

RED CLIFF COMMUNITY HEALTH CENTER NEWSLETTER

MAY 2010

Not Just a Cold

What is RSV anyway?

RSV (Respiratory Syncytial Virus) is a virus that causes infections in the lungs and respiratory tract. It's so common that most kids have been infected with it by age two. RSV can also infect adults.

In adults and older, healthy children, the symptoms of RSV are mild and may look like a common cold. However, in premature babies and infants with health conditions, respiratory syncytial virus can be severe. It can also be serious for older adults and people with lung diseases.

How do I recognize RSV? Is it serious?

Signs and symptoms of RSV appear around four to six days after exposure to the virus. In adults and healthy kids, symptoms of the virus may include:

- Congested or runny nose
- Dry cough
- Low-grade fever
- Sore throat
- Mild headache
- A general feeling of discomfort (malaise)

In severe cases, RSV may lead to a lower respiratory tract infection or bronchiolitis. Severe signs and symptoms of the virus may be:

- High fever
- Severe cough
- Wheezing (a high-pitched noise usually heard while exhaling)
- Rapid breathing or difficulty breathing (the child may breathe easier if sitting up instead of lying down)
- Bluish color of skin due to lack of oxygen.

Most children and adults recover from RSV in eight to 15 days. However, young babies, premature babies, or children or adults with heart or lung problems may be effected more severely and require hospitalization. Occasionally, RSV can be life threatening.

How does someone get RSV?

RSV enters your body through your eyes, nose or mouth. It spreads through secretions (like those from coughing or sneezing) and are inhaled or passed onto others through direct contact, such as kissing or shaking hands. Also, the virus can live for hours on countertops and toys and can spread after touching a contaminated object.

An infected person is **most** contagious during the first few days after being infected, but the RSV can spread for up to a few weeks after the start of infection.

Most cases of respiratory syncytial virus aren't life-threatening. However, you should still see a doctor for a child, older adult or other high-risk person who experiences signs and symptoms. Seek im-

mediate attention if your child has trouble breathing, turns blue or runs a high fever.

How is RSV treated?

Tests may include lab tests and X-rays. Treatment may include antibiotics or over-the-counter medications such as acetaminophen (Tylenol, others) or ibuprofen (Advil, others), depending on your child's age. Over-the-counter medicines reduce the fever, but won't make the infection go away.

There is no vaccination to prevent RSV. The best prevention includes:

- Frequent hand washing
- Avoid exposure
- Keep kitchens and bathrooms clean, especially if someone in your family is sick.
- Don't share drinking glasses with other.
- Don't smoke (infants exposed to secondhand smoke have a higher risk of contracting RSV)
- Wash toys regularly.

And, please, if your child is ill with respiratory syncytial virus, keep him or her at home, so others are not exposed to the virus.

Information for this article comes from the Mayo Clinic Founda-



Ten Tips for Better Sleep

It's important to make an overall commitment to healthy, restorative sleep. Here are some tips from the Better Sleep Council for maintaining a healthy sleep cycle and ensuring the best night's rest:

- ☞ **Make sleep a priority** by keeping a consistent sleep (bedtime) and wake schedule, including weekends.
- ☞ **Create a bedtime routine that is relaxing.** Experts recommend reading a book, listening to soothing music or soaking in a hot bath.
- ☞ Transform your bedroom into a haven of comfort. **Create a room that is dark, quiet, comfortable and cool** for the best



possible sleep.

- ☞ **Evaluate your mattress and pillow to ensure proper comfort and support.** If your mattress is five to seven years old, it may be time for a new one. In general, pillows should be replaced every year.
- ☞ **Keep work materials, computers and televisions out of the bedroom;** it should be used for sleep and sex only.
- ☞ **Exercise regularly,** but complete workouts at least two hours before bedtime.
- ☞ **If you sleep with a partner,**

your mattress should allow each of you enough space to move easily. Couples who've been sleeping on a "double" (full size) may think they have enough room, until they learn that each person has only as much sleeping space as a baby's crib!

- ☞ **Avoid nicotine** (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- ☞ **Avoid caffeine and alcohol** (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- ☞ **Finish eating at least two to three hours before bedtime.**

Source: *The Better Sleep Council*

10 WAYS YOU CAN PROTECT YOUR JOINTS

Osteoarthritis (OA) is the most common form of arthritis, with nearly 27 million Americans living with it today. No longer considered just a consequence of aging, researchers now have several candidates when looking for a cause: musculoskeletal defects, genetic defects, obesity, or injury and overuse.

While you may not be able to control a genetic trait or knock knees, there are some definite actions you can take to protect your joints and help prevent OA.

1. **Maintain your ideal body weight.** The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.
2. **Move your body.** Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage. We can help you get started on an exercise program that works for you.
3. **Stand up straight.** Good posture protects the joints in your neck, back, hips and knees.
4. **Use the big joints.** When lifting or carrying, use largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.
5. **Pace yourself.** Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.



6. **Listen to your body.** If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.
7. **Don't be static.** Changing positions regularly will decrease the stiffness in your muscles and joints.
8. **Forget the weekend warrior.** Don't engage in activities for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.
9. **Wear proper safety equipment.** Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.
10. **Ask for help.** Don't try to do a job that is too big for you to handle. Get another pair of hands to help out.

2010 Red Cliff Walking Club



Sign up

Tuesday, May 11th

Wednesday, May 12th

8:30 am to 12:00 pm

Red Cliff Health Center

*We will be doing heights, weights, blood sugars, hemoglobins,
blood pressures and cholesterol screenings.*

*In Honor of Women's Health Week in May,
all women signing up for the walking club
will receive a gift.*

For more information contact:
Janet Hillert at the Health Center
715-779-3707 ext 232

Red Cliff Elderly Program Happenings—MAY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>*Lunch and Learning sessions will occur during congregate meal time. It's a short resource and education session conducted by various programs.</p> <p>*A Helping of Health is in collaboration with RC Clinic on monthly health topics, blood pressure checks, etc. Clinic staff will be available during lunch hour</p> <p>*Strong for Life sponsored by the Injury Prevention committee and RC Clinic.</p>			1 Area GARAGE Sale shopping (Red Cliff-Ashland)
2	3	4	5	6	7	8
Elderly Steering Bingo @ IVC			*Strong for Life--elder fitness 10a.m Back Dayroom Transportation Fundraising: <i>Bingo Concessions</i>	6 *LUNCH & LEARNING at Elderly Nutrition Center: <u>Frank Montano</u> , flute/music 11:30 Rx pick-ups @ RC Clinic	Elder Shopping	
9	10	11	12	13	14	15
		Elderly Steering Meeting 1:30 Back Dayroom	*Strong for Life--elder fitness 10a.m Back Dayroom Transportation Fundraising: <i>Bingo Concessions</i>	Tribal Holiday	Silent Auction @ Elderly Nutrition Center Proceeds for program incentives	Elder BINGO Trip: BLACK BEAR, Cloquet MN
16	17	18	19	20	21	22
			*Strong for Life--elder fitness 10a.m Back Dayroom Transportation Fundraising: <i>Bingo Concessions</i> * A Helping of Health at Elderly Nutrition Center	Rx pick-ups @ RC Clinic	Elder Shopping	
23	24	25	26	27	28	29
			*Strong for Life--elder fitness 10a.m Back Dayroom Transportation Fundraising: <i>Bingo Concessions</i>	Rx pick-ups @ RC Clinic Birthday Day! BINGO! @ Elderly Nutrition Center Northern Lights Nursing Home Visit, depart @ 1:30	KIDS vs Elders Game Day @ Elderly Nutrition Center, 11:00--? LUNCH PROVIDED	
30	31					
	Tribal Holiday					

For info, please call BRUCE TOPPING @ 209-6892



Red Cliff Elderly Nutrition Program

MAY 2010 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3 OATMEAL Hard Boiled Eggs Sausage Patty Orange Wedges Tropical Fruit Cup</p>	<p>4 HAMBURGER HOTDISH Corn Garlic Bread Mandarin Oranges Cookie</p>	<p>5 FISH SANDWICH Sweet Potato Fries Cole Slaw Pears Ice Cream Cup</p>	<p>6 BOILED DINNER (Ham, Potato, Carrots, Celery, Onions, Cabbage) Dinner Roll Peaches Pudding</p>
<p>10 SCRAMBLED EGGS Bacon Hashbrowns Apple Juice Tapioca Pudding</p>	<p>11 CUBED CHICKEN GRAVY Rice Carrots Plum Halves Strawberry Shortcake</p>	<p>12 MEATBALLS & PASTA Garden Salad Pineapple Slices Garlic Bread Brownie</p>	<p>13 NO MEAL Indian Day Tribal Holiday</p>
<p>17 PANCAKES Sausage Links Orange Juice Banana Oatmeal Cookie</p>	<p>18 PORK ROAST Mashed Potatoes Corn Apple Sauce Jell-O</p>	<p>19 B.L.T WRAP (Bacon, Lettuce, Tomato, Mayo, Wrapped in Tortilla) Baked Layers Apricot Halves</p>	<p>20 CHICKEN STRIPS Onion Rings Cauliflower & Cheese Apple Slices Cookie</p>
<p>24 BREAKFAST BURRITO'S (Ham, Eggs, Cheese, Green Pepper, Tortilla) Potato Rounds Banana Pudding</p>	<p>25 TURKEY & CHEESE On Wheat Bread Broccoli Cuts, Baby Carrots, Dip Tropical Fruit Cup Cookie</p>	<p>26 SPARE RIBS Sour Kraut Boiled Potato Green Beans Peaches Jell-O</p>	<p>27 NACHO PLATES (Seasoned Hamburger, Nachos Cheese, Lettuce, Tomatoes, Chips) Pineapple Chunks Ice Cream Cup</p>
<p>31 NO MEAL Memorial Day Tribal Holiday</p>	<p>HAPPY-HAPPY MOTHER'S DAY! (Sunday, May 9th)</p>	<p>Menu's Are Subject To Change Without Notice! Portions Provide 33 1/3% of Daily Recommended Elder Allowance</p>	<p>CANCELLATIONS Can Be Heard On: WATW am 1400 WJH fm 96.7 WBSZ fm 93.3 WNXR fm 107.3</p>

High Blood Pressure Fact Sheet

What is High Blood Pressure?

- A blood pressure level of 140/90 or higher is considered high.
- About two-thirds of people over age 65 have high blood pressure.
- If your blood pressure is between 120/80 and 139/89, then you may have prehypertension. This means that you don't have high blood pressure now, but you are likely to develop it in the future unless you adopt a healthy lifestyle.

High Blood Pressure Can Cause:

- Heart Attack
- Stroke
- Kidney Damage
- Heart Failure
- Damage to Eyes

Blood Pressure Categories for Adults Age 18 and Older

Category*	Systolic Pressure		Diastolic Pressure	How often to have blood pressure rechecked
Healthy	less than 120	and	less than 80	Recheck yearly
Elevated	120-139	or	80-89	Recheck every 6 months
High	140-159	or	90-99	Recheck within 1 month. If still high, seek medical care within 1 month.
	160-179	or	100-109	Seek medical care within 1 month
	180 or higher	or	110 or higher	Seek medical care immediately. If immediate access to a health care provider is not possible, call 911.
* If systolic and diastolic blood pressure fall into different categories, the higher category is used to classify blood pressure.				

If you are taking medicine for high blood pressure, your doctor may recommend a different schedule of visits.

(Con't from last page)

Lifestyle Changes That May Prevent or Reduce High Blood Pressure

If your blood pressure is normal, you may be able to prevent high blood pressure and its complications by making simple lifestyle changes.

- Stop smoking and avoid secondhand smoke.
- Lose weight if you are overweight.
- Women should limit their alcohol intake (beer, wine or mixed drink) to one drink per day, and men to two drinks a day.
- Exercise moderately 30 to 45 minutes most days of the week. Your breathing and heartbeat should be faster than usual but you should be able to talk easily.
- Reduce salt intake to 2,300 milligrams per day (about 1 teaspoon) - this includes the salt in processed foods and what you add at the table.
- Eat at least 2 cups of fruits and 2 1/2 cups of vegetables each day.

Treatment for High Blood Pressure

If you have high blood pressure, you should be under regular medical care. Your health care provider may suggest lifestyle changes that can help lower blood pressure. He or she may also use medication to treat you. Talk about which drug or drugs are best.

- Ask your doctor or pharmacist about the prescribed medication.
- Do not reduce the dose or stop taking the medicine without talking to your doctor.
- Take medicine exactly as prescribed.

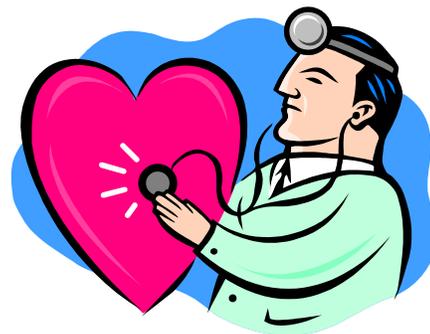
Lower Your Risk

Lifestyle changes can prevent or reduce high blood pressure.

- ♥ Stop smoking
- ♥ Lose weight if overweight
- ♥ Limit alcohol intake
- ♥ Exercise moderately most days of the week
- ♥ Reduce salt intake
- ♥ Eat more fruits and vegetables
- ♥ Lower high blood cholesterol
- ♥ Control diabetes

High Blood Pressure Treatment Plan

- ♥ Team up with a health care provider
- ♥ Ask questions
- ♥ Agree on a blood pressure goal
- ♥ Develop a treatment plan
- ♥ Set a timetable



MAY IS CLEAN AIR MONTH

How To Know If There Is A Problem

Indoor air can be polluted enough pollution to harm the health of people living or working there. Concerned that the air in your home or workplace may be harming your health or someone else's? Do a little digging to find the likely culprit. Walk through the building and ask a few questions to discover if the indoor air is causing a problem.

In your home

Do health symptoms improve when you leave the building? Do they return when you come back into the building? If so, you may have an indoor air pollution problem and should explore the following potential sources.

- ⇒ Is anyone smoking indoors? No one should smoke indoors.
- ⇒ Can you see or smell mold or mildew?
- ⇒ Is the humidity regularly above 50 percent?
- ⇒ Are there leaks or standing water anywhere (kitchen, basement, attic)?
- ⇒ Are all fuel-burning appliances (gas stoves, water heaters, fireplaces) fully vented to the outdoors?
- ⇒ Is there an attached garage or basement where cars, lawnmowers or motorcycles are stored?
- ⇒ Are household chemicals, paints or solvents stored indoors or in an attached garage or basement?

- ⇒ Have you recently remodeled or added new furniture, carpeting or painted?
- ⇒ Do you use odor-masking chemicals or "air-freshening" devices?
- ⇒ Has kitchen or food garbage been covered and removed?
- ⇒ Have you used pesticides recently?
- ⇒ Have you tested your home for radon? Although radon doesn't cause noticeable, physical symptoms, you should test your home for this dangerous substance.



Trees are the lungs of the planet. They breathe in carbon dioxide and breathe out oxygen.

In your workplace

Do health symptoms improve when you leave the building? Do they return when you come back into the building? If so, you may have an indoor air pollution problem and should explore the following potential sources.

- ⇒ Are there machines indoors that could be emitting odors, particles or chemicals, including copiers or printers?
- ⇒ Are there chemicals used in the work that emit odors, particles or gases? Are the

emissions properly controlled and/or exhausted to the outside?

- ⇒ Have you recently remodeled or added new furniture, carpeting or painted?
- ⇒ Has anyone brought in materials or products that give off odors, gases or particles, such as sprays, perfumes or fragrances?
- ⇒ Has food been stored in the kitchen or other areas of the workplace?
- ⇒ Has kitchen or food garbage been removed?
- ⇒ Are there outside sources of odors or chemicals coming indoors, such as vehicle exhaust, roofing materials or dust from construction?
- ⇒ Are heating, air conditioning and ventilation systems working properly and well maintained? Are they sized properly for the space? Are vents or grilles blocked?
- ⇒ Is anyone smoking indoors? No one should smoke indoors.
- ⇒ Can you see or smell mold or mildew?
- ⇒ Is the humidity regularly above 50 percent?
- ⇒ Are there leaks or standing water anywhere?

Source: American Lung Association

Skin Cancer Prevention

While certain skin conditions, such as eczema or psoriasis, are not preventable, **there really are things you can do to prevent skin cancer**, such as taking the following precautions:

- Avoid unnecessary sun exposure, especially during the sun's peak hours (10 a.m to 2 p.m)
- Avoid tanning beds - opt instead for "paint-on" tans.
- Seek the shade

- Wear long-sleeved shirts and pants, hats, newer sun-resistant fabrics
- Wear UV blocking sunglasses
- Wear a broad-spectrum sunscreen with a sun protection factor (SPF) 30 or higher (zinc oxide sunscreen reflects both



UVA and UVB light)

- Examine your skin head-to-toe every month
- Have a professional skin examination annually

Source:
SMDC Medical Center
Duluth Clinic

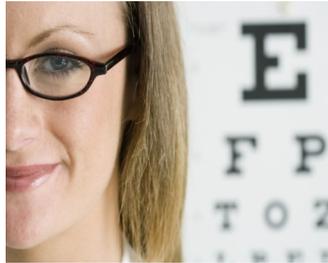
EYE CARE

Taking care of your eyes and getting regular examinations can prevent many leading causes of blindness. Learn what you can do to preserve your sight at any stage in life.

Many eye disease and disorders become more common as we age. Advances in ophthalmology allow most people to maintain good vision as they grow older. Many eye problems can be prevented or corrected if detected in their early stages.

Regular eye examinations by an ophthalmologist (Eye M.D.) are the best way to detect eye conditions early, while they can be treated.

Protect Your Eyes From The Sun



Like your skin, your eyes never forget UV exposure. Studies show that exposure to bright sunlight may increase the risk of developing **cataracts** and **age-related macular degeneration (AMD)**, both leading causes of vision loss among older adults. UV exposure, wind and dust can also cause pterygia, benign growths on the eye's surface.

Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.

Prevent Eye Injuries

More than one million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear (with "ANSI Z87.1" marked on the lens or frame. This means the glasses, goggles, or face shield meets the American National Standards Institute ANSI Z87.1 Safety standards).

Remember to shield your eyes appropriately when playing sports and during common household tasks such as working with chemicals, mowing the lawn, and working on your car.

Helping Children Grow Up Healthy - Mind and Body

It is easy for parents to identify a child's physical needs-nutritious and balanced meals; adequate shelter and clothing; sufficient rest and physical activity; immunizations; and a healthy living environment.

However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially, learn new skills, build self-esteem, and develop a positive mental outlook.

These are the basics for a child's good mental health:

- * **Give children unconditional love.** Children need to know that your love does not depend on their accomplishments.
- * **Nurture children's confidence and self-esteem.** Praise and encourage them. Set realistic goals for them. Be honest about your mistakes. Avoid sarcasm.
- * **Encourage children to play.** Play time is as important to a child's development as food. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with

others.

- * **Enroll children in an after school activity, especially if they are otherwise home alone after school.** This is a great way for kids to stay productive, learn something new, gain self-esteem and have something to look forward to during the week. Or check in on children after school



if they are home alone. Children need to know that even if you're not there physically, you're thinking about them, and interested in how they spent their day and how they'll spend the rest of it.

- * **Provide a safe and secure environ-**

ment. Fear can be very real for a child. Try to find out what is frightening him or her.

Be loving, patient and reassuring, not critical.

- * **Give appropriate guidance and discipline when necessary.** Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn self-control.
- * **Communicate.** Make time each day after work and school to listen to your children and talk with them about what is happening in their lives. Share emotions and feelings with your children.
- * **Get help.** If you're concerned about your child's mental health, consult with teachers, a guidance counselor or another adult who may have information about his or her behavior. If you think there is a problem, seek professional help. Identification and treatment can help children with mental health problems reach their full potential.

Source: Mental Health America

Teen Pregnancy: Tips on Prevention for Parents of Teens

According to the CDC, the rates of teen pregnancy may be on their way back up after falling for the last 15 years. Here are some tips you can use with your family to prevent teen pregnancy:

- ⇒ **Discourage early, steady dating.** Encourage friendship and group activities. Some kids have boyfriends/girlfriends just because they are bored. Get you teen out and about with a youth group, organized sport, hobby, etc. Three of four girls and over half of boys report that girls who have sex do so because their boyfriends want them to. Help them make a plan to get out of situations before they are in them. Make a plan on how to walk away from someone who may be pressuring them to have sex. Make another on how to stop when they are feeling sexually charged. Let's face it, out teens have hormones, and they are



hard to deal with, so give them the words to use.

⇒ **Talk with you teen early and often about sex, contraception, your morals and values.** The primary reason that teenage girls who have never had intercourse give for abstaining from sex is that having sex

would be against their religious or moral values. Teens are influenced by what you do more than by what you say. If you demonstrate responsibility in your own relationships, they will be more likely to do the same in their own.

- ⇒ **Make their future attractive by teaching your teen to dream.** Tell them they have the

capability to be whatever they want to be...the sky is the limit! Send away for college catalogs by the time they are 15. Do everything to make their future look brighter than being a mommy or daddy at the age of 17. Whether they're having sex or not, they need to be prepared, they need to know how to avoid pregnancy. Parents rate high among many teens as trustworthy and preferred information sources on birth control. One in two teens say they "trust" their parents most for reliable and complete information about birth control, only 12 percent say a friend.

- ⇒ **Use those good old fashioned rules and curfews.** Your teen may be telling you that you are the only parent that does, or you may be the only parent that doesn't, so be it. The best way to show you love your teen is to establish the limits and enforce them.

General Safety in the Home

Prevent fire injuries and burns

- Create and practice a fire escape plan with two ways out of every room.
- Install working smoke alarms and CO detectors in every level of your home, in each bedroom and outside every sleeping area. Test the alarms every month and replace the batteries once a year.
- Keep matches, lighters, candles, and heat sources out of reach.
- Store appliances and electrical devices properly.
- Keep electrical cords in good condition.
- Don't overload outlets and use covers when they're not in use.
- Set your water heater temperature at 120 degrees.



Prevent choking, suffocation and

strangulation

- Use cordless window products, if possible. If not, cut the cords short, eliminating the loops and tie them up high to keep them out of reach.
- Eliminate openings more than 3 1/2 inches in stair railings, balconies and furniture.
- Get down on your hands and check for small objects. Keep rooms free of small parts that can fit into a small parts tester or toilet paper tube.

Prevent serious falls

- Install hardware-mounted gates at the top

and bottom of the stairs.

- Use stationary play centers instead of baby walkers with wheels.
 - Keep hallways and stairways well-lit and free of clutter.
 - Tack down rugs and runners.
 - Install window guards or stops on all windows not designated as emergency exits, to prevent them from opening more than 4 inches wide.
- Be prepared for emergencies
- Place all emergency numbers by every phone. Include the Poison Control Center's number: 1-800-222-1222.
 - Learn First Aid and CPR.
 - Sign up for recall notices at www.cpsc.gov

Source: *Safe Kids USA*

Healthy Aging - Emotional and Mental Vitality

Emotional and mental vitality are closely tied to physical vitality—just as your mind has powerful effects on your body, so your physical state affects how you feel and think. Social contact can also make a big difference in how you feel.

Replacing a “lost” activity is a key to staying active and feeling good about yourself. For instance, if you can no longer run, you might try walking, biking, and/or swimming. And if your favorite activity was dancing, you might try something else that combines social and physical activity, such as joining a water aerobics class. Replacing lost activities can help you keep a positive attitude and sense of well-being over time, even if aging and changes in your health mean you can not do all the things you used to do.

Physical Activity. Protect or improve your emotional and cognitive health with regular physical activity. While physical activity produces chemicals in the body that promote emotional well-being, inactivity can make depression, anxiety, and stress worse. For example, one study suggests that older women who walk regularly have more mental sharpness than those who don't. Another study showed that regular physical activity 3 or more times a week delayed the beginning of dementia and Alzheimer's disease.

Social activity. Protect or improve your emotional health by staying in touch with friends, family, and the greater community. Whether physically healthy or ill, people who feel connected to others are more likely to thrive than those who are socially isolated. Volunteering in your community and sharing your wisdom and talents with others is a gratifying and meaningful way to enrich your life. In fact, older adults who regularly volunteer even a small amount of time generally have a greater sense of well-being than those who don't.

Mental activity. Protect or improve your memory and mental sharpness by:

- Challenging your intellect on a daily basis. Read, learn a new musical instrument or language, do crossword puzzles, play games of strategy with others. Just like an active body, an active brain continues to develop and thrive, while an inac-

tive brain loses its power over time.

- Helping your memory along. Write down dates, names and other important information that you easily forget. Use routine and repetition. For example, keep daily items such as keys and eyeglasses in a specific place. And when you learn a new name, repeat it out loud in conversation or to yourself several times to commit it to memory. (no matter what your age, having too much on your mind can interfere with your memory of new information. And as you age, it is normal to take longer to retrieve new information from your memory bank.)
- Preventing depression, which is a common yet treatable cause of cognitive decline in older people. In addition to getting regular physical activity and social contact, avoid the depressant effect of alcohol and sedative use, eat healthy meals and snacks, and include meaningful activity in your daily life (such as learning, creating, working, volunteering). If you think you have depression, seek professional help—antidepressant medicine and/or counseling are effective treatments for depression. If you find that a physical condition or disability is making your depressed mood worse, get the medical treatment you need.
- Not smoking. Cigarette smoking may speed mental decline. This connection was recently identified in a large study comparing smokers and nonsmokers age 65 and over. If you smoke and would like to stop, contact your local Wisconsin Tobacco QuitLine at toll free 1-800-784-8669.



Too much life stress can take a toll on your body, your mind, and the people who are closest to you. In addition to getting regular physical activity, you can take change of how stress affects you by taking 20 minutes a day for relaxation time.

- Meditation focuses your attention and helps calm both mind and body. Daily meditation is used for managing a spectrum of physical and emotional conditions, including high blood pressure, anxiety, depression, and chronic pain.
- The body responds to stress with muscle tension, which can cause pain or discomfort. Progressive muscle relaxation reduces muscle tension and general anxiety and may help you get to sleep.
- The way you breathe affects your whole body. Try breathing exercises for relaxation. Full, deep breathing is a good way to reduce tension, feel relaxed, and reduce stress.

Positive thinking. Positive thinking may help you live a longer, happier life. But even if you tend to be an optimist, there are times when it takes extra effort to frame your life positively. Take the following steps to harness the power of positive thinking in your daily life.

- Create positive expectations of yourself, your health, and life in general. When you catch yourself using negative self-talk or predicting a bad outcome, stop. Reframe your thought into a positive one, and speak it out loud or write it down. This type of thinking can help you best recover from surgery, cancer, and other life crises.
- Open yourself to humor, if it suits you. Whether it be through your faith in a loving, all-powerful God or your connection with nature or a collective unconscious, your sense of spiritual wellness can help you through personal trials and enhance your joy in living.

Stress reduction and relaxation techniques.

SPRING CLEAN UP

*Sponsored by the Red Cliff Environmental Program, Housing Authority,
Health and Tribal Administration*

**MAY 11-16, 2010 TRANSFER STATION
8:00am-6:00pm**

**THE FOLLOWING ITEMS DO NOT GO INTO THE OPEN TOP DUMPSTER
THESE ITEMS SHOULD BE PLACED IN THE APPROPRIATE AREA OR
BIN;**

Appliances

Waste Oil

Yard Waste

Fluorescent light bulbs

Recyclables or Metals

Televisions and computer equipment

Household batteries

Lead Acid Batteries

Tires

Medical Waste (we do not handle)

DISCOUNTED FEES DURING SPRING CLEAN UP

for the disposal of the following items;

Appliances \$5 Refrigerators and freezers \$10

TVs, computers and computer equipment \$5

Tires \$1

OTHER INFORMATION:

**Empty, air dried paint cans
and empty small
(barbecue) propane tanks are
accepted**

NOTE:

**Black or other non-clear garbage bags will not be accepted
at the Transfer Station. Recyclable items (paper and cardboard, aluminum cans, bimetal cans, glass, plastic) must go in the recycling bins, not the compactor.**

***LET'S KEEP OUR MOTHER EARTH AND HER STREAMS AND RIVERS CLEAN!!!
TAKE PRIDE AND VOLUNTEER IN OUR COMMUNITY CLEAN UP EVENT!!!***

Earn NEST points by attending!



Mommy loves me, and she breastfeeds!

Breastfeeding Support Group!

Mark the dates on your calendar.

Where: Red Cliff Health Center

*When: Mondays, May 10, 10-12 Noon, and
May 24th, 1-3 PM*

Refreshments provided!

Sponsored by the Honoring Our Children Project

Akina Inniniwag Mamawimin



“All Men Gather”

Come with your ideas and concerns.
Make a difference in **your** families and
community.

What: An intergenerational men’s group

When: Thursdays, May 6th and 20th, 6-8 PM

Where: Elderly Nutrition Center

Refreshments provided.

FATHERS MAKE A DIFFERENCE

“Akina Inniniwag Mamawimin” Perhaps you’ve seen flyers promoting this group, and are wondering what it’s all about. It’s all about YOU!

“Akina Inniniwag Mamawimin” is “All Men Gather.” We have heard your voice, and hear that the men in this community want to be role models for their children, show love and support to their families and strengthen the community. This men’s group is a venue where these things begin. By coming together with ideas and concerns, young and elder men listen and learn from each other. With the support of others, men become stronger and more sure of themselves. **You can make a difference!**

How do fathers make a difference? Look at it this way: “For the first time in our history, the average expectable experience of childhood now includes a significant amount of time living absent of one’s own father.” In 2007 it was reported that children without fathers make up 80% of adolescents in psychiatric care, 70% of juveniles in corrections and 72% of adolescent murders. Did you know that infants without a father’s name on their birth certificates are 2.3 times more likely to die in their first year?

These statistics show that fathers, and men in general, play a powerful role in the lives of families. **Fathers are an important part of their children’s lives.** And your children look up to you. They notice what you do, what you say and how you treat others. You are a role model, and may not even know it!

Akina Inniniwag Mamawimin is a great opportunity for you to come together in support of each other and your families. It’s where **voices are heard, concerns are shared and ideas are born.** The group is guided by the participants and has no agenda other than giving you the time and space to gather.

The group started as a simple way to address the need for fatherhood support within our Honoring Our Children families. A full Fatherhood Initiative is the main goal, but we are starting on a smaller scale. Norman Crazy Thunder is assisting with this. He is the facilitator for the gatherings, and has a background in working with men’s groups. He has a heart for doing this, and takes the responsibility of helping organize the meetings. He is the facilitator, but **YOU are the guiding force.**

When and where are the meetings? “Akina Inniniwag Mamawimin” meets every other Thursday. Upcoming meetings are scheduled for May 6th and 20th, from 6-8 PM, at the Elderly Nutrition Center. All men of the community are welcome to come, as we recognize that all are important to the community. And, fathers are welcome to bring their sons, because this offers a great opportunity to connect with each other.

Take advantage of this group. Work on developing or sharpening skills needed to share parenting skills, move from a biological father to a committed parent, gain knowledge from intergenerational learning. As Sitting Bull said,

**“Let us put our minds together and
see what life we can make for our children.”**

If you have questions, call the Honoring Our Children Nurse or Outreach Worker at the Red Cliff Health Center, 715-799-3707. To learn more about fatherhood and the National Fatherhood Initiative, visit www.fatherhood.org.



Click It or Ticket FACT SHEET

From the Wisconsin DOT, Division of State Patrol,
Bureau of Transportation Safety



- To increase safety belt use, law enforcement agencies throughout the state will mobilize for the national Click It or Ticket campaign from May 24 to June 6, which includes the heavily-traveled Memorial Day weekend.
- Click It or Ticket will be one of the largest coordinated law enforcement mobilizations ever in Wisconsin.
- Wisconsin's safety belt use rate is approximately 74%, which is one of the lowest in the nation and substantially lower than the national average of 84%.
- To save lives and reduce injuries, Wisconsin enacted primary safety belt enforcement in 2009, which allows officers to stop and ticket unbuckled drivers and passengers even if another violation is not observed.

Safety belts saves lives and prevent serious injuries

- Consistent safety belt use is the single most effective way to protect people from being ejected from a vehicle or being thrown around violently inside it during a crash.
- Nearly 200 lives in Wisconsin were saved by safety belts in 2008, according to the National Highway Traffic Safety Administration.

Safety belts & young motorists

- Traffic crashes are the leading cause of death nationwide for teens and young adults.
- On average, a motorist age 19 or under in Wisconsin is killed or injured in a traffic crash every hour and 12 minutes.
- Only 58 percent of drivers age

16 to 25 buckle up, which is the lowest safety belt use rate of any age group in Wisconsin.

Economic costs of not using safety belts

- Motorist who are hurt or killed in traffic crashes because they didn't buckle up create tremendous economic losses, such as medical expenses. The rest of society pays for nearly 75% of these economic losses through higher insurance premiums, taxes, and other public funding, according to the National Transportation Safety Board.
- Economic losses from traffic fatalities and injuries in Wisconsin were nearly \$2 billion in 2008, according to the 2008 Wisconsin Traffic Crash Facts report.

Wisconsin's Seat Belt Law

Any automobile sold in the state of Wisconsin must be equipped with safety belts.

All drivers of motor vehicles and all passengers over the age of four must wear safety belts.

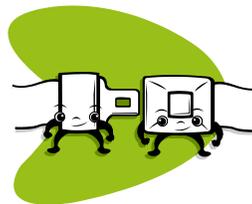
These laws apply to Wisconsin residents and non-residents alike in all front seat positions and in rear seat positions with three-point belts. Children under four are required to be restrained in an appropriate child safety restraint.

Effective June 30, 2009, Wisconsin has what is known as a primary enforcement seat belt law.

A standard, or primary enforcement seat belt law al-

lows police to stop and ticket a driver for not wearing a seat belt, just like any other routine traffic violation.

Where a primary enforcement law exists, seat belt usage is higher. States such as California and North Carolina have realized a significant increase in safety belt usage (up to 80% in North Carolina) through the combination of a primary law and an aggressive awareness and enforcement effort.



Wisconsin law provides for a fine of \$10 and no points are assigned against a person's driver record. Those subject to the penalty include drivers, drivers with unrestrained passengers 4 to 16 years old and passengers at least 16 years old.

The penalty for violating the child passenger law involving a child under the age of 4 is not less than \$30 or more than \$75. The penalty for violating the child passenger law involving a child between the ages of 4-8 is not less than \$10 or more than \$25.

WOMEN'S HEALTH FAIR

FRIDAY, MAY 21ST

1:00PM - 3:30PM

Red Cliff Bingo Hall

Salsa Making

Talking Circles

Screenings

Green Cleaning

Well Woman

Sponsored by the Red Cliff Community Health Center



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time", the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. Important steps in-

clude:

- ✦ Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week.
- ✦ Eating a nutritious diet
- ✦ Visiting a health care professional to receive regular checkups and preventive screenings.
- ✦ Avoiding risky behaviors, such as smoking and not wearing a seat belt
- ✦ Paying attention to mental health, including getting enough sleep and managing stress.

**Red Cliff Community
Health Center**

88455 Pike Road, Hwy 13
Bayfield, WI 54814

Phone: 715-779-3707
Fax: 715-779-3777

Were on the Web!
www.redcliff-nsn.gov



**AMERICAN
HUMANE**
Be Kind to Animals Week®

**CELEBRATE
AMERICAN
HUMANE'S
BE KIND TO
ANIMALS
WEEK®**

May 2-8, 2010



Learn more at
www.AmericanHumane.org

Clinic Hours

715-779-3707
Monday - Friday
8:00am to 4:30pm

Optical Hours

715-779-3707
Mondays & Wednesdays
1:00pm to 4:00pm

Pharmacy Hours

715-779-3157
Monday - Friday
9:00am to 12:00pm &
1:00pm to 4:00pm

Dental Hours

715-779-3707
Monday - Friday
Call for an appointment!

WIC DAYS FOR MAY

Thursday, May 6th - Early pickup
Wednesday, May 12th - Recertification
Friday, May 14th - Recertification
Thursday, May 20th - Late pickup

IMMUNIZATION DAY

Monday, May 17th from 1:00pm to 4:00pm