



NIMKEE NEWS



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One way to live longer—and healthier

Being physically fit during your 30s, 40s, and 50s not only helps extend lifespan, but it also increases your chances of aging healthily, free from chronic illness, investigators at UT Southwestern Medical Center and The Cooper Institute have found.

“We’ve determined that being fit is not just delaying the inevitable, but it is actually lowering the onset of chronic disease in the final years of life,” said Dr. Jarett Berry, assistant professor of internal medicine and senior author of the study in the *Archives of Internal Medicine*.

Researchers examined the patient data of 18,670 participants in the Cooper Center Longitudinal Study, research that contains more than 250,000 medical records maintained over a 40-year span. These data were linked with the patients’ Medicare claims filed later in life from ages 70 to 85.

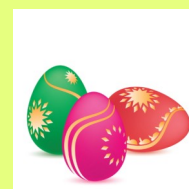
Analyses during the latest study showed that when patients increased fitness levels by 20% in their midlife years, they decreased their chances of developing chronic diseases such as congestive heart failure, Alzheimer’s, and colon cancer decades later by 20%.

This positive effect continued until the end of life, with more-fit individuals living their final 5 years of life with fewer chronic diseases. The effects were the same in both men and women.

These data suggest that aerobic activities such as walking, jogging, or running translates not only into more years of life but also into higher quality years, compressing the burden of chronic illness into a shorter amount of time at the end of life.

Quick Quote:

There are two days about which nobody should ever worry, and these are yesterday and tomorrow. – Robert Jones Burdette



APRIL IS FOOD PLANNING MONTH

An emergency food supply doesn’t have to sit on a shelf, ready for disaster to strike (although it can). It can be part of the food you use every day. The key to a good food storage plan is to buy ahead of time. Replace items before they run out. Buy items when they are on sale.

We throw food out because we did not use it up. We go to the store and purchase more, out with the old in with the new. But what if the store was closed, one day, two days or more? Do you have enough food to last a couple days, a week a month. What would you do?

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Nimkee Clinic

Addressing the needs of our Tribal Community

Nimkee Memorial Wellness Center is committed to better serve our Tribal community. To accommodate our patients better in scheduling and to lessen no-show repeats. (385 no shows for February 2013). Listed below are appointment times for Dental and



Dental: Call 775-4657 if you cannot make your appointment

New patient exam-full series of xrays, panorex, full mouth charting and treatment plan--
45 minutes

Dental fillings-composite (white fillings) Amalgam (silver fillings)
30 minutes to 1.5 hours

Dental extractions-removing teeth
45 minutes to 1.5 hours

Crown prep-getting tooth ready for crown-trimming tooth more narrow and short, series of impressions and making a temporary-**75 minutes to 2 hours**

Prophy Adult-adult cleaning, flossing, oral hygiene instruction **60-75 minutes**

Prophy child –child cleaning, flossing , oral hygiene instruction, fluoride **45-60 minutes**

Perio Prophy-perio cleaning, flossing, oral hygiene instruction, perio probing (checking bone depth)
75 minutes

Sealants-washing the tooth and applying a protective clear material & cure it with a special light, to seal out decay. **45 -60 minutes**

Medical Please call 775-4672 if you cannot make your appointment

Here is how long your appointment is set for in the Medical area:

- | | |
|-------------------------|---|
| 60 min. Pain contract: | If you are going into pain contract agreement |
| 45 min. New patient: | After you are a registered patient you need to see the provider for a new patient visit, new diabetics. |
| 45 min. Colposcopy: | Women’s Procedure |
| 30 min. Acute Problems: | Abdominal pain, stress, depression, chest pain, chronic pain, follow up on acute pain, and depends on provider, asthma, diabetic check. |
| 30 min. General: | Elderly patients, medication refill, Women’s Health appointments, Men’s Health, Well Child Check, STI, wart treatment, |
| 20 min. Physicals: | Sports and schools. |
| 15 min. General: | Sore throat, cough, flu symptoms, nausea/ vomiting, ear ache, rashes, acute head ache, re-checks, well baby recheck, skin lesion. |

MEN'S AND WOMAN'S GOLF CLUB GIVEAWAY

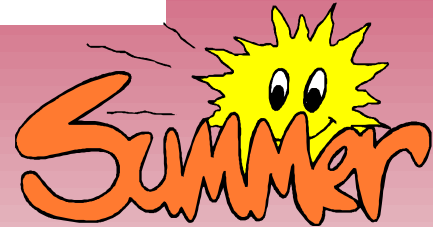
The drawing date has been extended one month to June 30, 2013.

If you have your **Woman's Health Exam or Men's Health Exam** now until June 30, 2013 you will be entered into a drawing to win the golf clubs. Be proactive about your health to win the golf clubs.

If you are not sure when you are due for your next health exam, contact the clinic to find out!!

Women's Health
Jenna at 989-775-4604
Judy at 989-775-4629

Men's Health
989-775-4679



Contract Health Services

To be eligible for services within the clinic, you must be a member of a federally recognized tribe within the United States, member of the Saginaw Chippewa Indian Tribe or a direct descendent of the Saginaw Chippewa Indian tribe. We do not accept status cards or Canadian tribal members. If you are from a federally recognized tribe you must reside in one of the following counties: Isabella, Clare, Midland, Arenac, Missaukee. If you meet these requirements you need to fill out an enrollment application and provide us with the following:

- Proof of membership from a federally recognized tribe,
- 2 proofs of address residing in one of the counties
- Drivers' license,
- Rental lease, or a utility bill,
- other proofs include a social security card and birth certificate
- any insurance health cards you may have.

Contract health provides financial assistance with pre-approved outside providers, testing, and hospital care when referred by Nimkee Providers. To be eligible for this service clients must be contract health eligible and either have insurance or have attempted to apply for health insurance and obtain a denial letter or a spend down.



Special Events.....

Post Partum Support Group	Public Health	4th Friday of each month (Apr 26)	11-1:30pm
Breastfeeding Support	Public Health	1st Friday of each month (Apr 5)	11-1:30pm
Becoming a Love & Logic Parent	Public Health	Every Friday	3-5pm
Baby Moccasins	Andahwod	Apr 19	1-4pm
Walk In Immunization		Apr 24	10-4pm
Mommy & Me	Fitness	Every Tuesday 45 min	1am
Fat Blast 4	Fitness	Every Thursday	4 pm

Hot dog season

For children younger than 4, whole hot dogs and other round foods can be a choking hazard. The American Academy of Pediatrics says to cut hot dogs lengthwise or into very small pieces before giving them to children. If the hot dogs have a casing, remove it before cutting the hot dog into pieces for the child.



Spice up your life

If you're cutting back on salt to control blood pressure, the Spice Islands Test Kitchen has developed 5 tips to boost flavor in food:

- **Increase the amount of herbs when reducing salt.** For a great flavor punch, increase your spice and herbs by 25% when reducing or eliminating salt in a recipe.
- **Crush herbs to release all flavor.** For leafy herbs such as rosemary and leaf oregano, lightly crush the herbs to bring out maximum flavor.
- **For soups and stews, reduce the salt and add spices last.** For long-cooking soups and stews, reduce the salt. Save about a fourth of the spices called for and add them at the end of cooking. This will give a more intense flavor to the dish.
- **Add herbs early in no-cook meals.** For salad dressings, fruit dishes, or other no-cook foods, add herbs and spices several hours before serving so flavors can develop and blend. For salad dressings, add seasonings to the vinegar and let stand before adding the oil.

Give dried spices a boost. If a recipe calls for fresh herbs and you have dried on hand, simply use a third to a half as much dry for fresh.

NIMKEE MEMORIAL WELLNESS
CENTER

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We are on the web
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OUR MISSION:

THE MISSION OF NIMKEE MEMORIAL WELLNESS CENTER IS TO PROVIDE COMPREHENSIVE, QUALITY HEALTH CARE THROUGH A HOLISTIC APPROACH, TO PREVENT DISEASE AND TO PROMOTE WELLNESS OF THE NATIVE AMERICAN POPULATION.

Early Dental Care for Babies

The ideal time for a child to visit the dentist is 6 months after the child's first teeth appear. And, yes, cavities can form even then. During this initial visit, a dentist will be able to examine the development of the child's mouth.

Babies may also have other dental problems, such as teething irritations, gum disease, and prolonged thumb or pacifier sucking. The sooner the child visits a dentist, the better, says the Academy of General Dentistry in offering these other tips:

- Clean your infant's gums with a clean, damp cloth twice a day.
- Ask your dentist when you may begin to rub a tiny dab of toothpaste on your child's gums. Doing so will help your child become accustomed to the flavor of toothpaste.
- As soon as the first teeth come in, begin brushing them with a small, soft-bristled toothbrush and a pea-sized dab of fluoride toothpaste.
- Help a young child brush at night, which is the most important time to brush, due to lower salivary flow during sleep and higher risk for cavities and plaque.

By about age 5, your child can learn to brush his or her teeth with proper help from a parent.

GENTLE REMINDERS.....

Nimkee Pharmacy is a very busy place. Each day we fill hundreds of prescriptions for our patients and each week on Thursday we return 3-4 dozen back to stock that patients fail to pick up. We do not have lots of storage space in the filled prescription drawers so the older filled scripts need to make room for the newer ones. It would be a great help if patients wanting their prescriptions filled would call in a day or two before they want to pick them up. If they realize that they will not be able to pick them up as requested then call and we will notate that on their bag and it will not be returned to stock. This would save time and the patient wouldn't have to wait while the prescription is filled again.

Patient Satisfaction Surveys Now at Nimkee Clinic

The Patient Satisfaction Survey is a short, easily administered questionnaire that provides Nimkee Memorial Wellness Center with information and insight on their patients' view of the services we provide. Health Centers can use survey results to design and track Quality Improvement over time, as well as compare themselves to other Health Centers.

Please help us, help you; take a minute to fill a survey out after your next visit to any area of NMWC. Surveys are conveniently located on Nimkee lobby.