




SECTION 2: Health & Wellness






IF YOU ARE NEEDING A REPLACEMENT:
- MEDICARE CARD
- SOCIAL SECURITY CARD
- MEDICARE BENEFIT LETTER
THERE ARE TWO SOCIAL SECURITY OFFICE LOCATIONS THAT MAY BE ABLE TO ASSIST YOU.

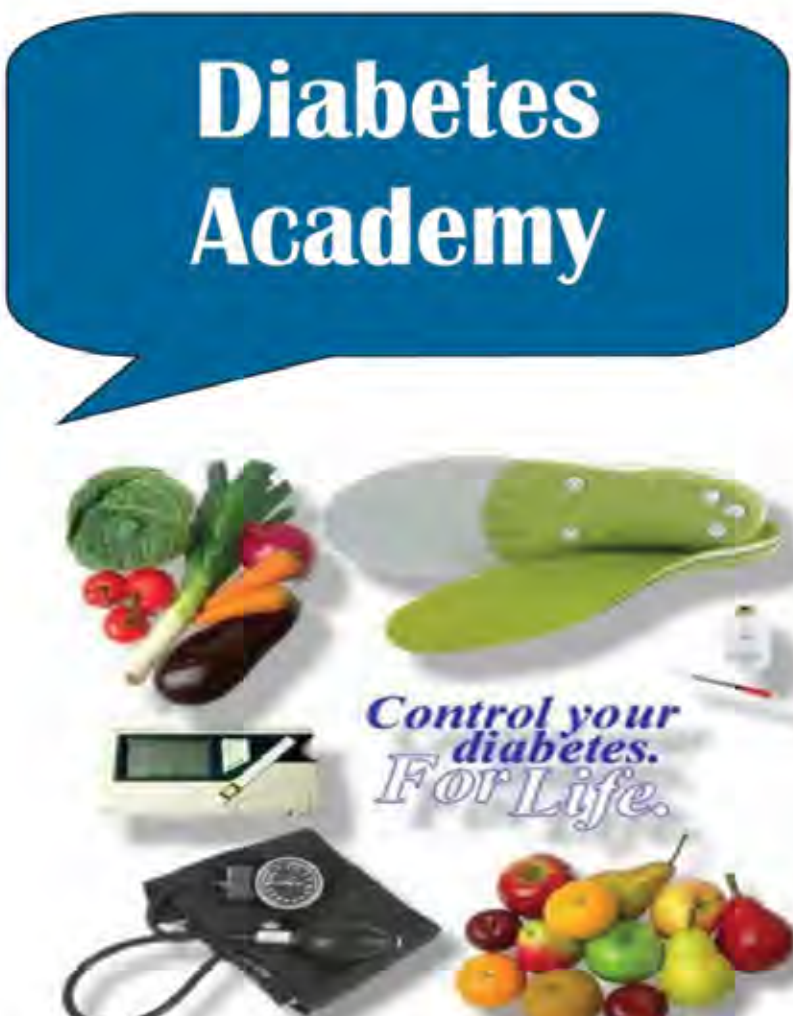
KENT
321 RAMSEY WAY SUITE# 401
HOURS OF OPERATION:
MONDAY, TUESDAY, THURSDAY, FRIDAY
9:00 AM – 4:00 PM
WEDNESDAY
9:00 AM – 12:00 PM

PUYALLUP
811 S HILL PARK DR
HOURS OF OPERATION:
MONDAY, TUESDAY, THURSDAY, FRIDAY
9:00 AM – 4:00 PM
WEDNESDAY
9:00 AM – 12:00 PM

MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213

Diabetes Academy

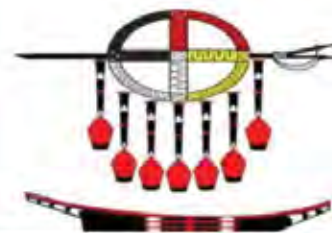


2017 Diabetes Education Classes!

Muckleshoot Health & Wellness Center- Diabetes Program.

Educational classes are given by Nikki, RN and Kaleigh, Dietitian.

Please contact Emmie, Diabetes Coordinator for enrollment 1-253-939-6648.



Please join our upcoming 2017 Diabetes education classes that are geared towards preventing and controlling high blood sugars through knowledge, healthy eating, fun activities and supporting one another!

August 30th-Wed.	Low blood sugar awareness	10:00am-11:00am AND 3:00pm-4:00pm
September 20th-Wed.	Medication Adjustments with Weight loss: oral and insulin medications.	10:00am-11:00am AND 3:00pm-4:00pm
October 11th-Wed.	Preparing for holiday eating, seven day meal plan ideas.	10:00am-11:00am AND 3:00pm-4:00pm
November 8th-Wed.	Support group, Total points for participants. Diabetes Awareness Month.	10:00am-12:00pm (one class time this month)

SICK AND DON'T WANT TO WAIT LONG HOURS IN A HOSPITAL E.R.?
There are local Urgent Care Medical Centers that can help you.

Sore Throat, Ear Ache, Ankle Injury, Upper Respiratory Infections:
These are just a few of the conditions they can help you with.
They can also do lab work and x-rays, if needed.

If you decide to go after 5:00pm or on the weekend, CHS does consider this as an emergency room visit.

You must call CHS office for PO numbers within 72 hours/3 days of being seen.

CHS OFFICE – 253-939-6648

If you are too sick to call, a family member or friend can call for you.

SOME URGENT CARE CENTERS YOU CAN CALL TO CHECK THE WAIT TIME

MULTICARE URGENT CARE – AUBURN
202 Cross Street SE | Phone: 253-876-8111
Hours: Monday – Friday, 8:00am – 7:30pm
Saturday & Sunday, 8:00am – 3:30pm

MULTICARE URGENT CARE – KENT
222 State Ave N | Phone: 253-372-7788
Hours: Monday – Friday, 9:00am – 8:30pm
Saturday & Sunday, 9:00am – 4:30pm

MULTICARE URGENT CARE – COVINGTON
17700 SE 272nd St @ Wax Road | Phone: 253-372-7020
Hours: Monday – Friday, 8:00am – 7:30pm
Saturday & Sunday, 8:00am – 5:30pm

VALLEY MEDICAL CENTER – COVINGTON
27500 168th Place SE | Phone: 253-395-2006
Hours: Monday – Friday, 8:00am – 8:00pm
Saturday & Sunday, 8:00am – 4:00pm

08/01/15 MI URGENT CARE NOTICE

State of Washington
Services Card



MARTHA WASHINGTON
123456789WA
Date Issued 5/10

ARE YOU NEEDING A NEW PROVIDER ONE CARD?

YOU CAN GET A REPLACEMENT THREE WAYS!

- CALL 1-800-562-3022 EXT 15616
- ONLINE <https://www.waproviderone.org/client>
- COME IN TO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!
17500 SE 392ND ST AUBURN WA 98092
253-939-6648



Look beyond the bathroom scale and find out what your physical health really is.

Scales give you vague information and cannot tell the difference between fat, muscle, water, organs, etc. We have a tool at the Wellness Center that can measure your overall body composition and give you a truer insight to your physical health.

See What You're Made Of

In under a minute see your:

- Body Fat Mass and Percentage
- Cell Health
- Total Body Water
- Total Skeletal Muscle Mass
- Segmental Lean and Fat Analysis

Call the Wellness Center at (253) 333-3616 to make an appointment or just come on in!

Muckleshoot Needle Exchange Program



Muckleshoot Behavioral Health

Services Offered:
Exchange used syringes for clean syringes
Receive safe injection supplies
Receive overdose prevention education and Narcan
Receive tips on how to inject drugs safely

This is a non-judgmental service for Injection Drug Users. The purpose of the Needle Exchange is to get used drug injection equipment off of the streets and to keep our community safe!

Mobile unit every Friday from 2 to 4pm

Location: Outside of Cedar Village in the old smoke shop parking lot in the HWC Outreach Van
Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

Is your Narcan Kit Expired?

Please Check the Expiration Date on your Narcan Kits!!!!

If expired please come get a new one at:
MIT Behavioral Health 253-804-8752
MIT Pharmacy 253-333-3618

If you have questions or you are concerned please feel free to call
Megan Gifford at 253-804-8752



Expiration Date is Located on the Vial

FATHER'S DAY LUNCHEON



Date: June 15th, 2017
Location: Health and Wellness
Time: 11am- 1pm
BBQ foods will be provided by Meaty Johnsons

Father's will receive a gift
Raffle will be available, cut off time to receive a ticket will be 12:45pm Drawing will begin at 12:45 next to the gifts.

HAPPY FATHER'S DAY!

Muckleshoot Behavioral Health

16-Week Anger Management Class
 Open to Join Anytime!
**New Day/Time Starting Feb. 23rd*
Every Thursday
1:30pm-3:00pm
 Facilitated by: **Dr. Sarlak**
 @ Behavioral Health
 Meets Court Requirements
 Have Questions?

For questions or more information, contact:
 Bella Townsend @
Behavioral Health Program
 (253) 804-8752

Domestic Violence Services & Resources
Muckleshoot Behavioral Health Program
 17813 S.E. 392nd St. Auburn, WA 98092
 (253) 804-8752

OTHER RESOURCES
 National Domestic Violence Hotline
 1-800-799-7233 (24 Hr)
 Washington Domestic Violence Hotline
 1-800-562-6025
 DAWN Crisis/Advocacy:
 425-656-7867 (24 Hr)
 King County Sexual Assault Center
 1-888-998-6423 (24 Hr)
 Crisis Clinic
 1-866-427-4747 (24 Hr)
 Seattle Indian Health Board
 206-324-9360

SERVICES WE PROVIDE
 Safety Planning
 Individual & Family Therapy
 Weekly Support Group
 Emergency Housing
 Assistance Obtaining Protection Orders
 Court Advocacy & Transportation
 Legal Referrals
 Individualized Resources
 Emergency Supplies
 Help Navigating Legal & Social Systems

These services are available to all victims of domestic violence or sexual assault, men and women, any age

Contact Behavioral Health if you or a loved one are affected by domestic violence, and we will assist you in getting help and support.
 Please don't wait, get help today!

WHAT ARE THE SIGNS OF HEROIN USE?

Definitive signs of heroin use include:

- Needles or syringes not used for other medical purposes
- Burned silver spoons
- Aluminum foil or gum wrappers with burn marks
- Missing shoelaces (used as a tie off for injection sites)
- Straws with burn marks
- Small plastic bags, with white powdery residue
- Water pipes or other pipe

Behavioral noticeable with heroin addiction include:

- Lying or other deceptive behavior
- Avoiding eye contact, or distant field of vision
- Substantial increases in time spent sleeping
- Increase in slurred, garbled or incoherent speech
- Sudden worsening of performance in school or work, including expulsion or loss of jobs
- Decreasing attention to hygiene and physical appearance
- Loss of motivation and apathy toward future goals
- Withdrawal from friends and family, instead spending time with new friends with no natural tie
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money from loved ones, or unexplained absence of valuables
- Hostile behaviors toward loved ones, including blaming them for withdrawal or broken commitments
- Regular comments indicating a decline in self esteem or worsening body image
- Wearing long pants or long sleeves to hide needle marks, even in very warm weather

Users build tolerance to heroin, leading to increases in the frequency and quantity of heroin used. With growing tolerance, more definitive physical symptoms of heroin use and addiction emerge:

- Weight loss-they may wear big clothes to hide their weight loss..
- Runny nose (not explained by other illness or medical condition)
- Needle track marks visible on arms
- Infections or abscesses at injection site
- For women, loss of menstrual cycle (amenorrhea)
- Cuts, bruises or scabs from skin picking

For effective Heroin Treatment Solutions Call Us We Have the Answers
 Muckleshoot Behavioral Health
 253-804-8752
 Ask to talk to a counselor

WE ARE CONNECTED.
 we need you here.

To GIVE help or GET help:
 Call 911 if you or someone you know is in immediate danger.
 Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).
 Chat online at www.SuicidePreventionLifeline.org.
 Text START to 741741 to chat via text.
 Visit www.wernative.org.
 Talk to trusted elders, healers, friends, family, clergy or health professionals.

Talk to a Counselor @
Behavioral Health 253-804-8752
Family & Youth Services 253-333-3605
After Hours
Crisis Line 1-866-427-4747
Crisis Line 206-461-3222
Suicide Line 1-800-784-2433
Teen Link 1-866-833-6546 (Evenings 6-10pm)

Northwest Portland Area Indian Health Board
www.npaihb.org

THRIVE

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*My life matters.
 I am here for a reason.
 My story has just begun.*

Want Your Medical Bills Paid Quicker?

If you are getting statements from a doctor, hospital, x-ray, ambulance, lab and you received a PO number from CHS.
 If you have insurance and got a PO number from CHS, please bring in the EOB, paper from your insurance stating how they processed/paid your bill.
 Please bring the statement(s) and anything from your insurance to the CHS office, so we can pay your medical bills faster.
 Many times, your doctor does not send the CHS office your bills, then you keep getting statements... bring anything in that you get for your bills if you got a PO number.
 The CHS office can't pay a bill if we don't have it.

Thank you
 CHS Team
 (253) 939-6648

New Registration Changes For the HWC Effective 04/01/16

Questions? Call (253) 939-6648 Registration Clerk
 We've made a few changes to how often MIT members have to update at the HWC.

- The Registration application has been made shorter.
- There is now a one page Update form.
- We've made these changes, because many MIT members don't move and everything stays the same from year to year.
- We do need to know when you get any kind of health insurance coverage and we need to know if it ends.
- We also need a current phone number to reach you.


A. All new applicants must complete and submit all required information to determine their eligibility for services at the HWC.

All current people registered at the HWC:

1. Enrolled MIT members who are CHS eligible will be required to update every three (3) years, or when their address, name, insurance coverage or Tribal affiliation changes.
2. Enrolled MIT members who are CHS eligible and over the age of 50 will be required to update every ten (10) years, or when their address, name, insurance coverage or Tribal affiliation changes.
3. Other non MIT natives that are CHS eligible will be required to update annually on or around their birthday, or when their address, name, insurance coverage or Tribal affiliation changes.
4. Other non MIT natives, who are CHS eligible based on an economic (full time employment with Tribal entity) will be required to update annually or, or when their address, name, insurance coverage or Tribal affiliation changes.
5. Other non MIT natives that CHS eligible based on a social tie (spouse, significant other or extended family member etc.) will be required to update annual or, or when their address, name, insurance coverage or Tribal affiliation changes.

So, if you've updated at the HWC:
 In 2016, you won't need to update until 2019*
 In 2015, you won't need to update until 2018*
 In 2014, you won't need to update until 2017*
 * Not unless your address, name, insurance coverage changes.

Missing Teeth?



The MIT Dental Clinic has been fortunate enough to contract with Dr. Scott Andrews since October, 2015. Dr. Andrews is a dentist who has specialized in removable prosthetics (dentures and partial dentures) since 1980.
 Dr. Andrews is a graduate of the University of Washington School of Dentistry, where he currently teaches removable prosthetics to dental students. He has contracted with 55 different dental facilities, including 3 Native Tribes. In his career he has made over 34,000 dentures and partial dentures. That is a lot of smiles he has created!

Missing teeth can greatly affect your ability to speak, eat and smile, that is why our dental team is happy to have Dr. Andrews come to the MIT Dental Clinic and provide our patients with the highest quality dentures and partial dentures.

What are dentures and partial dentures?
 A denture is a removable appliance that replaces your missing natural teeth to restore your smile and help your facial/ jaw muscles to work properly, which will benefit your appearance and your health. Dentures make it easier to eat and speak than it would be without teeth.
 Dentures are made out of an acrylic base that supports fabricated teeth. The base is shaded to match the natural color of your gum tissue. Dentures are made to match the structure and form of your individual mouth, and will help maintain the look and structural integrity of your face. Dr. Andrews works closely with his lab technician to shape the dentures to exact proportions based on precise impressions of your mouth.
 A partial denture is recommended when you still have natural, healthy, teeth remaining in your mouth, but need replacement of one or more missing teeth. A partial denture only covers part of your mouth and stays in place with clasps that secure to your adjacent natural teeth. Your MIT dentists try to keep as many teeth as possible in your mouth. The more natural teeth you have, the more stable your bite is.
 Your MIT dentists and Dr. Andrews are eager to serve you, please call MIT dental clinic to schedule an appointment for an exam and consultation.

MIT Dental Clinic
 (253) 939-2131

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

What: Needle Exchanges are a non-judgmental space where injection drug users can receive clean needles and safe injection supplies. Other services are also offered such as overdose prevention education and referrals to medical care and treatment services if requested.

Why: NEEDLE EXCHANGES SAVE LIVES!!!

By offering Needle Exchange Services it takes injection needles off of the streets and out of the community. It offers safe injection equipment so that IV drug users can prevent the spread of blood borne diseases such as HIV and Hepatitis C which can be eventually fatal. It offers Overdose Prevention and Education so that drug users in this community are not dying from overdoses.

When: Muckleshoot Behavioral Health is now offering Needle Exchange Services starting January 22nd, 2016

Where: Exchange services are offered through a mobile site that operates every Friday from 2-4pm outside of Cedar Village in the Old Smoke Shop parking lot in the HWC Outreach Van.

Contact: Carol VanConett at Behavioral Health with any questions regarding Needle Exchange services at 253-804-8752



NOTICE:

The Feathered Healing Circle will meet on Thursdays at 5:00 PM – Cynthia Lozier

MUCKLESHOOT CARES ABOUT OUR YOUTH



partners should... **VALUE** each other's individuality • have **EQUAL** say in the relationship • **RESPECT** each other's boundaries • feel **SAFE** being open and honest • be able to **SHARE** feelings without negative consequences

WHAT?

- No one deserves to be abused and abuse is never the victims' fault.
- 1 in 3 young people will be in an abusive or unhealthy relationship
- Violent behavior often begins between 6th and 12th grade. 72% of 13 and 14-year-olds are "dating."
- 50% of young people who experience rape or physical or sexual abuse will attempt to commit suicide.
- Dating violence can affect anyone, regardless of age, gender, ethnicity, sexual orientation, or income.

WHO TO CONTACT?

Christine Mandry & Mathilda Dunn from the Behavioral Health Program (253) 333-3605

A healthy relationship has open and honest communication and an even playing field in which partners share control over decisions.

If you would like to speak with someone about dating violence, please contact: Mathilda or Christine @ (253) 333-3605 or the National Domestic Violence Hotline @ 1-866-331-9474

Love is Respect can help you identify healthy relationships www.loveisrespect.org

Muckleshoot Behavioral Health Family and Youth Services

17500 SE 392nd Street, Auburn 98092
Phone: (253) 333-3605

Health & Wellness Center Program Hours

	Pharmacy	Wellness Center	*Shuttle Service
Monday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Tuesday	8-5 pm 8-6 pm	10am- 8 pm	9-9 pm
Wednesday	9-5 pm 9-6 pm	10 am-8 pm	9-9 pm
Thursday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Friday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Saturday	-----	10 am-2 pm	10-2 pm
Sunday		All Programs Closed	

*There is no Shuttle/Bus service from 11-12 pm M-F.

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 735-2020	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Shuttle/Bus Service	(253) 939-6648	11:00-12:00 Sat 10-2 pm
Wellness Center	(253) 333-3616	Open Sat 10-2 pm
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

Child Find Screening

What is a Child Find Screening?

Screening is a free check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills



What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

Where can I go for screening?

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School
Helen Feiger
Student Support Services Coordinator
15209 SE 376th St
Auburn WA 98092
253-931-6709 Ext 3700

Marty Laronal
Support Services Manager
Muckleshoot Early Childhood Education Center
15599 SE 376th St
Auburn, WA 98092
253-876-3056 Ext 3922

Health Risks for Men

Tobacco Use

Everyone knows that there is a strong link between smoking cigarettes and heart disease, and also between smoking and cancer. We have known it for years.

Men who smoke are three times as likely to suffer from heart attacks, strokes, or die earlier than those who have never smoked. Smoking is the cause of about 30% of all cancer-related deaths in the United States.

The list of cancers includes lung, mouth/tongue, nose, throat, pancreas, stomach, liver, kidney, intestines, and bladder. The worst is lung cancer – your risk jumps to nearly 20 times normal!

I can guess what you are thinking – chewing tobacco and vaping are safer alternatives. In fact, you are right – they are “safer,” but not even close to being “safe”. With chewing tobacco, cigars, and pipe smoke your risk is lower than smoking cigarettes, but much, much higher than not smoking.

The risks associated with vaping are not well known at this time; some of the ingredients have not even been tested fully in humans. Vaping is becoming a serious public health concern.

Let's say you want to stop smoking; where do you start? The letters in the word “START” can help you remember the steps to take:

S= Set a quit date.

T= Tell family, friends, and the people around you that you plan to quit.

A=Anticipate or plan ahead for the tough times you'll face while quitting.

R=Remove cigarettes and other tobacco products from your home, car, and work.

T=Talk to your doctor about getting help to quit.

Here is a little bonus fact; if you stop smoking now, you can lower your risk of developing a fatal heart attack by nearly 50%.

Not Being at a Healthy Weight

You hear that you should lose weight all the time; you hear if from that little voice in your head, from your significant other, and from your doctor.

Did you know that being overweight places you at higher risk of developing heart disease? It also carries a significantly higher risk of causing early death from all causes.

Losing weight will dramatically lower your risk of dying an early death. Losing just 7% (14 lbs in someone who is 200 lbs) can lower your risk of developing diabetes, high blood pressure, and high cholesterol levels.

There are significant benefits from just getting started on your goal! You need to eat a healthy diet and get that body of yours moving on a daily basis. Your medical provider and our Registered Dietitian can help you get started.

Sedentary Lifestyle

Speaking of exercise, sitting in that comfortable chair every day and

letting the light of the boob tube caress your eyeballs is not doing you any favors in regards to your health. Not only is a sedentary (inactive) lifestyle a risk factor for heart disease, it also has been linked to certain cancers as well.

Being inactive has been known to increase the difficulty and seriousness of certain medical conditions such as arthritis, chronic pain, breathing difficulties, and even some mental health conditions.

Do you want to live longer? Do you want to be able to spend your golden years doing the activities you enjoy? Get out of your chair and get moving. Exercising just 20 minutes of your day about 3 times a week has been shown to lower your risk of early death by nearly 25%.

Take a hike, ride a bike, play with your kids in the pool, take a walk – just get up, move, and enjoy the benefits of an active lifestyle.

High Blood Pressure

It is not uncommon to have high blood pressure and not know it. A very easy way to find out if you have high blood pressure is to get your blood pressure checked. If you have high blood pressure, visit your doctor so it can be treated.

If your blood pressure elevation is minimal, it may respond to exercise and healthy food choices, if not you will likely need medication. If you already have high blood pressure and are on medication, make sure you take it every day and follow up with your medical provider to make sure your blood pressure is normal.

There are huge benefits to having your blood pressure controlled. By maintaining healthy blood pressure levels, you can significantly reduce your risk of heart attack, stroke, kidney disease, vascular disease, and many other conditions. Controlling high blood pressure is one of the best things you can do for your health.

High Blood Sugar

This is seen in diabetes and pre-diabetes patients. You can have no symptoms in the early stages of high blood sugar, but later one can experience excessive thirst, frequent urination, fatigue, and a negative change in vision.

The major complications associated with diabetes can be reduced or eliminated by controlling blood sugar and returning it to the normal range. The best way to do this is through healthy food choices every day combined with being active. This is a very powerful tool in correcting the problem.

There are times, however, when oral medications and/or insulin is needed. If you don't have diabetes, don't know, or are not sure, see your medical provider or our diabetes nurse for an appointment to be tested. If you do have diabetes, make sure your blood sugars are controlled.

Finding a Healthy Way to Argue

By Katelyn Nies

In any relationship or friendship, it is natural for conflicts to arise; arguing is a part of any healthy relationship. Avoiding arguments can build up frustrated feelings that turn your relationship into a ticking time bomb.

Arguments often get out of control and we say things we don't mean to people we love dearly. While everyone is aware that this can happen and tend to be forgiving of things said during a heated fight, sometimes the damage can't be undone or forgotten, and those little fights start to wear away at an otherwise wonderful relationship.

Finding a healthy and fair way to argue helps arguments become more productive. Below are some tips to get you started.

WHAT ARE YOU FIGHTING FOR?

Before you get into an argument with your partner, be aware of what it is you're fighting about. It's important to stick to that issue and stay in the present.

Fights that start off about one issue can easily veer off into others that are dug up from the past. These arguments add no new insight or information. It's okay to argue, it's part of a relationship, but try to focus on the relevant issue at hand.

AVOID ABSOLUTES & EXTREMES

In the heat of the moment, for dramatic effect or to drive our point home, we lean on absolutes. Absolutes are phrases like, “You never wash your dishes,” or “You're always gone when I need your help.” Absolutes put the other person on the defensive because they remember that time last week when they did the dishes or skipped an important meeting to care for the kids.

Changing the accuracy of your language can result in a less defensive response. “I wish you would wash your dishes more often” or “It'd be a great help if you could be more present.” Accurately formatting your point helps your partner listen to what you're saying instead of feeling the need to defend themselves.

REFRAIN FROM NAME-CALLING

Sure, it feels satisfying in the moment, but later on, it can leave you feeling terrible. Name-calling is not productive, it adds nothing to your point, and it leaves you both feeling awful.

HAVE A GOAL IN MIND

Take a moment to think about the last argument with your partner. Can you remember what your goal was throughout the fight? If your goal was to prove you were “right,” it was probably a very bumpy, ugly road; especially if your partner had the same goal.

If there is a possibility that the problem at hand has a solution and can be fixed, then let finding a solution be your goal. If it is not the kind of issue that can be fixed or solved, let your goal be to gain more understanding and to feel more understood.

If you use one of these two examples as a goal, it is much easier to know when the goal has been achieved. If proving that you are right is your goal, you and your partner could go at it for a long time without achieving anything.

CALL FOR REINFORCEMENTS EARLY

If you're finding that you and your partner are having trouble figuring out a healthy way to argue, reach out for help.

A therapist can be extremely valuable when you and your partner are learning new communication skills. Therapy can help you both feel more supported and understood as you embark on a rich, long-lasting relationship full of healthy, productive arguing.

Training Recommendations for Men

Strength train and cardio train regularly (75 minutes of vigorous exercise per week or 150 minutes of moderate exercise per week)

Regular strength and cardiovascular training are pillars of a healthy body. You should aim for strength training 2-3 times per week (1-3 sets of 8 to 12 repetitions, working the muscles to the point of fatigue, is usually sufficient for each muscle group) and cardiovascular training 3-4 times per week.

Benefits of both include the increased strength of bones, muscles and connective tissues (tendons and ligaments,) lower risk of injury, and increased muscle mass which makes it easier for your body to burn calories and thus maintain a healthy weight and a better quality of life.

You can even do “quick and dirty” versions of both with HIIT (high-intensity interval training) which burn more calories during and after your work. Anyone can do it!

Although the above is recommended, we can modify a training program to specifically meet your needs and adjust to any limitations you may have. There are lots of resources here at the Wellness Center. Give a call into Trainer's Dave or Erin if you have any questions about your health or to set up a training appointment (253) 333-3616!

Prostate Cancer: A Leading Cancer for Men

This is one health problem men can lay full claim to, after all, women don't have prostates.

The prostate is a walnut-sized gland behind the penis that secretes fluids important for ejaculation and is prone to problems as men age.

Prostate cancer is the most common cancer among men other than skin cancer. Close to 200,000 men will develop prostate cancer this year in the U.S. alone.

While one in six men will be diagnosed with prostate cancer in his lifetime, only 1 in 35 will die from it.

“Many prostate cancers are slow-growing and unlikely to spread, while others are aggressive,” says Djenaba Joseph, MD, medical officer for cancer prevention at the CDC. “The problem is we don't have effective tests for identifying which cancers are more dangerous.”

Screening for prostate cancer requires a digital rectal exam (the infamous gloved finger) and a blood test for prostate-specific antigen (PSA).

But in fact, “Screening has never definitively been shown to reduce the chances of dying from prostate cancer,” according to Joseph. That's because screening finds many cancers that would never be fatal, even if undetected. Testing then leads to aggressive treatment of relatively harmless cancers, which causes problems like impotence and incontinence.

Should you get screened for prostate cancer? Some experts say yes, but “the best solution is to see your doctor regularly and talk about your overall risk,” says Joseph. “All men should understand the risks and benefits of each approach, whichever you choose.”

COPING WITH STRESS

By Ryan Akin

Stress is a fact of life in the modern world. Stress can be a good thing when it pushes us to do better or remember things we might otherwise forget. It can also be very bad when it raises our blood pressure, makes us forgetful, or saps us of the energy we need to complete our daily tasks.

Whether it's rushing to get to work on time or worrying if there is enough money in the bank account to pay the light bill this month, we all live with stress. What is unique to each one of us is how we respond to it.

We are all familiar with the negative behaviors some of us use to cope with stress; drinking or using drugs, over-eating, and excessive gambling are a few. The benefit of these coping methods is that we receive immediate feedback. The downside to using them is that they can create bigger problems in our lives.

In order to find a greater sense of well-being in our lives, finding healthy ways to deal with the stress we feel every day is important. When we are able to take care of ourselves in a positive, healthy way, we are better able to face the situations that cause us to feel stress, and we are more attentive to those around us. If my battery is drained, I don't have the resources to do what I need to do.

Some positive ways to cope with stress:

Find some time to relax – Whether it's spending time with friends or family, listening to music, watching TV, or walking alone in the woods, finding time to set down the worries for a while will help you recharge.

Exercise – Getting the blood flowing with a brisk walk around the block, a trip to the Wellness Center, swimming (it's almost summer) or chasing the kids around for a while can help reshape your thinking about stressors as well as help you feel better physically.

Eat healthy – Even if it's just a couple of times a week, being mindful of how you fuel your body can help you feel better. Try a home-cooked meal or grab an apple instead of chips.

Sleep healthy – A good night's sleep is extremely important for a sense of well-being. Try getting into a regular routine centered around bedtime and waking up. If bedtime is a challenge around your home, try setting turn-off times for electronics, have some warm tea an hour or so before bed, or start dimming the lights when it's time to wind-down.

Spend time with things you enjoy – Fishing, beading, talking on the phone, playing games with loved ones, and hiking can all help you de-stress. Try spending some time thinking about the things you truly enjoy and plan ways to make them happen.

Reach out to others – If you're having trouble handling the stress in your life, ask for help. We all deal with stress. Maybe someone close to you has an idea you haven't thought of. If friends and family don't have the answers you need, try reaching out deeper into the community; Religious groups, cultural groups, and professionals are all around you, don't suffer alone!

4 Tips to Better Your Nutritional Health

1. Start thinking of your body as a vehicle. In order for your vehicle to run at it's absolute best, you must use high-quality fuel. Food is fuel for your body and it's important to pay attention to the type of fuel you are eating.

A few healthy foods that are important to include in your diet are fresh, non-starchy vegetables, grass-fed protein (such as elk or venison), a little fruit, and lots of water.

Some of the worst sources of fuel include white bread, artificial coloring (found in a lot of drinks and packaged foods), fast food, and sugary energy drinks.

2. Avoid sugar whenever possible. Sugar contributes to weight gain, diabetes, cravings, obesity, cavities, and many more health issues. The worst part of it all is that sugar does not contain one single health benefit! We don't actually need sugar and yet it's hidden in almost all packaged food.

To identify sugar in packaged food, take a glance at the ingredients list that is typically located at the bottom of the nutrition facts. If you find the words sugar, high fructose corn syrup, cane sugar, cane juice, molasses, syrup or fructose then the food has what's called added sugar, which should be avoided whenever possible.

3. Schedule your day around taking care of yourself. If you don't take good care of yourself, you can't expect to perform your best at anything and that's why scheduled meal times are so important. As a dietitian, I recommend that you have a breakfast, lunch, and dinner with snacks in between as needed.

There should be no more than 4-5 hours between meals. Enjoying meals that are spread evenly throughout the day prevents you from becoming extremely hungry and overeating at night.

4. Exercise every single day! It doesn't matter what type of shape you are currently in or what your health goals are, exercise is essential for good nutritional health. When you get your body moving, it needs more energy just as taking a long trip in your vehicle will eventually require more fuel.

Your body is constantly using energy from the food you eat to perform the tasks you complete in a day. The more you move the more energy your body uses. Even if weight loss is not your goal, exercise allows you to take in more calories without gaining weight because your body is burning calories from the extra movement. If you do want to lose weight, exercising more and improving your fuel choice allows your body to use up some of those calories instead of storing them as fat.

For more nutritional information and to set up in-person visits call HWC at 253-939-6648 and ask for an appointment with the Registered Dietitian.

