

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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Catrina's Corner

Well, times are tight for everyone. I'm sure there is a light at the end of the tunnel, but it's not in sight yet, so changes are needing to be made not only in our own personal budgets and what we choose to spend money on, but also in our case management budget. Personally speaking, I think I can cut out my morning stop to the local gas station for my 32 oz cup of caffeine. So, I may be a little groggy in the morning, but I will have saved myself \$30 each month...that's \$360 a year. Think of what I could do with all that money! So, what can you do to cut back? Budgets are strained, but there's always something you can cut back on. Maybe it's the expanded cable package, or the extra cell phone minutes, perhaps a trip to your local restaurant can be exchanged for a potluck with family or friends, maybe you'll decide to only buy sale items while grocery shopping. Whatever you decide to do remember that the money saved over the course of a year really can add up to big bucks.

On a professional note, because more and more people are finding themselves in need of extra help, we've had to tighten up the purse strings for our emergency fund. I've included a revised copy for you all to have, but let's go over it together too. Basically, the procedure for requesting help hasn't changed, but we will be asking for written denials from the agencies that have been unable to help you with your particular need as well as a mandatory shut-off notice for all utility assistance. I know sometimes this can be difficult when you are making calls to agencies who are giving you a verbal denial, but we can work on this together. Most agencies are willing to fax me something stating that they are unable to assist you. Also, because our funds need to truly be used for emergencies, we have included a minimum amount of what we will cover for you. So, for example, if you need help paying for something that will cost \$30, we feel that this amount is reasonable for you to be able to cover on your own. So, from now on, requests may not be less than \$50. Finally, please know that there is a limit to the amount of emergency assistance you can request each year, so be sure that what you are requesting is truly something that is an urgent matter and something that you absolutely can't take care of yourself.

Finally, I need to stress that we are happy to provide transportation assistance (via gas cards) for medical appointments. However, for those individuals who have Medicaid, it is crucial that you utilize either the mileage reimbursement that is offered through DHS or access their volunteer drivers. Gas cards will only be given to those people who are not Medicaid eligible or for those people to whom a volunteer driver is not available at that time. If you have any questions about accessing this service please call your DHS worker. If you have any questions or problems after talking with your worker please feel free to call me and we can discuss the problem together.

I know that this will be a time of transition for us all, so feel free to call me with any questions or comments that you might have. I'm always happy to hear from each of you.



Clinic Dates

August 28, 2009
9:00 am - 4:30 pm

September 25, 2009
9:00am - 4:30pm

October 23, 2009
9:00am - 4:30pm

November 13, 2009
9:00am - 4:30 pm



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - The "Healthy" Fats

Not all fats are bad for you. In fact, some fats are very good for you. By incorporating some of them into your diet, you can add taste, variety, and additional nutrients your body needs to your daily intake. Of course, you don't want to eat too many of these fats (only about 20-35% of your daily intake should consist of fat), but when you do choose to compliment your meal with this ingredient, use some of the tips below to choose the "healthy" ones.

Use olive oil, canola oil, sunflower oil, peanut oil, or soybean oil instead of butter, lard, or partially hydrogenated oils in cooking. These oils are rich in monounsaturated fat, low in saturated fat and trans fats, and can add flavor to any meal. A monounsaturated fat is a "good" fat primarily because it has been shown to decrease cholesterol levels in the body when used instead of saturated fat. It can also help keep your heart healthy.

Choose whipped margarine instead of butter. Whipped margarine is typically low in saturated fat due to

the blend of healthy oils they consist of; however, some do contain trans fats. It is important to check the food label and find a spread that has neither saturated or trans fats listed.

Eat more fish! Fish is rich in docosahexaenoic acid (DHA), a fatty-acid found throughout the human body, especially in the brain and eyes. It is abundantly rich in tuna, salmon, trout, mackerel, and sardines. Algal oil and organ meats are also great sources of this "good" fat. Eating 2 servings of fatty fish per week has been linked to cardiovascular benefits while other research has shown possible associations between DHA consumption and a decrease in dementia risk, age-related macular degeneration, prostate cancer, and cognitive function. Fish also serves as a great source of protein and other micronutrients while adding variety to your diet.

Try adding flaxseed or walnuts to your snacks. These foods are rich in ALA, another "good" fat. Alpha-linolenic acid (ALA) is converted to DHA in the body in small amounts

and therefore also benefits the body. Yogurt is just one good snack item that walnuts or flaxseed would compliment.

Add a handful of almonds to your diet! Just like the oils listed above, almonds are rich in monounsaturated fats. Almonds are also highly rich in vitamin E, magnesium, fiber, and protein. Together, these promote satiety, improve heart health, help repair tissue in the body, benefit the digestive tract, and help keep bones strong.

Instead of eating beef or pork for every meal, try replacing these meat items a couple times a week with chicken, turkey, or venison. Beef and pork (aka the red meats) are pretty high in saturated fat and cholesterol while chicken, turkey, and venison (aka the white meats) contain very little.

This month's recipe is just one example of a "good" fat meal. Try it once and I'm sure you'll be "hooked"!



Support Group

August 17, 2009 Cooking with Kati

* location change

Sept 28, 2009 Dr. Peter Gulick

* date and location change

Oct. 19, 2009 To Be Announced

Nov. 16, 2009 Cooking with Kati

* location change

Dec. 14, 2009 To Be Announced

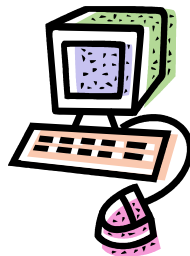
*date change

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com

www.cmdhd.org



Questions? Comments? Concerns?

Contact:

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