

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

December 2010

Volume III, Issue 11

MARY'S MUSINGS

I am Dr. Gulick's nurse, Mary Boudreau, and I want to wish everyone Happy Holidays and a great New Year. I have worked with Dr. Gulick for over 16 years, first as a case manager at the Lansing Area AIDS Network and now as a nurse both in Harrison and in Lansing. It is truly an honor to work with people with HIV, and Dr. Gulick and I really love the people we have met in the Harrison clinic.

One of the things we really love and are excited about is the way everyone's health is looking up with the help of better care and excellent medications. We have seen a complete turn around in the life expectancies of people and excellent promise for the future. However, meds are not the complete answer, so I invite you to explore how you can have a healthier, happier New Year. Take some "baby steps" now and reap the rewards all year long:

1. Exercise! I often hear people (and me) make excuses, but the reality is that our bodies are so important to our overall outlook on life. We should all get at least 150 minutes of exercise a week. If you can't start out running for hours, at least start out by taking 5 to 10 minute little fast walks and do them several times a day. Do you sit during the day or evening watching TV? Exercise while you do it. No time? Make some. I was inspired by the Chilean miner who ran in the caves underground and then ran the New York marathons. I have no more excuses!
2. Eat right! Start out by eating 5 fruits and vegetables a day. Stay away from the canned ones, as they add a lot of salt and sugar and that's not too healthy. Then drink 8 glasses of water a day. You will be surprised how good you feel!
3. Smoking sends your health up in smoke! It's time to truly make that commitment. I'm celebrating my 22nd year smoke free, and I know it truly saved my life. Someone came in to the clinic the other day and said he'd already saved \$180 from quitting smoking. My sister bought 2 full length fur coats with the money she saved. Please stop paying someone to kill you! We can offer some meds to help, and calling 1-800-480-QUIT can also help. Have a great new year! Mary

Clinic Dates

December 17, 2010
8:30am - 4:30pm

February 4, 2011
8:30am - 4:30pm

February 25, 2011
8:30am - 4:30pm



Our office will be closed Dec. 24th -
Jan 3rd to celebrate the holiday.

Catrina's Corner

I hope everyone had a relaxing Thanksgiving day spent with family and friends. Now it's time to begin focusing on the holiday season. We're planning a holiday party for December 13th. We will be providing the dinner so all you need to do is RSVP and come ready to share some good times with old friends and maybe some new ones too. We will be having a white elephant gift exchange. For those of you who've never participated in that before, just simply wrap a gently used item from home that you think someone else may enjoy but that you no longer want. Please know that you are most definitely welcome to attend the party even if you choose to not participate in the gift exchange. We are hoping to see each and every one of you at the party.

Also, December 20th - January 3rd, Lorrie and I will be on vacation to enjoy the holiday season with our families. If during this time you experience any medical emergencies, please either call 911 or go to your local emergency room. If necessary, they can contact Dr. Gulick and/or myself for any additional information or guidance they may need. If you have a non-medical emergency such as utility shut-offs or food needs, please call your DHS worker who will be able to direct you to an agency that can assist you. As always, if you absolutely must speak with me, please call my cell phone and I will help you to the best of my ability at my earliest convenience. I hope you each have a happy and healthy holiday and look forward to seeing you all again in 2011.



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority



Although some may say that Halloween is the official holiday kick off, I tend to disagree. It doesn't really feel like the holidays until preparation for Thanksgiving begins. In an attempt to help you get there, someone developed a special day in November to get the ball rolling and help you begin your holiday preparation early! Of course, I am talking about the annual "Clean Out Your Refrigerator Day" which happens every November 15th. It's perfect timing to schedule such an event since you will probably need the extra space in your fridge for a full Thanksgiving meal.

Now before the excitement of this very special day gets the better of you, let's talk about how to determine whether to keep or toss the leftovers in question. Below are just a few common food items you may have left over in your fridge and the amount of time they can stay in your fridge or freezer before they start to go bad. At clinic, be sure to grab the full list from me before you leave this month!

Milk

In the Refrigerator: 1 week
In the Freezer: 1 month

Cooked Meat

In the Refrigerator: 2-3 days
In the Freezer: 2-3 months

Cooked Poultry

In the Refrigerator: 2-3 days
In the Freezer: 6 months

Bread, baked with no preservatives

In the Refrigerator: 2-3 weeks
In the Freezer: 2-3 months

And remember, these time frames are based off of the expiration or best by dates listed on the



food packaging. Use that as your reference date when trying to figure out how long the food in question has been in the fridge.

ADAP UPDATES

If you haven't already gotten information from ADAP, you will soon. In an effort to save money and continue to help the most people as possible, ADAP has changed their pharmacy benefit manager. So, what does that mean to you?? The only change to you will be a new card. Your ADAP member number will stay the same, the same medications will be covered, and you will most likely still be able to use the same pharmacy. Because pharmacies could choose to participate or not participate with ADAP, there is a chance that yours will not accept ADAP. As of right now, I know that Walgreens has chosen to not participate, but don't worry that could still change. Also, if you have no prescription coverage besides ADAP, then you need to be sure to apply for Adult Benefit Waiver through DHS before Nov. 30th. If you do not do this, then your ADAP coverage may be terminated. Again, this is a way for ADAP to save money. If you have any questions, please call your case manager

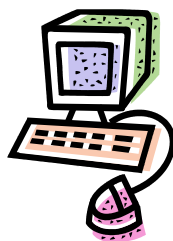
Support Group

Dec. 13, 2010	Holiday Luncheon
Jan. 17, 2011	To Be Announced
Feb. 14, 2011	To Be Announced
March 21, 2011	To Be Announced
April 18, 2011	To Be Announced
May 16, 2011	To Be Announced

Support Group meets 1:30-3:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com
www.cmdhd.org
www.aidsinfo.nih.gov
<http://aroundthepatenutrition.blogspot.com>



Questions? Comments? Concerns?

Contact:

***Catrina Weber, Case Manager**

Phone: 989-539-6731, Ext. 8221

