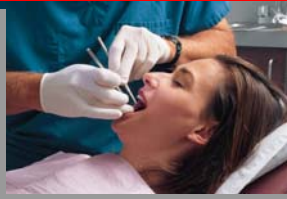


Greater Valley Area Health Education Center



Issue 4 September 2008

"For, he that expects nothing shall not be disappointed, but he that expects much - if he lives and uses that in hand day by day - shall be full to running over." -[Edgar Cayce](#)

In This Issue:

Upcoming Events

- September 17-19, 2008, AzPHA Fall Meeting in Tucson, AZ

Upcoming Professional Development and Training

- SEARCH Partners Meeting, September 19, 2008
- The Winning Edge 2008, Special Topics in Sports Nutrition, October 3, 2008 in Tucson, AZ
- The Ins and Outs of Child Psychopharmacology, October 8, 2008
- The First National Institute for Primary Care Providers, October 9-10, 2008
- Can We Talk AZ? Coach Training, October 11, 2008
- The Invaluable Medical Assisting Seminar, October 25, 2008

Healthy News You Can Use!

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It is hard to believe that fall is knocking on our door. It isn't the weather that reminds me of fall, although there seems to be a slight hint of coolness in the early morning, rather it is our new group of health professions interns that remind me that fall is coming fast – like it or not. This is going to be such an exciting year for GVAHEC. We have big plans, big ideas, and big expectations.

This past July I completed my eighth triathlon. Just before the race started, a frequent race attendee said to me "I predict that your time will be 1 hour 14 minutes." I quickly responded, "I bet I will finish in 1 hour 10 minutes." I set my expectations high for this race. This was a bet I wanted to win. As I looked at my watch as I crossed the finish, my watch ticked to 1 hour 16 minutes. I was happy with my performance but thought – if I only ran a little faster. It was the expectation that was upon me that pushed me a little harder at the end.

Speaking of expectations, the GVAHEC has once again has high expectations for the year ahead. The relationships we cultivated last year have grown into collaborations. We have reached out to twice as many students as compared to this time last year, offering our support when needed. We are committed to expanding clinical training sites in our service area. We have offered students the opportunity to provide health education services in underserved communities. It is important that GVAHEC deliver on the commitments and promises we have made to our students and collaborative partners with quality and care. We have set lofty but attainable goals, which will push GVAHEC forward towards completing and perhaps exceeding our goals.

The GVAHEC has submitted an aggressive Scope of Work for 2008-09 but we believe that it is attainable and mission driven. We look forward to continued work with previous collaborations and excited about new ones. Check out the article on page 3 about a new collaborative partner – LifeBridge Community Alliance in Phoenix.

We have five health professions student interns working out of our office this semester. Patti Taylor, a former student intern, has been hired as a program coordinator for the GVAHEC. Her energy and enthusiasm is better than any cup of coffee in the morning. We are excited to have her join our team!

Enjoy the newsletter. We hope that the information is useful and informative and feel free to pass it along to others.

Here's to a healthy and happy fall!



Welcome New Interns!



Welcome to the New GVAHEC Interns!

Anna Taylor, Luanne Macy, Miranda Descheenie,
Bill Scarber & Katie Kuennen!

Anna & Luanne are completing their Bachelors
degree in Health Promotion.

Bill & Katie are completing their Masters
Degree in Social Work.

Miranda is completing her Bachelors degree in
Dietetics.

How to Deal with Stress

At one point or another in life most people have felt the effects of negative stress. Stress management is a great tool to make stress work for us, because it would almost be impossible to rid ourselves of stress.

Good stress is called Eustress. When a stressor arises, how we deal with that stressor will determine whether the results of the stress are positive or negative. Our perception of the stressful events has an impact on how much distress; the negative stress will arise from that event. It is our choice how advantageous each stressful event turns out.

Rather than viewing a stressor as a

bad thing, try and focus on the positive aspects of the situation. When your mind is thinking positively it is difficult for stress to turn into distress. Coming to a peaceful resolution after a stressful event occurs, is the ultimate goal when dealing with stressful situations.



There are a few characteristics that have been associated with optimum responses to stressful situations.

The first characteristic is hardness. Hardness includes three aspects: commitment to your life, viewing stressors as a challenge, and finding ways to have control over your problems, rather than your problems having control over you.

Another characteristic that is affiliated with positive outcomes for stress is optimism. Optimism is having a positive outlook of one's life.

The third characteristic is locus of control. When we have more of an internal locus of control; which is the belief that we can impact the outcomes of event, then the appearance of the stressful event will not be as detrimental.

In contrast, the individual with an external locus will feel like the outside factors have the upper hand in the outcomes of events. In conclusion, by improving the characteristics mentioned, an individual will be better equipped to deal with the stress of day to day living.

Source: Corbin, C.B., Corbin, W.R., Welk, G.J., & Welk, K.A. (2008). *Concepts of Fitness and Wellness*.

Coming Soon! The NEW GVAHEC Website

www.gvahec.com

Information for Students

Health Information

Upcoming Events

Fall is coming: October is Cold and Flu Awareness Month

You don't feel good, but do you have a cold or the flu?

The flu or influenza is a respiratory illness caused by influenza A or B viruses and is highly contagious. Every few years a new strain of the flu evolves. It is most common during the winter and spring seasons.

The cold is a group of symptoms in the upper respiratory tract. The common cold can be caused by more than 200 viruses, though it is usually caused by the rhinovirus. The cold virus enters the body through your nose or mouth.

The common cold and the flu are very easily spread by contact of



people and objects, so hand washing is the best prevention.

Symptoms include: itching or sore throat with sneezing, nasal congestion, watery eyes, and mucus drainage. Flu symptoms can be the same as a cold but worse, with the flu it is likely that a person have a high fever, headache, fatigue, and weakness for several days. Flu symptoms come on quickly. The flu can lead to pneumonia.

Both are viral infections so antibiotics cannot help. Antibiotics only treat bacterial infections.

The best way to prevent a cold and

the flu is frequent hand washing. Colds and flus are passed during the colder seasons, due to the fact that people stay inside and close together.

Another way to prevent the flu is getting a flu shot every year. Every year new vaccines are developed, with the strains of the flu that disease experts believe will be the most common strains for the year.

When do you call the doctor? If symptoms are still present after the typical seven to ten days, you may want to call the doctor. Sometimes colds can lead to bacterial infections, which can be treated by antibiotics.

Source: www.fda.gov & webmd.com

NEW Gift card Purchase Program

If you are thinking of purchasing gift cards think of GVAHEC! The holidays are around the corner and gift cards are great gifts. There is a link on the website for a list of retailers.

Contact Patti Taylor at 480-889-0715 if you are interested in ordering.

HIGHLIGHT: Lifebridge Community Alliance

In October, Lifebridge Community Alliance in collaboration with The Greater Valley Area Health Education Center will be launching a Community Health Education Center.

LCA is a nonprofit located in Northwest Phoenix. Their focus is on improving lives by partnering with existing resources and community leaders to help meet the needs of the people in the community.

LCA has established a community resource center, adult life skills program, youth development program, and a community volunteer center.

The Community Health Education Center will be a centralized resource, providing community members with health education, social services, and

disease prevention education.

The center will connect community members with primary care services by hosting mobile health and dental



clinics. The community healthy education center will collaborate with the existing food bank staff, which has volunteer case managers, providing information about behavioral

health services as required. The GVAHEC will support this by providing Masters Level Social Work students to provide support.

The center will also be the pilot site for a study on the effectiveness of a comprehensive falls prevention program.

The center will be open two days a week for residents to come in for information. One night a week the health education center will host education classes.

Ultimately, the staff, volunteers, and health professions students will function as navigators, creating a continuum of care and linking individuals and families to clinical services, hospitals, and other services.

The Greater Valley Area Health Education Center



For More Information about having these Wellness Workshops at your Workplace or Organization

Contact:
Patti Taylor
Empowerment Systems, Inc.
480-288-8260 (111)

Eating Out, Fast Food Tips

Most Americans are on the go almost all the time. This means most of our food is on the go as well. There are healthy choices available in the fast food world. So here are some tips for eat healthy on the go:

Prepare yourself for eating out. Decide what you are going to order before you hit the restaurant or drive-thru. Take a look at the menus and do your research; find the healthy options before you are starving and trying to order.

Don't be afraid to custom order. Ask for it your way. Get meats grilled not fried. Ask for less cheese and more veggies. Ask for any sauces or spreads on the side.

Ask to order from the lunch or appetizer menus for smaller portions.

Avoid meals with the following buzz words: Cream sauce or Alfredo, butter, oil, au gratin, breaded,

battered or battered dipped, and gravy. You can always ask for the sauces on the side so you control the amount you eat if you cannot live without your favorites.

Don't worry if you are not following the table manners Mom taught. Trim visible fats from meat, pull the skin of chicken, scrape breading or excess sauce from your meal, and pat the pizza with a napkin to remove some of the grease. Ask for a doggie bag at the beginning of the meal and save at least half for another meal or split a meal with a friend.

If you at a sit down restaurant and they bring bread to the table take one piece and ask them to take it



away, or ask for crudites (fresh chopped veggies) instead.

Keep some of these in mind:

- A large cinnamon roll has over 800 calories
- A large mocha or soda has more than 300 calories
- 100 calorie list: tablespoon of mayonnaise, 1 slice of cheese, 2 strips of bacon, 1 large onion ring, 10 regular French fries or 20 skinny fries.

Try to limit eating out to a few times a week instead of every day, packing lunches is a money saver and a calorie reducer.

Source: Lean, Mean Restaurant Cuisine, Dr. Joanne V. Lichten, PhD, Rd. & www.restaurant.org