

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

Inside Out—Support for
Eating Disorders

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 Summer, 2014



Staying Cool before Heading Back to School!

Saturday, August 2, local families took advantage of the Swim Day hosted for the community by

Havasus Health Walk Challenge

The crowd at the swimming event reached the 400 pool capacity.

The same day, local Kiwanis and Rotary Clubs teamed up with Havasu Community Health Foundation to host the **9th annual Havasu Stick'em**. Mohave County Health Department reported immunizing 67 kids with 190 vaccinations. Free sports physicals were provided for 90 local youth.

Having both events the Saturday before school starts proved to be perfect timing. Families should put August 1, 2015 on their 2015 calendar to take advantage of both events again. Plans are already being made to increase professionals available to provide the physicals and immunizations so more youth can be served.

In this issue...

Health care savings tips P2

Rebecca Anderson, new
Facilitator of Inside Out
Eating Disorder Support
Group P3

Rehabilitation article P4

Mohave County Health
Assessment P4

Breast Cancer Awareness P5
Walk/Run Informational
Flyer

Health Fair P6
informational flyer about
the October 4 event

HCHF Programs, P7
Educational Forums,
and upcoming events

Low Cal Recipe, editorial P8
comments, and invitation
to support HCHF's
Mission, Vision and Values

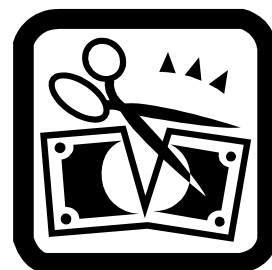
Fun times at Havasu Stick'em



www.havasucommunityhealth.org

Tips to Save Money on your Health Care courtesy of John Twomey, PRO Therapy

1. **UNDERSTAND YOUR INSURANCE PLAN.** You should understand the terms of your policy including deductibles, co-pays and most importantly what is or is not covered.
2. **USE CONTRACTED PROVIDERS.** Generally you get the most cost savings when you use providers that are in your plan.
3. **SEEK TREATMENT EARLY.** Many conditions can be easily corrected if caught early. Delaying treatment frequently leads to more complications and longer recovery.
4. **TAKE ADVANTAGE OF HEALTH SCREENINGS AND TALKS.** Attending a health talk or receiving a screening to identify potential problems is a great way to be proactive in your health care.
5. **GET YOUR QUESTIONS ANSWERED.** Don't hesitate to ask questions about your condition.
6. **AVOID REFERRAL FOR PROFIT SCHEMES.** Ethical physicians will give you a choice of therapy providers. If a doctor owns a therapy practice this must be disclosed to you and alternate choices made available.
7. **FOLLOW YOUR THERAPIST ADVICE.** Your therapist is working very hard to develop a program just for you. Keeping all of your appointments will go a long way toward maximizing your results.
8. **STAY ACTIVE.** Regular exercise can go a long way towards keeping you strong and flexible and thus may limit the extent of your injury or length of recovery.



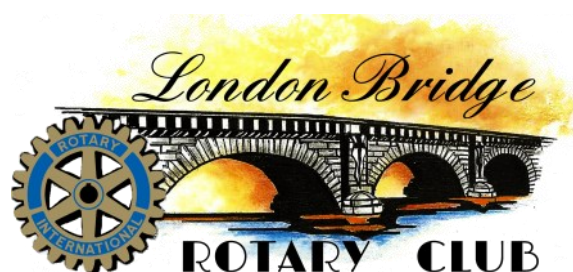
Havasu Community Health Foundation

Healthbeat

2014 Spring 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



Addressing a Hidden Problem

Rebecca Anderson, R.N.
Facilitator

Inside Out

Eating Disorder Support Group

Just about everyone has a skeleton or two in their closet that they try and hide as they get older. Well, I had gotten to a point in my life where I was turning into a walking skeleton due to my eating disorder.

When I was younger I had to try to overcome some extremely emotionally scaring and traumatic events on my own and since I was unable to control what was happening to me I started to control the one and only thing at that time that I knew I could – what I did and DID NOT eat. I battled anorexia and bulimia for over 10 years before I realized the toll it had taken on me. The depression, fatigue, fear and isolation, not to mention the medical complications it had taken on my body. It was at that time I realized I needed help. With the assistance of my doctor I was admitted into an inpatient facility after being stabilized in the hospital. That was what helped me lay the foundation for my recovery.

Upon my return home I knew that my continued recovery would rely upon the help of a support system. At that time, there was nothing available in this town for anyone who had eating disorders. I had attempted to form my own support group and was successful. As Sally Field said, “It took me a long time not to judge myself through someone else’s eyes.” Through continued support and recovery I have learned to see life and myself through a whole new set of eyes. I am honored to help facilitate the Inside Out Group. My personal years of therapy and education will provide much needed advice and support. My compassion for understanding the pain and suffering that one is going through when actively going through this horrible disease can help embrace and guide those who attend into the right direction needed for help. I encourage all that have had suffered anorexia/bulimia or know someone who is suffering to attend our meetings as well.

The Inside Out Eating Disorder Support group meets every Monday evening in the Havasu Community Health Foundation meeting room located at 2126 McCulloch Blvd., Suite 5, in Lake Havasu. For more information, readers can call (928) 453-8190.

Born in Green Bay, Wisconsin, Rebecca Anderson moved to Lake Havasu City in 1974 with her family. Her father was a tax consultant and her mother was a stay-at-home mom. Rebecca grew up attending Lake Havasu schools. She achieved her nursing degree while raising four sons. While a student, she was the recipient of Cancer Association of Havasu scholarship support. She currently works as registered nurse at Havasu Regional Medical Center. Since 2012, she has enjoyed serving as a volunteer with the Cancer Association. HCHF appreciates her willingness to share hope through this new volunteer commitment.

Rehabilitation: Preparing you for the activities of life

Courtesy of John Twomey, Pro Therapy

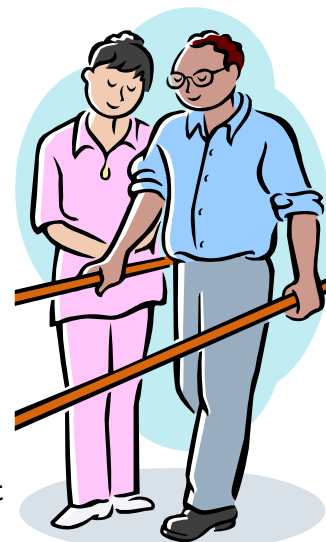
The old adage, “The older I get, the better I was” doesn’t apply anymore. Thanks to advances in orthopedic surgery, total joint replacements are helping many individuals keep and improve their active lifestyles.

Total Joint Replacement for a degenerated hip or knee is a big decision, made by a patient in close communication with their orthopedic surgeon. There are many reasons for undergoing a joint replacement, which your orthopedic surgeon would determine and discuss with you. These may include pain, advanced joint degeneration or quality of life considerations.

A vital component of any procedure is postsurgical rehabilitation. This is done generally 2-5 days following release from the hospital. The rehabilitation is performed by a licensed physical therapist in an out-patient setting. Rehabilitation for a total joint replacement should focus on many areas, including early mobilization, home exercises to increase strength and endurance, gait training to improve walking, and balance to increase abilities.

While there are general procedures common to all rehabilitation programs, each patient is different and requires personalized focus to achieve optimum results. Generally, a patient will visit a physical therapist two to three times per week for six to eight weeks. It’s important to choose a physical therapist that will consults your surgeon during the course of recovery to ensure the best possible results and cater your rehab program to fit the needs of your lifestyle.

Whether your passion is golf, tennis, hiking or biking, your physical therapist should tailor a program to suit your hobbies and activities.



Community Health Profile for Mohave County—2013

In 2013, an impressive list of participants participated in an exercise to determine the state of health in Mohave County. In the report that was the outcome of the study, the following were the top eight causes of death in our county:

33%	Cardiovascular Disease
25%	Cancer
8%	Chronic Respiratory Diseases
4%	Accidents
3%	Suicide
2%	Diabetes
2%	Alzheimer's
2%	Drug Induced

In each of these areas, Mohave County was worse than the rest of the State of Arizona. Through individuals acquiring and applying knowledge about family history and managing controllable risk factors, these statistics about the state of health in our county can be improved.

Use this link to access the full report:

<http://resources.mohavecounty.us/file/PublicHealth/CommHlthProfile2013.pdf>



CANCER ASSOCIATION OF HAVASU

Carole Cathcart
Chairperson

Carol Ferrell
Vice Chair

Bonnie Cissell
Secretary

Rose Marie Eaton
Treasurer

Crystal Alger
Rebecca Anderson

Evie Cistaro

Mickey Harris

Donna Jones

Kathy McAndrew

Karen Morrison

Arlene Polster

Pat Schmitz

Mary Schofield

Barbara Travis-Spadaro

Marcia Tucker

Under the umbrella of:

**HAVASU COMMUNITY
HEALTH FOUNDATION**
2126 McCulloch Blvd, #7
Lake Havasu City, AZ 86403



Supported by
**Soroptimists
Of
Havasu**

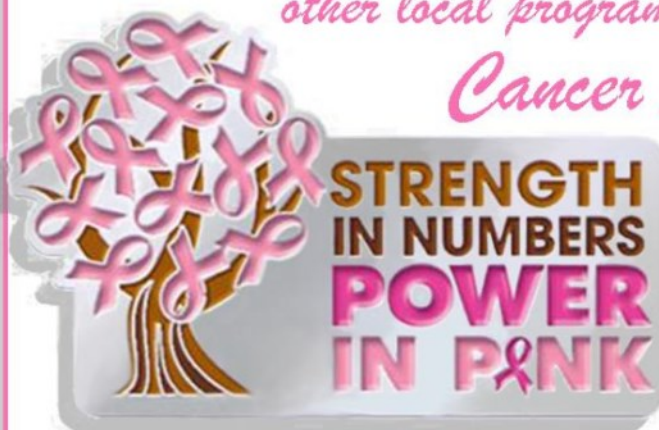


2014 - 16th Annual Breast Cancer Awareness Walk & Fun Run

*Support Low-Cost Mammograms and
other local programs offered by the*

Cancer Association

*Of
Havasu*



Saturday, October 4, 2014

Rally 7:30 AM

Run 7:45 AM—Walk 8:15 AM

South of the Aquatic Center, Lake Havasu City, AZ

Honoring Bosom Buddies of Havasu

For information, call 928 453-8190

www.havasucommunityhealth.org

Havasu Community Health Foundation

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

Havasu Epilepsy
Advocacy Team

Havasu Health Walk
Challenge

Havasu Heart Society

Havasu Hoop Love

Inside Out
Eating Disorder Support

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Lake Havasu City, AZ
86405
Phone: (928) 453-8190
Fax: (928) 453-8236

Community Health Fair



Saturday, October 4, 2014
at the Aquatic Center — No charge for admission
8:00 AM — Noon

On-Stage

A variety of fitness activities!
*Over 60 health-related booths providing information,
education, and demonstrations. Vaccinations for
Influenza. Skin cancer, hearing, and
other screenings will also be available.*

Available Lab Screenings	Every Day Pricing	Health Fair Special
Complete Blood Count	\$15.00	All five of these screenings available for only \$100.00
Vitamin D	\$40.00	
TSDH-Thyroid	\$35.00	
Comprehensive Metabolic Panel	\$20.00	
Lipid Panel	\$25.00	
Total	\$135.00	
Also available at Every-Day pricing:		
Hgb A1c	\$20.00	
PSA*	\$20.00	
CA-125*	\$50.00	
12-HOUR FASTING IS REQUIRED FOR BLOOD PROFILES		
*PSA & CA-125 screenings supported by Cancer Association of Havasu		

Health Fair Special

*made possible
through
a generous
donation from
**London
Bridge
Rotary
Club***

SAME DAY — 16th Annual Breast Cancer Awareness Walk & Fun Run

**Starting at 8:00am near the south parking lot
by the Aquatic Center.**

**Presented by Cancer Association of Havasu
honoring Bosom Buddies of Havasu**
For registration brochures, call 453-8190

**Our
Partner
for
both
events**



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

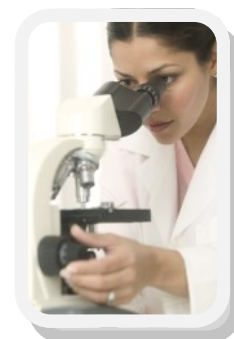
The following screenings are subsidized by
CANCER ASSOCIATION OF HAVASU

Lab Work

CA-125	\$50.00
PSA	\$20.00

Other

Mammograms	\$40.00
Skin Cancer Screening	\$50.00



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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Inside Out—You are Beautiful

Eating Disorder Support	Every Monday	6:00
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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.

September 17 at 5:30 PM, Cancer Association of Havasu will host a free educational program. The topic will be "Creating an Environment of Compassionate Care," presented by Sarah Messmer.

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



Coming Events

October 4, 2014

Community Health Fair & Annual
Breast Cancer Awareness Walk

October 25, 2014

Havasu Health Walk Challenge is hosting a
Zombie Walk

Watch for some of our groups in the London
Bridge Days Parade

November 19, 2014

Cancer Association Fashion Show

December 6, 2014

Jingle Bell Walk/Run & Ugly Sweater Contest

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
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

Pollo Guisado (from www.heart.org)

1 teaspoon sugar
1 tablespoon extra virgin olive oil
1 pound boneless, skinless chicken breast
or tenderloins, fat removed
Cut into 1-inch cubes
1 cup low-sodium chicken stock
Juice of one lemon
1 bell pepper cut in thin slices (any color)

1 small onion, thinly sliced
1 large carrot, sliced
1 medium potato, diced in small cubes
2 14.5 oz. cans no-salt -added diced tomatoes
1 teaspoon garlic minced from jar
1/4 teaspoon oregano or cilantro
1 bay leaf

1. Add oil to a medium pot and heat over medium heat, add sugar, stir and cook for 1 minute (sugar should brown slightly).
2. Add chicken and cook until browned (3-4 minutes).
3. Add stock, lemon juice, bell pepper, onion, carrot, potato, tomatoes, garlic, and herbs to pot, cover and simmer until vegetables are cooked through. Remove bay leaf before serving
4. Serve with brown rice or beans or over salad 4 servings 238 calories



Thoughts from our President, Jeanie Morgan



Whose responsibility is it to control health care costs? I suspect we'll hear a lot of debate on that subject over the coming months.

Please don't think I am about to get political, I do, however, tend to be pretty philosophical on the subject. My 70+ years of life experience have created some opinions that I think are appropriate to share.

I can't control my family health history, but I can make changes in my living habits that mitigate some of the risks associated with diseases or chronic conditions which shortened length of life or diminished the quality of life for some of my close relatives.

I take my vehicle to the shop regularly for preventive maintenance. I think we need to think of our bodies as machines that need a similar approach. Family practice physicians are great partners in figuring out what we need to do to optimize our health. The problem is, we tend to take the medications they or the specialists they refer us to prescribe, but too few of us take the advice they offer, like exercising more, improving our diet, etc.

If we put bad gas in our car, it operates poorly and lets us know there is a problem. Even without the automatic shutoff, if it would be impossible for us to overfill our gas tanks. Not so with our bodies. If we overeat, or eat unhealthy foods, our bodies store the excess. Cutting down the amount I consume might save money at the grocery store, it may save money at the department store, and it very likely will help me do my part to reduce the cost of health care. "If it is to be, it is up to me."

I would like to be a PARTNER IN WELLNESS

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 _____

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 to grow and expand our local health-related programs.

Amount of Gift: \$ _____

Please make your check payable to:

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