



Summer 2015

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



Photo taken at 2014 Community Health Fair

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HCHF—Promoting Wellness

Calendar of upcoming community events:

- Saturday, August 8
10th Annual Havasu Stick'em
Community Swim Day
- Sunday, September 13
Ms. Havasu Senior Pageant
- Saturday, October 17
Breast Cancer Awareness Walk
Community Health Fair
- Wednesday, November 18
Cancer Association Fashion Show
- Saturday, December 5
Jingle Bell Walk/Run



Havasu Stick'em 2014

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

Why Parents Should Vaccinate Their Children

By Karen Lewis, M.D., Medical Director, Arizona Immunization Program Office
Arizona Department of Health Services

Parents have to make many decisions about their children's health. This includes deciding about childhood vaccines. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics say that children should be immunized as soon as possible against 16 vaccine-preventable diseases. However, some parents worry about vaccines. Sometimes parents choose to delay vaccines or to not to give them at all.

Sixty years ago, parents were much more worried about the side effects of diseases than about possible side effects from vaccines. Most people knew of someone whose child had been paralyzed by polio, hospitalized with measles, deafened

by German measles (rubella), brain damaged from meningitis, or killed by whooping cough. As more and more vaccines have been developed and used, many vaccine-preventable diseases have almost disappeared in the United States. Most parents have not experienced how serious and deadly these vaccine-preventable diseases can be.

Fortunately, most parents understand that vaccines are important for their children. Unfortunately, the percentage of parents in Arizona who ask that their children be exempted from school and childcare-related vaccines is steadily growing. For example, for the 2014-2015 school year, almost 5% of kindergarten children in

Arizona received exemptions to some or all school-required vaccines. The more unimmunized people there are in Arizona, the more likely it is for vaccine-preventable diseases to spread in our state.

We are lucky to live in a time when vaccines can protect children against 16 serious diseases. Vaccines prevent infections and save lives. Vaccinating children protects not only the child, but also protects the rest of us. Vaccines are very good. Vaccine-preventable diseases are very bad. Please vaccinate your children fully, on schedule, and as soon as possible to protect them and the rest of us.

Havasu Community Health Foundation

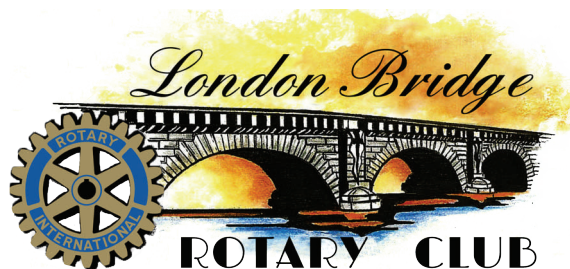
Healthbeat

2015 Summer 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

Print HEALTHBEAT \$4000/year or \$1,500/issue (3 annually)

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

Hosting
10th
Annual

HAVASU STICK'EM
A Back-to-School Family Event

**Havasu Community
Health Foundation**



*Partnering with
The Rotary & Kiwanis Clubs
Of Lake Havasu City*



**Saturday, August 8, 2015
8:00 AM—Noon**

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

**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 Information

Free Sports Physicals

Free Vision Screenings

Entertainment

Free Safety Helmets for 1st 100 Youth!

*Must check-in by 10:30 AM
for immunizations and sports physicals*

**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

www.havasucommunityhealth.org

Chairperson:
Linda Scoles

Havasu
Health Walk
Challenge
Committee:

Debbie Hypes
Jan Klatt
Connie McDaniel

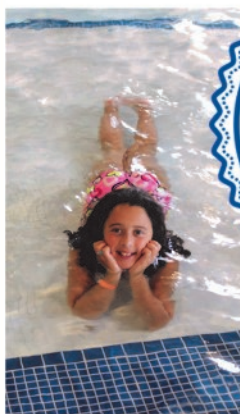


Havasu Health Walk Challenge

“Get On Your Feet”

*You & your family
are invited to be our guests:*

Havasu Swim Day
Saturday, August 8, 2015
Lake Havasu City Aquatic Center



Under the umbrella of:



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

Phone: 928 453 8190

Elks Lodge #2399
is generously providing
FREE HOT DOGS
for swim day participants!



Free Open Swim
Noon to 4:00 PM

www.havasucommunityhealth.org

The New Light

By Dr. Tania Sobchuk

We have always known that UV light can be harmful to our skin and eyes, which is why we encourage sunglasses and sunscreen. However, with advancements in technology we now have many devices present in our everyday that emit a different kind of light. This light is called, "Blue Light" and is emitted by phones, tablets, computer and TV screens, fluorescent (regular and compact) and LED light bulbs.

Short term exposure to blue light can cause eye fatigue, focusing issues, and dry eye. Long term exposure to blue light can lead to retinal damage, potential macular

degeneration and loss of vision!

We now also know that blue light can even disrupt our sleep patterns! Our brain interprets blue light as daylight and suppresses the production of melatonin, the hormone that allows for sleep mode. Lack of melatonin leads to difficulty falling asleep and also staying asleep. We used to sit by a fireside, fireplace or rooms lit with incandescent light which allowed for excellent melatonin production. Now we sit in front of a TV, computer or tablet right before bed and the blue light emitted tells our brain not to sleep!

In order to protect our eyes from this potentially damaging light we now recommend a treatment for our glasses called Recharge anti-reflective. This surface treatment reflects a portion of emitted blue light, relaxes the eye and improves visual comfort and performance. The lenses, which are very scratch resistant and easy to clean, are available prescription and non-prescription.

Lake Havasu Family Eyecare
1990 McCulloch Blvd Suite 101
928-855-5026

New Personal Best at Age 69

Hello my name is JoJo O'Brien I am 69 years old and I like to run for health and enter races. Some of you will recognize me from my profile published in January for the Heart Health Fair.

Since then I have talked with many wonderful people who see me run and give me words of encouragement like "I admire you" or "you are my hero" and "how many miles are you doing today?" with a hand out for a high five as I pass.

I wish to share my recent accomplishment a 13.1 miles half marathon run in San Luis Obispo, CA. My son Ryan, coach and running partner, suggested what mile posts to use my inhaler to prevent a breathing issue and keep my exercise induced broncho spasm under control. The run was a hills rugged race and a personal best time of 2:32 (2 hrs 32 min) giving me 4th place out of 18 women running in my age category of 65-69 years of age.

I am here to tell everyone that you are all MY HEROES when you get moving. Some days require rest and other days we need to motivate our minds and bodies into action. Every day do a little more and each new goal becomes your new personal best. I BELIEVE IN YOU! YOU CAN DO IT! See you out there soon.





Medicare Annual Wellness Visits

Dr. Lorraine Byrd



What's all of this about Medicare Wellness Visits? Why is my insurance company telling me to get this done? Read on...

Is Medicare paying for education, prevention and early detection? 100%? Every year?

Yes! Yes! Yes! At last! Hooray!

Why now? 75 million "baby boomers" entering Medicare at the rate of 10,000 a day promises to strain the system significantly in numerous ways. Healthy people require fewer resources. The Center for Medicare and Medicaid Services states that "older adults are not receiving all recommended preventive services, even with frequent visits to physician offices." The government acknowledges what we all know..."An ounce of prevention is worth a pound of cure". And, now they are willing to pay for it and encourage people to arrange for preventive visits.

When should the visits occur?

Every person over 65 years of age should have the Welcome to Medicare Visit (must be completed within the first 12 months of signing up for Medicare) and then an Annual Wellness Visit once a year, thereafter.

Is this the same as a patient's yearly medical checkup?

No. Both are needed. Medicare is very specific that this **wellness visit** be a dialogue between the patient and the provider specifically for education, prevention and early detection. There are distinct requirements for the visits. They include:

Medical history documentation

(medications, allergies, providers, family and personal medical

history).

A focused physical examination

(blood pressure, height, weight, BMI and vision).

A health risk assessment to identify risks the patient may have and then finding ways in our community to diminish or alleviate them. This involves things like risks for falls or fractures; need for help with daily living activities, food, obesity or tobacco counseling; signs of early dementia, cognitive decline or depression, and others.

Immunization status review and counseling regarding the pneumonia (there is now a new one), flu and shingles shots.

Medicare pays for some of these. Older adults are more likely to suffer more or even die as a result of these vaccine preventable illnesses.

Education and information

regarding nutrition, exercise especially for older people, Alzheimer's, stroke, heart disease, macular degeneration, glaucoma, supplements and lifestyle. There is much research to show that we can help prevent many of the dreaded conditions associated with aging. One should get this knowledge during the annual wellness visit.

Orders for **screening tests** like mammograms, bone densities, colorectal cancer screenings, abdominal aortic aneurysm ultrasounds, and low dose lung CT scans- all for early detection when cures may be the order of the day

A 5 to 10 year plan of what preventive services the patient will be eligible for.

Is it a short visit? No. As you can see there must be adequate time

allocated to sit and cover all of these areas.

And it is free? Really free? No strings attached, free? Yes!

Isn't that a wonderful, well deserved benefit for older Americans? The visits, the screening tests and the flu and pneumonia immunizations are 100% covered, without copay, by Medicare and Medicare Advantage plans.

Is it worth it? Absolutely! These visits may change a life or save a life. Our health is our most precious asset. It must be preserved and protected. We want to age well- not gracefully!

Where can the patient get the visit? At their primary care provider's office or, in Havasu and the surrounding area, at Annual Wellness Centers, a medical practice that specializes in exclusively providing the Medicare wellness visit.



Dr. Lorraine Byrd,
Annual Wellness Centers, LLC
Medical Director
116 S. Lake Havasu Avenue,
Suite 103
928 733 3311

AnnualWellnessCenters.com
Like us on Facebook and get lots of information aimed at Aging Well.

Contestants Needed

Ms. Havasu Senior

To honor women of sixty years of age and older who have a world of experience.

Inspiring lives by example

Women 60 years of age and older are invited to compete in the

9th Annual

Ms. Havasu Senior Pageant

September 13, 2015

Applications are available now at Havasu Community Health Foundation or online at

havasucommunityhealth.org



Proceeds benefit Havasu Community Health Foundation, a 501(c)(3) public charity.

The event will support health screening and educational programs provided throughout the year.

A program of:



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

The winning contestant will be able to name a local charity to receive \$1,000 from the Pageant Proceeds

Ms. Havasu Senior

To honor
women
of sixty years
of age and older
who have a world
of experience.

Inspiring lives by example

9th Annual Ms. Havasu Senior Pageant September 13, 2015

London Bridge Resort
Convention Center
1477 Queens Bay



Preview Silent Auction Items at 12:00
Pageant begins at 1:00 pm

The afternoon includes
Entertainment
Silent Auction
Raffle
Refreshments

Cost: \$10.00 Standard Seating
or \$35 Premium Seating

Reservations are available now at
Havasu Community Health Foundation, or online at
havasucommunityhealth.org

A program of:



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2126 McCulloch Blvd,
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P O Box 1410
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86405

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

Proceeds benefit Havasu Community Health Foundation and make possible
the health screening and educational programs provided throughout the year.
We are a 501(c)(3) public charity - Taxpayer ID 20-1839858

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

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

Mall to: P O Box 1410
Lake Havasu City, AZ
86405
Phone: (928) 453-8190
Fax: (928) 453-8236

Community Health Fair



Saturday, October 17, 2015
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
Vitamin D	\$40.00	
TSDH-Thyroid	\$35.00	
Comprehensive Metabolic Panel	\$20.00	
Lipid Panel	\$25.00	
Total	\$135.00	\$100.00
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 — 17th 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



CANCER ASSOCIATION OF HAVASU

Carol Ferrell
Chairperson

Donna Jones
Secretary

Rose Marie Eaton
Treasurer

Crystal Alger
Rebecca Anderson
Kathy Jo Baumer
Carole Cathcart
Bonnie Cissell
Evie Cistaro
Marcia Gaskill
Mickey Harris
Heidi Lyster
Kathy McAndrew
Karen Morrison
Arlene Polster

Under the umbrella of:

HAVASU COMMUNITY HEALTH FOUNDATION



2126 McCulloch Blvd, #7
Lake Havasu City, AZ 86403

Supported by
**Soroptimists
Of
Havasu**



2015 - 17th Annual Breast Cancer Awareness Walk & Fun Run

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



*Cancer
Association
Of
Havasu*

**Saturday, October 17, 2015
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

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		

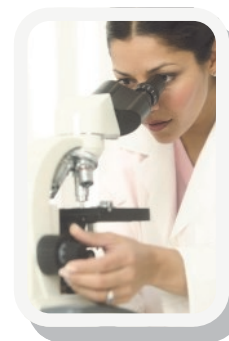
Other

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 (beginning October, 2015)

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

4:30 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. The April sessions will be held at the Havasu Regional Medical Center Learning Center. All sessions are free and open to the public.

Coming Events



August 8

Havasu Stick'em—8:00 AM --Noon

Community Swim Day—Noon—4:00 PM
Community/Aquatic Center

September 13

Ms. Havasu Senior Pageant

See website or call 855-5000 for tickets or for more information

October 17

Breast Cancer Awareness Walk—see website
or call 855-5000 to register or for more information

Community Health Fair 8:00 AM—Noon
Community/Aquatic Center

November 18

Cancer Association Fashion Show—watch
HCHF website for details

December 5

Jingle Bell Walk/Run—watch HCHF website
for details

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



Lemony Grilled Potato Salad—David Bonom, Cooking Light

Ingredients:

2 pounds small Yukon gold potatoes
3 tbsp. extra-virgin olive oil, divided
1 small red onion, but into 1/2" slices
1 red bell pepper, but in half and seeded
Cooking spray

3 tbsp. chopped fresh basil
2 tbsp. chopped fresh chives
3 tbsp. fresh lemon juice
1 tsp capers
3/4 tsp salt
1/4 tsp freshly ground black pepper

Preparation:

1. Preheat grill to medium-high heat.
2. Boil potatoes in large saucepan until tender drain. Cool slightly. Cut in half. Combine with 2 tsp. oil in large bowl and toss well to coat.
3. Brush onion and bell pepper with 1 tsp oil. Place potatoes, onion and pepper on a grill rack coated with cooking spray. Grill 5 minutes on each side. Remove from grill, cool slightly and cut pepper into thin strips and onion slices into quarters.
4. Combine remaining 2 tbsp. olive oil, basil, and remaining ingredients in a large bowl, stirring with a whisk. Add vegetables to bowl; toss to coat.



Thoughts from our President, Jeanie Morgan

Change always makes me reflect on what is really important. When I move, I get rid of accumulated stuff. Stuff that I no longer need, or no longer is fashionable. Stuff that once had sentimental value, but about which I no longer have a story to tell.



There have been lots of changes in healthcare in my lifetime. I can remember when our family doctor made house calls, and told my mom what to do to take care of me. Unfortunately, I also remember classmates who returned to school following prolonged absences with permanent paralysis due to polio. Some never came back because they lost their lives to that horrific disease. I remember standing in long lines to get the vaccine when it was first available. Today, too many parents choose not to immunize their children. They fear the immunization more than they fear the disease. Some of us who do remember need to tell our stories about what the polio epidemic in our country was like.

On Saturday, August 8, Kiwanis, Rotary, Havasu Community Health Foundation, Mohave County Health Department, local medical professionals and many other volunteers will unite to collaboratively offer free safety helmets, immunizations, screenings, and sports physicals to benefit local youth at the 10th annual Havasu Stick'em. See page three of this newsletter for more information.

I have the opportunity to be part of a community that works together to make a positive difference in the health of our youth. This is one thing I hope never changes. It's important.

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:

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: \$ _____
Please make your check payable to:

HCHF
(Havasu 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 _____