings.

Unfortunately, in our society we learn that to be happy and healthy you have to be thin. Through Inside Out, we want to educate our community to think differently and recognize the signs early in a loved one or maybe even in ourselves. We are all unique and different, especially our bodies! Let’s stand together, and kick “ED” out of Lake Havasu!



***You are beautiful***

***Support Program  
For Eating Disorders***

**4:30 PM, Every Wednesday  
Crossroads Counseling  
2277 Swanson Ave., Suite B  
Lake Havasu City**

## Hospital to Home: The Importance of Transitional Care

After a long or even a short hospital stay, anyone appreciates the value of sleeping in one's own bed. No one to wake you during the night, no more pokes, prods or beeps and buzzes. Just you – snuggled up under your own covers within the familiar sights and smells of home.

As wonderful as that sounds, there are a few things to consider regarding transitioning from a hospital back into the home. For many seniors, this process may be complicated depending on their circumstances.

Seniors are of special concern during this phase, especially those who suffer medical conditions and are required to take different medications at varying times of the day. Sending someone from a care facility such as a hospital, where around-the-clock monitoring is prevalent, to an environment where little or no interaction occurs requires advance planning to ensure the transition is smooth and safe.

Some things to consider include:

- ◆ The mobility of the senior
- ◆ Medical conditions that may need monitoring
- ◆ Administration of medicine(s)
- ◆ Future appointments with health care providers
- ◆ Nutrition

Attention needs to be given to the mobility of the person going home. Challenges in that area should be addressed and solved before less-mobile seniors arrive home. Ensure walkways in the home are clear. Remove trip hazards such as rugs. Rearrange extension cords so they are not a hazard. Handrails in the bathroom can prevent falls.

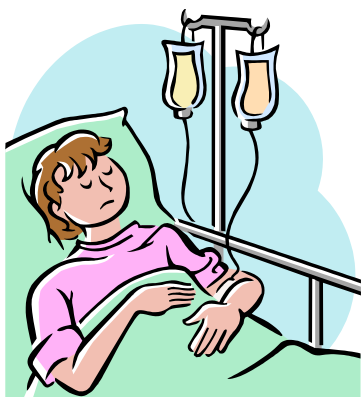
Seniors recuperating from an illness may need assistance identifying symptoms in the days and weeks after coming home from the hospital. Ask friends and relatives to take turns visiting the senior each day to ensure the senior's health is on the rise and not declining.

Proper administration of medications is essential. Sometimes, if multiple medicines are needed, seniors may need help remembering time schedules. If personal help is unavailable, make the senior a daily calendar with each hour depicted. Pill dispensers can be used for this purpose, as well, and are the best option for ultimate safety to keep medications organized and aid in preventing accidental overdose.

Often after returning home from a hospital stay, visits to health care providers are scheduled to monitor the progress of those on the mend. Help seniors remember these appointments by penciling them into your own calendar. Call seniors with friendly reminders. Accompanying them to these scheduled visits further ensures these obligations are met and can also help keep you in the loop regarding any new medical care regimens that may be directed.

Seniors returning home from a hospital stay may be on a limited diet. Even if they are not, preparing and eating dinner by themselves may seem overwhelming at first. Help out by grocery shopping or preparing easy-to-heat meals which seniors can make with little or no fuss. Maintaining balanced nutrition is critical for seniors, but can be especially important for those who have had recent health issues.

Following the above tips can help pave the way to a positive transition from hospital to home. Successful transitions help eliminate returns to the hospital which are common when transitions are not well planned. And remember, simply providing companionship to keep the senior's spirits up, goes a long way on the road to recovery.



**Article Courtesy of Comfort Keepers**

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Keepers®**



## Heart Health—You have more control than you might think!

Julie Sasseen BS, R.R.T., Business Development and Respiratory Therapy Director, Havasu Regional Medical Center spoke at the monthly educational forum offered by the Havasu Heart Society on Tuesday, February 5. The audience at the HHS monthly forums typically consists of individuals who have had cardiac emergencies, interventional procedures and their caregivers. The information Julie shared this month is important information for those who've not reached that point. In fact, it might help those who read this article avoid becoming a statistic.

Julie shared some shocking statistics which she obtained from the American Heart Association:

- ◆ Approximately  $\frac{3}{4}$  of a million people in the U.S. will have their first heart attack this year.
- ◆ Nearly a half million people in the U.S. will have a repeat heart attack this year.
- ◆ About 2300 Americans die of Cardiovascular disease each day – 1 person about every 38 seconds
- ◆ Cardiovascular disease accounts for about 1 out of every 6 deaths

According to the Centers for Disease Control, cardiovascular disease is the leading cause of death in the United States.

For the people in the United States who will experience a heart attack this year, close to 300,000 will have “out-of-hospital cardiac arrest.” Less than 1/3 of patients outside the hospital will receive CPR. Giving CPR doubles or triples a patient’s chances of survival.

The current guidelines from the American Heart Association recommend “Hands Only CPR – no mouth-to-mouth – chest compressions only. Free classes are offered at Fire Station #2 on Kiowa in Lake Havasu City on the 3<sup>rd</sup> Thursday of every month.

American Heart Association has published guidelines to help control common risk factors and encourage living a heart-healthy lifestyle – **The Simple 7**

### 1. Get active

- ◆ 30 minutes of moderate physical activity every day is recommended
- ◆ Make the time
- ◆ Start with walking. Park farther away when shopping.
- ◆ Take short brisk walks of 10 minutes, walking fast enough to get your heart going

### 2. Eat better

- ◆ Foods which are low in saturated and trans fats, cholesterol, added sugars and sodium.
- ◆ Foods that are high in whole grain fiber, and lean protein
- ◆ Lots of colorful fruits and vegetables

### 3. Control your cholesterol

- ◆ Change your eating habits
- ◆ Check your cholesterol level
- ◆ Exercise
- ◆ Take oral medications if prescribed by your doctor
- ◆ Maintain a healthy weight

### 4. Lose weight

- ◆ 2/3 of the American population is overweight, with 1/3 classified as obese
- ◆ If your body mass index is greater than 30, you are at significant risk for heart disease and are technically obese. BMI is the relationship between your height and weight.

### 5. Manage your blood pressure

- ◆ Normal is 120/80 or less
- ◆ Eat a heart healthy diet
- ◆ Reduce sodium
- ◆ Regular physical activity
- ◆ Maintain a healthy weight
- ◆ Manage stress
- ◆ Use medications as prescribed by your doctor
- ◆ Limit alcohol
- ◆ Avoid tobacco smoke

**6. Reduce your blood sugar**

- ◆ Change your eating habits
- ◆ Weight control
- ◆ Exercise
- ◆ Medications – if prescribed by your doctor
- ◆ Regular check ups
- ◆

**7. Stop smoking – help is available**

- ◆ [www.ashline.org](http://www.ashline.org)
- ◆ Mohave Tobacco Use and Prevention
- ◆ Physician assistance with medications, patches, and behavior modification



Julie recommended using on-line tools to help evaluate where you are today. Julie, herself, went on the [www.americanheart.org](http://www.americanheart.org) website several months ago and used their “My Life Check” evaluation tool, <http://mylifecheck.heart.org>, to determine her own risk profile. At that time, her score was 6.2 on a scale of 1-10. By making some simple changes in day-to-day choices over the past few months, using “Simple 7” guidelines, Julie has improved her own profile bringing her current score up to 8.9.

An added bonus to those who follow the recommendations of the Simple 7 to lower their risk of having a heart attack, will also reduce their cancer risk by 40%.

In addition to participating in the Havasu Heart Society educational forums, Julie volunteers her time to teach Hands-Only CPR at Fire Station Number 2 in Lake Havasu on the 3rd Thursday of every month at 7:00 PM. For more information, call (928) 855-1141. This training is not intended for health professionals, and is not an accredited course—it’s purpose is to provide the average person with the information they would need in order to assist someone until an emergency response team arrives.

Havasu Heart Society is a partner under the umbrella of the Havasu Community Health Foundation. For more information on programs, services, and events available through HCHF visit [www.havasucommunityhealth.org](http://www.havasucommunityhealth.org) or call (928) 453-8190.

## Havasu Heart Society Monthly Educational Forums

4:00 PM, 1st Tuesday of Each Month—Hampton Inn, 245 London Bridge Rd.

April 2	Nourishing the Heart—Janis Lando, R.D.
May 7	Medication Interactions—Felix Egbase, R. Ph.
June 4	Cardiac Rehabilitation—Niki Schafer, R.N.
July 2	Taking Care of Your Heart—Ed Quinn, M.D.
Aug. 6	Pre and Post Surgical Care—Ovid Lambert, R.N.
Sept. 3	Cardiac Cath Lab Presentation

The forums are free to the public—reservations not required

Hosting  
8th Annual

## Havasu Community Health Foundation



Partnering with  
The Rotary & Kiwanis Clubs  
Of Lake Havasu City



# Saturday, May 4, 2013

## 8:00 AM—1:00 PM

Lake Havasu Community Aquatic Center  
100 Park Ave., Lake Havasu City, AZ

**Free Immunizations Provided by:**  
Mohave County Department of Public Health  
Immunizations Given Ages 0-18

*SHOT RECORDS REQUIRED FOR IMMUNIZATIONS*  
*Parent /Guardian must sign for children age 17 & younger*  
*Insurance identification required for insured children*

### FOOD · FUN · GAMES

Free Game Booths

Arts & Crafts

Free Dental Screenings

Free Sports Physicals

Free Vision Screenings

Entertainment

*Free Safety Helmets for 1st 100 Youth*

Havasu Community  
Health Foundation  
Shambles Village  
2126 McCulloch Blvd, Unit 7  
P O Box 1410  
Lake Havasu City, AZ 86405

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

[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)

# HAVASU STICK'EM

## A Family Event

AZ GIVES.ORG



On March 20, the Alliance of Arizona Nonprofits, in partnership with Arizona Grantmakers Forum, is doing something never done before in Arizona.

AZ Gives Day is a day for Arizonans to come together to raise as much money as possible for the state's nonprofits in 24 hours on March 20. It is a one day, statewide, online movement to harness the giving power of the community to strengthen the fundraising capacity of Arizona nonprofits.

**Havasu Community Health Foundation** is proud to be a participating charity in this effort to raise awareness of the importance of supporting non-profits serving local communities.

## Participating Charities in Lake Havasu City

Allied Arts Council of Lake Havasu City: <http://www.havasuart.org>

Big Brothers Big Sisters of Mohave County: <http://mohavebbbs.org>

**Havasu Community Health Foundation:** <http://havasucommunityhealth.org>

Havasu For Youth/FUS!ON: <http://www.havasuforyouth.org>

HAVEN Family Resource Center: <http://www.lhchavencenter.org>

Hospice of Havasu: <http://hospicehavasu.org>

Lake Havasu Historical Society: <http://www.havasumuseum.com>

Lake Havasu Symphonic Winds, Inc.: <http://www.lhswinds.com>

River Cities United Way: <http://www.rivercitiesunitedway.org>

Western Arizona Humane Society: <http://www.westernarizonahumane.org>

## Upcoming Havasu Community Health Foundation Events

### Special Events

April 5	Donor and Volunteer Appreciation Celebration
April 25	Wizard of Pawz—2013 HOWL for Health Havasu Out Walking Late To support health in Havasu
May 4	Havasu Stick'em Immunizations for Children Free Sports Physicals On-stage Demonstrations
June 1	Cancer Survivor's Day Breakfast Hosted by Cancer Association of Havasu

### Educational Events

1st Tuesday	Health & Wellness 101	4:00 PM
	Havasu Heart Society	6:00 PM

Featuring discussions led by local health professionals. The sessions are held at the Hampton Inn, 245 London Bridge Rd., and are open to the public.

### Support Groups

Cancer Association of Havasu		
Bosom Buddies	1st Wednesday	4:00
Havasu Regional Education Center		
General Cancer	3rd Tuesday	4:00
Men's Cancer	2nd Monday	5:00
Diabetes Support in Havasu		
Lunch & Learn (Type 2)	2nd Wednesday	Noon
Type 1—Insulin Dep.	2nd Tuesday	6:00
Fibromyalgia & Chronic Fatigue Syndrome		
Education & Support	1st & 3rd Wednesday	Noon
Havasu Epilepsy Advocacy Team (HEAT)		
Education & Support	Last Monday	1:00
Inside Out—You are Beautiful		
Eating Disorder Support	Every Wed.	4:30
Crossroads Counseling Center		
2277 Swanson Ave., Ste B		
Emotional Eaters	1st Thursday	6:00

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.

[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)

# OUR CORE VALUES

**W**e support and encourage healthy living

**E**ducating with current information about good health choices is our job

**L**iving longer by living smarter is our mantra

**L**ife quality in Lake Havasu is improved because of our programs

**N**ews about health options in our community is conveyed through HCHF

**E**veryone in our community can access common wellness screenings

**S**upport of HCHF comes from the private sector rather than taxpayer dollars

**S**uccess of HCHF is a result of the efforts of dedicated volunteers and staff.

Come see us in  
*The Shambles*  
 We're open M-F  
 9:00 AM-5:00 PM



2126 McCulloch Blvd.  
 Suite 7  
 Lake Havasu City

Covering the Lake Havasu community with health resources

## Protein Bars

Contributed by Linda Scoles, Chair, Havasu Health Walk Challenge

3/4 cup peanut butter	1 1/4 cup Total cereal
3/4 cup honey	1 cup peanuts
3/4 cup brown sugar	1 1/2 cup oatmeal
1 cup any dried berry (I like dried cranberries)	

Heat everything except Total cereal slowly till brown sugar melts. When melted, take off heat & add cereal. Spread in 9 x 9 pan & cut in squares when cool.

When participating in long, physically taxing activities, these bars can give a needed "boost" when needed to keep going. Linda had some with her at the recent Relay of Celebration hosted by the Havasu Health Walk Challenge. She says they do work!

### Thoughts from our Executive Director, Jeanie Morgan

Controlling the cost of health care is something that is talked about politically, socially, and in individual households.



Everybody thinks that somebody needs to do something to get the problem under control. Actually, there are a lot of "somebody's" who can make a difference.

Many of the health conditions that are being treated today are the result of lifestyle choices. Whether it be smoking, lack of exercise, or watching our scales report larger and larger numbers. If we admit it, we each know we could individually make better choices.

Here at HCHF, we are aware of people whose physicians have taken them off of type 2 diabetes, high blood pressure and cholesterol medications after they successfully incorporated regular walking into their lifestyle.

Partner with your physician to understand what lifestyle changes you might make to improve your overall health. Make sure he or she knows you are interested in making a genuine commitment to live better so you can feel better!

Read the article by Julie Sasseen in this issue of Healthbeat to learn about how managing the American Heart Association's "Simple 7" can enhance quality and length of life.

You can be someone who does make some positive changes by eating smarter, being more active, and kicking bad habits. You will improve your own health, and in doing so, you may inspire others to make better lifestyle choices, as well. I'd like to challenge you to do so!

### To Make A Donation

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

Please fill out the information below and mail to:

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Amount of Gift: \$ \_\_\_\_\_

(Optional) This gift is

\_\_\_\_\_ in memory of

\_\_\_\_\_ in honor of

Name \_\_\_\_\_

Please send a acknowledgment card to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Please make your check payable to:

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