



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

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

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Lake Havasu City, AZ
86405

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Summer, 2013



Kinderswim: A Community Partnership

The Lake Havasu City Community Services Department /Aquatic Division has established a mission which includes a strong focus on providing drowning prevention, education and swimming instruction for our community. The highest risk age group is our youngest community members. The Community Services Department/Aquatics Division has developed and implemented Kinderswim, a water safety/learn to swim program in Lake Havasu City.

This remarkable program involves three separate entities that work collaboratively in an effort to afford this program to all kindergarten students in Lake Havasu City. To date, Kinderswim has provided a learn to swim and drowning prevention program to more than 6,000 children with donations in excess of \$100,000. This program is possible because of a local Rotary Club and their willingness to assist with this very important endeavor.

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See Havasu Stick'em, P.2

The Get Well Story—Dr. Ed Wignall has a story to share—Do you?

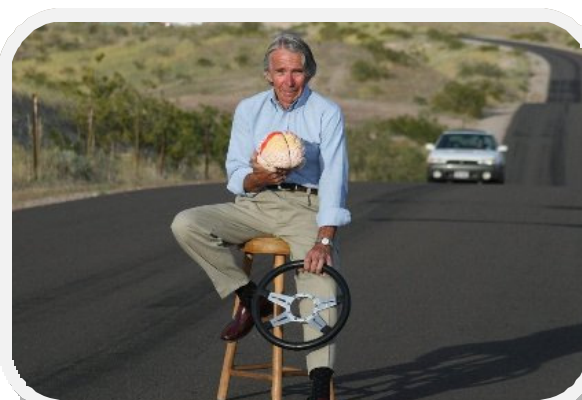
Dr Wignall holds a BS in Biology, an MA in Counseling, a PhD in Psychology, and is a therapist of over forty years. He started his career as a residential treatment director for adolescents suffering from behavior problems. Later he became a treatment director for adults of families suffering from chemical dependency. He is a consummate teacher, and observer of human behavior. He is in the process of building a project that will help others capture the essence of what it takes to be in control when our bodies need to heal.

His first lesson in learning how to heal, came from his father, as he observed his tenacious recovery from two separate strokes. His father's spirit was never broken, and he definitely was not a victim.

Dr. Wignall enjoys climbing, and has recovered from some devastating injuries incurred while participating in this exhilarating sport. He has also faced the news that he "had a bad cancer and there was a lot of it," and recovered.

The most important piece in recovering from anything is having a clear idea of a desired outcome. He has had the opportunity to experience the recovery from his cancer and climbing accidents. He has a passion for sharing his positive approach to recovery, and would like to share his stories while taking his show on the road. If you would like to invite Dr. Wignall to make a presentation at a group you are a part of, he can be contacted through a link on our website. Dr. Wignall will talk about a current project he is working on—how it is possible to be thankful for life's tough challenges, and discover how they can be turned to your advantage and NEVER become a victim.

Dr. Wignall would love to hear from others who have had the opportunity to experience recovery through finding a purpose bigger than themselves. *The photo at right was taken for use with an earlier project "A Drivers License for the Brain."*



Teaming up with Kiwanis & Rotary for 8th Annual Havasu Stick'em



Enrique "Hank" Feldman, who was sponsored by First Things First, is shown in this photograph treating youngsters to an interactive presentation integrating learning with music.

Saturday, May 4, 2013, over 500 local residents attended the 8th Annual Havasu Stick'em event.

Immunizations were provided by Mohave County Health Department, with 42 children receiving a total of 115 immunizations. 127 Sports physicals were provided through the volunteer efforts of local health-care professionals, who also provided 18 dental screenings, and 11 vision screenings in addition to the vision screenings included in the sports physicals. The physicals will be valid for the entire 2013-14 school year.

There were a number of vendor booths providing fun and entertainment. Martial arts demonstrations were provided by local academies. Those who arrived early were treated to a free breakfast.

This annual cost-saving event for local families has been a joint effort of local Kiwanis & Rotary Clubs since 2006. Havasu Community Health Foundation joined them in 2012.

PARTNER IN WELLNESS
sponsoring this issue of **HEALTHBEAT**



**For information
on sponsorship pricing for
this quarterly newsletter,
weekly electronic newsletter,
and/or website, call
453-8190**

Kinderswim—*Saving lives, one child at a time*—Continued from page 1

To date, Kinderswim has provided a learn to swim and drowning prevention program to more than 6,000 children. The indirect service to our community is immeasurable, as the loss of one child to a drowning has an impact on the entire community. Lake Havasu City Community Services Department/Aquatic Division has established a partnership with the Lake Havasu Unified School District and the London Bridge Rotary Club for this program. London Bridge Rotary Club has donated in excess of \$100,000 for Kinderswim since 1999. The Lake Havasu Unified School District has incorporated Kinderswim into the curriculum and provides, within their budget, all busing and transportation for the program. The Lake Havasu City Community Services Department provides the facility, the lifeguards, and the American Red Cross/Starfish certified swim instructors for the program. The balance of the partnership responsibilities has given all agencies an equal stake in the program. Without London Bridge Rotary Club's generous contributions, without volunteer support, and without the Lake Havasu Unified School District's acceptance of Kinderswim as an integrated medical part of their curriculum, we would not be able to provide this invaluable program to our community.

Kinderswim is a unique program that exemplifies the success that becomes possible with partnerships and collaboration between public/private groups who recognize the need for teamwork to accomplish a goal. This program has been presented and shared with Rotary Clubs across the United States and has received recognition from community leaders as well as Rotary Club members. Kinderswim is a program offered free to all children in kindergarten regardless of socioeconomic status. We have had the opportunity to share this program with the National Drowning Prevention Alliance and World Water Park Association.

Kinderswim has impacted our community by focusing on the primary investment in safety. The success of the program has been measurably demonstrated in the numbers of children exposed to water safety education and swimming lessons provided at no cost to families in Lake Havasu City. Our community sits on the most widely used lake in the United States, and with temperatures in excess of 110 degrees throughout the summer, exposure to water is imminent. Statistically, Arizona has been amongst the most deadly states in terms of child drowning and the need for water safety education and drowning prevention measures is paramount. Kinderswim is an important step in educating and exposing our community's most vulnerable members to a lifesaving learn to swim water safety educational program. Our partnerships with the school district and London Bridge Rotary Club enable us to provide Kinderswim and our gratitude is immeasurable.

*This article was submitted by
Swan Cooke, Aquatic Supervisor
Lake Havasu City Community Services Department*



If you are aware of a collaborative partnership promoting wellness in our community, please send an article we can share in a future Healthbeat.

Collaborative Combo Intends to Improve Island Walking Path To Enhance Use for Visually Impaired Residents & Local Dogs

The Havasu Health Walk Challenge is teaming up with a dog walking club "Happy Feet Adventure Dogs" in a project on the Island to widen the white striping on the walking/biking pathway. In the hot summer months, the dogs try to walk on the thin line painted on each side of the path because it is cooler. Being wider would also help visually impaired people using a cane to assist them with better navigation.

The Happy Feet Adventure Dogs group is social group that promotes positive, motivational and canine learning. Their group is part of a national organization, "Adventure Dogs USA" (<http://www.adventuredogsusa.com/>). The group performs activities throughout the year including the "Pooch Party in the Park" as well as hikes, walks, fun obstacles, water sports, kayaking, paddle boarding and doggy water rescue. They support rescue organizations and shelters at community events and support Lake Havasu City parks. They also focus on other fun activities for the dogs and can earn badges and certificates through Adventure Dogs USA. Look for information on Critter Camp in July!!!!

For more information on walking with your dog contact ok9korral@gmail.com or Vicki Warner 928-854-2429 or if you don't have a dog and are interested in walking contact Linda Scoles at 928-208-9150 or larryandlindas@yahoo.com.

We are always trying to encourage everyone to "Get On Your Feet!" and that includes our four- legged friends!

If you are interested in donating to support Havasu Healthwalk Challenge projects, you can go online at www.havasucommunityhealth.org or visit to the Foundation at 2126 McCulloch Blvd Suite 7.



Shown in the photo fr are: Vicki Warner with Sharkie, Josephine and Bart, Mary Jo Ali with Healer, Rose Kopecki with Chlco, Sandy Walters with Dakota, Vanessa Irwin with Jax and Randy Hudnall with Daisy .

Options Counseling Available Through WACOG: KNOW YOUR OPTIONS

Will Medicare and Social Security pay for my long-term care needs?

No. Although Medicare and Social Security are important benefits, they do not provide the type of ongoing supportive services (e.g. meals, bathing, caregivers, transportation, home modifications) that people often must explore when health declines and long-term care needs arise. It is important to understand what Medicare covers and how much your social security benefit will be as you plan for your future needs.

Will most people who need long-term care have to go to a nursing home?

No. The truth is only about 10% of the population live in nursing homes which means the majority of persons who need long-term care stay at home, using home and community-based services in combination with their own support networks (e.g. family, friends, neighbors).

Do I need to plan for my long-term care needs before they arise?

Yes. This is perhaps the most important question of all! Exploring services when you are already in crisis is a Difficult and frustrating process and often your personal preferences are the first to go. Explore your options NOW so that if and when the need arises, you will have a plan in place that includes the people, settings and preferences that are most important to you.

This program is an interactive, person-centered process where individuals, family members and/or significant others with an interest and desire to plan for their long-term care needs can find assistance. Options counseling provides education and information, usually through a face-to-face interview, and help in weighing pros and cons.



WACOG Aging, Disability & Family Helpline:

800-782-1886

Monday-Friday

8:00 AM-5:00 PM

Suggested donation: \$50.00

Information Needed by First Responders in Case of Medical Emergency;

Date Completed _____

VIALOFLIFE.com
1-888-724-1200

FIRST NAME		INITIAL		LAST NAME		SOCIAL SECURITY NUMBER	
STREET			CITY		STATE	ZIP	TELEPHONE
DATE OF BIRTH	MALE/FEMALE	HEIGHT	WEIGHT	HAIR COLOR	EYE COLOR	BLOOD TYPE	RELIGION
List hearing difficulties						DENTURES	UNABLE TO SPEAK
						UPPER LOWER	<input type="checkbox"/>
List vision difficulties						NATIVE LANGUAGE IF NOT ENGLISH	
Identifying Marks							
Current Medical Conditions							
Past Medical Conditions							
Current Medications: Dosage and Frequency							
Allergies to Medications							
Doctors Name and Telephone Number							
Last Hospitalization							
Special Instructions such as health directives, etc...							
Health Insurance Policy							
Emergency Contact Notification - Name - Address - Phone - Relationship							
PLACE ON REFRIGERATOR DOOR - PLEASE PRINT CLEARLY							

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This form can be completed and maintained on-line at www.VialofLife.com. On their website, you will find they provide decals to post with this information, which should be placed in a baggie and posted on your refrigerator. Another decal should be placed on your door. The decals are available through the Havasu Community Health Foundation Office (see contact info on back page). Once completed, a copy of this form should also be kept in your car, purse, and/or wallet.

June is “National Cancer from the Sun Month”

The Havasu Community Health Foundation would like to congratulate our oldest and largest partner organization, the Cancer Association of Havasu. On May 15, through the generosity of their donors and those who have supported their various fundraising events, they were able to kick-off their newest program—Low-Cost Skin Cancer Screenings. The new program was introduced to the community at an informative educational forum held in the Bridgeview Room at Shugrue's.

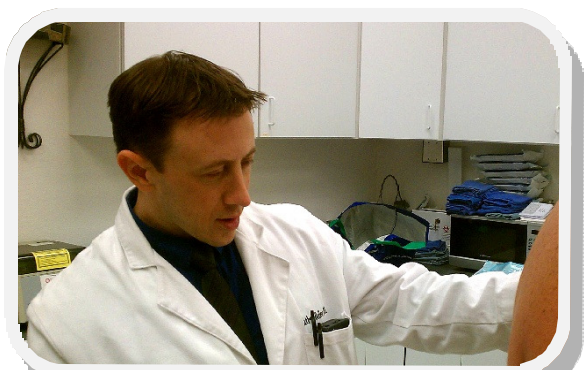
Dana Ellerbe, CEO of Havasu Regional Medical Center, served as moderator for a panel discussion. Participating in the panel were: Dana Balderrama, M.D.; Jonathan Bellew, D.O.; Valerie Israel, D.O.; Michael T. Lyster, M.D.; Pamela Meyers, Ph.D.; and Rodney R. Rodriguez, Ph.D., M.D.

Mohave County is second only to the outback of Australia for the highest incidence of skin cancer. During the forum, a common thread was to urge the regular use of sunscreen, SPF-30 or higher. Another point, emphasized repeatedly, was the importance of paying attention, and having any changes in our skin checked. Because of the high incidence of cancer, regular screenings were also highly recommended.

The new screening program is intended to make those important screenings available for those who are uninsured, under-insured, or who have prohibitively high deductible payments on their insurance. To take advantage of this opportunity or to utilize any of the other screening programs supported by the Cancer Association or those that are offered directly by Havasu Community Health Foundation (see list on page 7), the process starts at the HCHF office, located in The Shambles, 2126 McCulloch Blvd., Suite 7, Lake Havasu.



Shown in photo: Event Chair, Heidi Lyster, Cancer Association Chairperson, Carole Cathcart, Mayor Mark S. Nexsen, and Secretary, Bonnie Ciissell.



Jonathan Bellew, D.O., examining a patient's back.

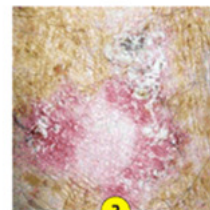
**This
is what
you are
looking for**



1

NORMAL MOLE

A mole is a small brown spot or growth that appears in the first few decades of life. It can be flat or raised and generally is round.



2

ACTINIC KERATOSIS

The most common precancer, it's a small, crusty, bump. Colors vary. It can itch and bleed and can turn into squamous-cell carcinoma.



3

DYSPLASTIC NEVI

These noncancerous moles resemble melanoma in color variation within the blemish and sometimes in their unusual shapes and border irregularities.



4

BASAL CELL

This is the most common skin cancer. This nonlethal blemish can be a shiny bump, a pink growth, a scar-like area or an open sore that doesn't heal easily.



5

SQUAMOUS CELL

Persistent bleeding is common with this rarely deadly cancer. Warts, scaly patches, open sores and rapidly growing bumps are telltale signs.



6

MELANOMA

This deadly cancer is usually larger than a pencil's eraser, multicolored and changes size and shape. Also look for asymmetry and uneven borders.

Low-Cost Screenings

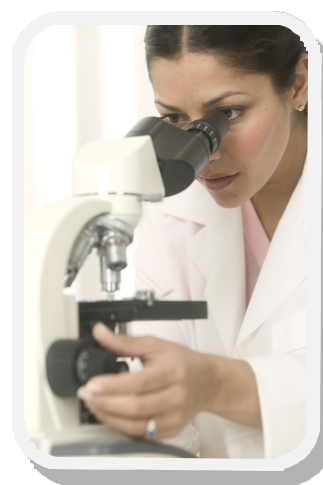
For those who are uninsured, under-insured, or have prohibitively high deductibles:

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

The following screenings are subsidized by

Cancer Association of Havasu

CA-125	\$50.00
Mammograms	\$40.00
PSA	\$20.00
Skin Cancer Screening	\$50.00



**To sign up for these screenings, visit the HCHF Office M-F 9-5
2126 McCulloch Blvd., Suite 7, Lake Havasu City, AZ 86403**

*What you don't know
can hurt you!*

Upcoming Havasu Community Health Foundation Events & Activities

Special Events

June 14	Read Dog Night , <i>Hastings</i> 6:00 PM-8:00 PM
June 21	Read With a Dog , <i>Mohave County Library</i> 1:00—2:00 PM
June 28	Chipotle Mexican Grill—Eat for Change 2:00-8:00 PM to benefit HCHF
June 29	Schlitzsky's Fundraiser for HCHF 1:00—7:00 PM
June 29	Glow Hoop Jam , <i>Desert Star Ballroom</i> 2029 McCulloch Blvd N 7:00-8:30 PM—\$10.00 Entry Charge
July 5	Read With a Dog , <i>Mohave County Library</i> 1:00—2:00 PM
July 12	Read With a Dog , <i>Mohave County Library</i> 1:00—2:00 PM
July 19	Read with a Dog , <i>Mohave County Library</i> 1:00—2:00 PM
July 27	Glow Hoop Jam , <i>Desert Star Ballroom</i> 2029 McCulloch Blvd N 7:00-8:30 PM—\$10.00 Entry Charge
August 10	Community Swim Day , sponsored by Havasu Health Walk Challenge Noon to 3:00 PM at the Aquatic Center
August 24	Glow Hoop Jam , <i>Desert Star Ballroom</i> 2029 McCulloch Blvd N 7:00-8:30 PM—\$10.00 Entry Charge
October 5	Community Health Fair , Aquatic Center 8:00—Noon
October 5	Breast Cancer Awareness Walk & Fun Run Hosted by Cancer Association of Havasu To support low-cost mammography and other local cancer-related programs 7:30 AM Rally South of the Aquatic Center

Support Groups

Cancer Association of Havasu

Bosom Buddies	1st Wednesday	4:00
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	Noon
Summer Meeting Dates, June 5, July 17, & Aug. 7	

Havasu Epilepsy Advocacy Team (HEAT)

Education & Support	Last Monday	1:00
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Inside Out—You are Beautiful

Eating Disorder Support	Every Monday	6:00
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.

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

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
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

Southwest Zucchini Veggie Bake submitted by Candace Christie

3 med size zucchini
1 med white or yellow onion
1 bell pepper or 3 mini bell peppers
115oz can of black beans
1 T olive oil
1 cube of chipotle bouillon

Preheat oven to 425°. Cube zucchini in 1/2 inch squares dice bell peppers and onion. Wash and drain black beans. Place veggies and black beans in 8x8 baking dish. Add olive oil. Crush chipotle bouillon cube. Sprinkle over top and mix everything together. Bake at 425° for 20 minutes. Enjoy!!



Thoughts from our President, Jeanie Morgan

This past month, I was at an event where we were each asked to share "the best advice we ever received." I shared some advice I received from a co-worker many years ago. He was aware I was dealing with a difficult inter-personal relationship. He told me not to respond with anger. What he went on to say is still worth remembering:



"Anger is the most time-wasting, energy-draining, relationship-destroying emotion that humans allow themselves to experience. If you can learn to control your anger, you can learn to control your life."

In reflecting on this, I wondered about the anger/health relationship and found this on the internet on undergroundhealthreporter.com:

*"Everyone gets angry. But according to Dr. Don Colbert, M.D., author of Deadly Emotions, **anger can profoundly damage your health.** 'Depression, anger, guilt, condemnation, low self-esteem...these are only a few of the lethal toxins...,' Dr. Colbert warns... When anger kicks in, your body readies itself to respond to a perceived threat. Your muscles tense...your digestive processes stop...and certain brain centers start firing in ways that alter your brain chemistry."*

The advice I like to offer in this area is: "In all our relationships, we love each other because of many things and in spite of a few things. If we can learn to forgive and laugh about those few things, we'll enjoy each other a whole lot more."

I would like to be a PARTNER IN WELLNESS

Please fill out the information below and mail to:

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

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

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 _____

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

Amount of Gift: \$ _____

Please make your check payable to:

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