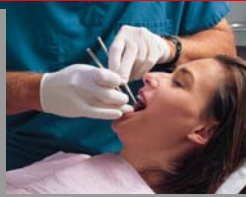


Greater Valley Area Health Education Center



Issue 6 March - May 2009

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome." -Anne Dudley

In This Issue:

Upcoming Events

- March 7, 2009, Healthy Wealthy Wise, United Methodist Church, Gold Canyon, AZ
- April 17, 2009, GVAHEC Board Meeting
- May 5, 2009, GVAHEC Board Meeting
- June 2, 2009, GVAHEC Board Meeting

Upcoming Professional Development and Training

- March 6, 2009, Advocacy Training at Orangewood Church, Phoenix, AZ
- April 2, 2009, AzPHA Spring Conference at the Desert Botanical Gardens Phoenix, AZ

Healthy News You Can Use!

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Ahhhh Spring!

Although we in Arizona really have no reason to complain, I am truly looking forward to spring. I remember as a kid growing up in Indiana, enjoying the sunrise peeking over the horizon on a spring morning, ushering in a new day. I grew up in a rural part of Indiana and spring was also marked by the smell of freshly turned soil as the farmers, my family included, plowed the earth preparing it for planting. All of these sensations were welcome after what seemed like a long dark winter.

Spring is the season for new growth and opportunity.

On that theme, you could say that GVAHEC is fertile ground for new growth and opportunities.

Currently we are exploring a system of providing medical Spanish to health professions students as well as practicing health professionals in a way that is cost effective, flexible, and adapts to a broad range of abilities. We are also working towards the developing a cadre of retired health professionals to serve in our GVAHEC region and in collaboration with other partner agencies. These are only two of the latest exciting projects that are in the works. We continue to grow in the number of students and volunteers who want to be a part of our satellite location co-located with LifeBridge Community Alliance. A number of activities have been completed and many are planned in the upcoming months.

The advocacy workshop has been planned and developed by two of our ASU Master level social work students. Another team of students have successfully conducted a number of workshops, a blood drive, and outreach activities in the community. ALL of the students have been participating in the Feeding America Hunger Study, which have given them an opportunity to interact with members of the community and learn about existing resources.

Watch for updates and stories regarding these and other programs. If you are interested in participating in any of these programs – please give me a call!

Happy spring!

Ellen Owens Summo, M.Ed., DTR
Executive Director—GVAHEC



Intern News: Graduating and New Students

Welcome to the New and Returning GVAHEC Interns!

Keelin Oda, Bill Scarber, & Katie Kuennen are on the home stretch!

Antoinette Bendzuis, Marc Camardella, Betsy Ip, Lukas Miller & Ricky Silva are all with us for the spring semester completing requirements for their Dietetic Program at ASU



Tami Hitt-Wyant has completed her community internship time with us and is now on to Banner for her clinical rotation

Graduate GVAHEC Interns!

Bill Scarber & Katie Kuennen
Will both complete their Masters in Social Work from ASU in May!

Keelin Oda
Will complete here Bachelors in Exercise and Wellness from ASU

Danielle Boyd has headed back to St. George's University in Grenada to complete her Masters in Public Health and her Doctorate in Veterinary Medicine



Contagion Control-Easy and Healthy Written by: Bill Scarber

You do not have to walk around in a bubble to stay healthy.



In fact a few simple precautions can help keep many of the contagions that make us sick at bay.

The most important thing is to wash your hands. It is amazing what you touch without realizing it! Obvious items like doorknobs and toilet handles are obvious "danger zones" but what about the pencil or pen that you own,

have shared, dropped, and , at times placed in a drawer full of more pens? It is not realistic to keep everything spotless and germ free but washing hands before you eat is one of the best ways to prevent ingesting harmful bacteria. Just remember to wash your entire hand. It is easy to miss things like your thumbs, in between fingers, or the back of your hand.

Coughing into your sleeve is a great courtesy. There are things that you have that you should keep to yourself and this is one of them. In doing this you make sure that the chain of contagion is broken and other people will not have to share in the suffering. If you can't cough into your sleeve it is okay to use disposable tissue paper to catch the germs before others catch them.

One of the other simple things that you can do if you are really ill is stay home! There is a reason that sick time was invented. It is to keep the illnesses away from work. If you come to work ill, notwithstanding your perfect attendance, you have harmed the productivity of your workplace by risking the health of others.

These simple precautions will help you keep good relations with your friends and co-workers, (because it is really difficult to communicate through a bubble), and no one wants to catch another person's problem germs. If you are interested in learning more about preventing the spread of infectious diseases there is some great information from the Mayo Clinic at <http://www.mayoclinic.com/health/infectious-disease/ID00004>

Gift card Purchase Program

It is time to start thinking about Graduation gifts. Gift cards are a great way to go. Purchase gift cards for yourself and help support students at GVAHEC.

Contact Patti Taylor at 480-288-8260 ext 111 if you have any questions or are interested in ordering.

Advocacy Training Workshop - March 6th 2009



What would you do if you had **NO CHOICE** in healthcare decisions?

- What would you do if the insurance companies said that they will no longer pay you to treat patients with lung cancer because, “only smokers get lung cancer anyway...?”
- What would you do if you worked in a rural or low income community and the major health provider wants to close the only clinic because they are, “not getting sufficiently high investment returns for their shareholders?”
- What would you do if you were sick and your medical provider said you needed X treatment, but you wanted to receive Y treatment because it works better and has fewer side effects?

ADVOCACY

BECOME A VOICE FOR HEALTHCARE AND BE AN ADVOCATE!!!

Join us to learn tools and techniques to help you become a voice of change in your community. Lunch will be included, but hurry - space is limited!

Cost is \$25; free for students

WHEN:
Friday - March 6, 2009
from 11:00AM - 3:00PM

WHERE:
Orangewood Church
7510 N. 27th Ave. Phoenix, AZ 85051
(Near the I-17 and Glendale Ave)

REGISTER TODAY!
Go to www.gvahec.eventbrite.com

HIGHLIGHT: GVAHEC at Lifebridge Written By: Schelley Swearingen

GVAHEC’s Community Health Education Center at LifeBridge is entering its fourth full month of operation and we’ve been very busy! The students are actively engaging the community through a variety of creative means. Here’s a snapshot of the various activities accomplished this past month:

Food Drive and Blood Drive. Keeli Oda took the lead in scheduling a Food and Blood Drive in February. She worked in partnership with Palo Verde Middle School for the food drive. The food drive was wrapped up with the



blood drive that volunteer through LifeBridge Community Alliance helped Keeli make happen.

“Walk Around the World in 30 Days” Walking Club. Danielle Boyd and Keeli Oda coordinated a fun and fast-paced walking club and the participants made it around the world in 30 days. (Although rumor has it some members of the walking club may have stayed in Rio longer than scheduled!) This was a creative approach to increasing physical activity awareness and a commitment to a healthy lifestyle. The next walking club theme is in design and details will be released shortly.

Other Exciting Progress. The Health-E Arizona application is now available at the health education center to help community members file for



In the Photos: Tami & Keeli

AHCCCS, KidsCare, SNAP and other DES benefits electronically. The Food Bank on campus is now referring their clients to our offices for information, referrals and assistance. As traffic and exposure continues to increase this will be a huge asset for our community.

It has been a busy and productive month! We continue to look for creative ways to accomplish our mission. The center is open Tuesdays - Thursdays, 11:00 a.m. until 6:00 p.m. **Stop by and see us sometime!**

United Food Bank 2009 Hunger Study

What is it?

A study to better understand hunger in America.

Volunteers are needed to:

- Conduct surveys
- Coordinate volunteers
- Train interviewers
- Collect and organize completed surveys
- And Much, Much More!

Is there a minimum time commitment?

No, all volunteers are appreciated, whether you can help 8 hours or 8 days.

Training date:

Tuesday, March 3rd 9:00 am
2066 W. Apache Trail, Suite 116
Apache Junction, AZ 85220

Information/Registration

Email: esummo@gvahec.com

Or call: 480-288-8260 Ext. 103



Are you Getting Enough Sleep? Written by: Katie Kuennen

Are you often tired throughout the day? Do you find it difficult to get a good night's sleep?

Perhaps you have trouble falling asleep at night or waking up in the morning. At least 25% of the nation's population is not getting the amount of sleep their bodies need.

Research shows that the average adult needs between 7 and 9 hours of sleep for their bodies to function properly and maintain good health. Insufficient sleep is associated with a number of chronic diseases- heart diseases, diabetes, obesity and depression. Take the following steps to ensure you get enough sleep at night:

- Set a routine. Go to bed at the same time every night and wake up at the same time each morning. Try to stick as close to this sleep schedule as possible, even on the weekends as it will help to maintain your body's natural circadian rhythm.
- Make sure your bedroom is a quiet,

dark, and relaxing. Also, make sure the temperature of the room is comfortable- not too hot or too cold.



- Make sure you have a comfortable bed. Use your bed only for sleeping – not for reading, watching TV, or listening to music.
- Go to bed when you are tired. A good way to determine when your body is tired is to try to read. When you begin to lose focus and are unable to retain the informa-

tion, you will know it is time for bed.

- Avoid physical activity right before bedtime.
- Avoid large meals before bedtime.
- Limit caffeine intake. Avoid all caffeinated beverages completely in the afternoon and evening.
- Avoid bright lights in the evening.
- In the morning, expose yourself to bright light to help yourself wake up.

With all of the stresses of our personal and professional lives, we too often fail to devote enough attention to our own health. Following the guidelines above will help you to ensure a good night's rest. With more consistent sleep patterns and a more restful sleep, you will find yourself with more energy to get you through your day. Make sleep a priority in your life and your body will thank you!

Source: www.cdc.gov, 2008.