



WISEWOMAN

# Update

~ Making Healthier Choices for a Healthier Life ~



July 2010

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The latest edition of Discoverer Viewer News is available online at <http://www.michigancancer.org/bcccp/WiseWomanProgram/PDFs/WWUpdate/FY10/July2010DiscovererViewerUpdate.pdf>.

Inside this issue:

- **WISEWOMAN MDE Error Fixes Report**
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## Reimbursement Housekeeping

- Fiscal Year 2009 is closed – **NO** claims from Fiscal Year 2009 (10-01-2008 – 9-30-2009) will be considered for payment
- Faxed claims should not be sent to Health Advantage. Actual claim(s) must be mailed to the following address:
 

**BCCCP Claims**  
**109 W. Michigan Avenue**  
**WSB – 5<sup>th</sup> Floor**  
**Lansing, MI 48913**
- Do you have claims that you would like to receive the status on? If so, please fax to 517-335-8752. If you do not receive a fax back within 24 hours, please call 1-866-930-6324.
- We are still seeing BCCCP in the wrong position on paper claims or not at all:
  - ♣ HCFA 1500 – Box 11 (**Group Number**)
  - ♣ UB-04 – Box 62 (**Group Number**)
- If you receive a form letter back with your claim, then that claim has not been entered into our system for payment. Please make the necessary corrections (the letter will indicate what needs to be corrected) and mail the claim back to the address above.

If you have any questions, please contact Cathy Blaze at [blazec@michigan.gov](mailto:blazec@michigan.gov) or 517-241-0109.

# Self Care for Direct Support Staff

By Charlotte Briggs, LMSW, Detroit Department of Health & Wellness Promotion

As we continue to work to enhance the lives of the people that we serve, it is imperative that we remember to practice self care. Because the work we do is so vital to others, it is also important that we invigorate and encourage each other as colleagues and co-workers. As our “brother’s keeper”, we recognize and appreciate the importance of a team approach and realize that a goal cannot be achieved without the encouragement and support of the whole team.

Here are some basic ways to help us promote and practice good self care:

- **Rest** - this may be finding a quiet place where you feel safe and secure knowing that your mind and body are totally at ease. Other ways to achieve quality “rest” are by getting a full night of sleep, reading a book, spending time with loved ones, or through meditation.
- **Exercise** - spending at least 15 minutes a day in some form of exercise can enhance our self esteem and get us refocused on the priorities in our life. It can also release the tension that we may experience in everyday life and may improve our overall quality of life.
- **Adequate Nutrition** - without the proper nutrients in our body, we may experience less than optimal functioning in our daily lives. This is why breakfast is so important. It gives us the fuel we need to function at our best.

By practicing some of these basic techniques as individuals, we are also better able to function as a team. We recognize and appreciate the importance of each person’s role in our professional life and provide a safety network and support system for our colleagues and co-workers.

## 聽 Motivational Interviewing Corner

This is part two of a three-part series on PROVIDING INFORMATION TO CLIENTS...

When a client appears to need more information, the next step is to ask for permission to provide it. If the client grants permission, provide the information without judgment. If the client doesn't grant permission (which is very rare), you simply move on to another topic. You can also use reflective listening, open questions, affirmation, and summarization to learn more about the client's resistance and possibly reduce it.

The following are examples of questions introducing the "provide" step:

- It sounds like you know that smoking is not good for your health. I have some specific information about the ways that smoking affects your body that I'd like to share. Is that all right with you?
- I'd like to share some more information with you about what pre-diabetes is and how it might affect your health. Would that be okay with you?
- There are several ways that other WISEWOMAN clients I have worked with have added more fruits and vegetables to their diet. Can I share these with you?

Adapted from: *Motivational Interviewing: An evidence-based approach to counseling helps patients follow treatment recommendations* [AJN](#), American Journal of Nursing, October 2007

## Meet Lifestyle Counselor: Fran Landwehr

### Agency:

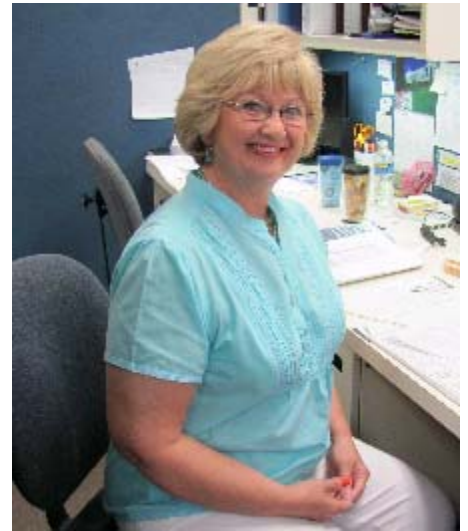
Lenawee County Health Department

### WISEWOMAN Affiliation:

I have been with the WISEWOMAN program since February of 2008.

### Professional Experience:

For about 16 years, I did Hearing and Vision Screening for the Health Department, covering all the schools, pre-schools, and migrant schools in Lenawee County. I then left the Health Department to work in our family restaurants. In the recent years, I've volunteered at the Barnabas Mission and Damask Road Mission. I continue to facilitate Divorce Care once a week through the Church I attend.



### Favorite WISEWOMAN Success Story:

I like working with the women who are pre-diabetic who, through small diet changes and regular physical exercise, watch their sugar levels drop. Many, to their surprise, also lose weight and some even go off medication. When women experience that feel-better feeling, along with more energy, they want to do more and stick with it. I always feel good when I call a client and she says "I have been waiting for you to call," to tell me of a success they've had. I am so proud of these women!

### Lifestyle Counseling Tip:

I've learned there are times when you just need to listen and be a sounding board. I encourage women to buddy-up with friends, neighbors, or spouses for walks or other forms of exercise. Women need to know it's alright to put themselves first. If they don't take care of the caretaker, who will take care of everybody else?

### Special Skills:

Through my volunteer work, I've acquired a wealth of resource information to share with our WISEWOMAN clients. I have a deep concern for people, especially those who find themselves in situations they have not been before. I appreciate my life so much more than before I started working in the WISEWOMAN program.

### More about Fran:

At this time, my family consists of me and my soon-to-be three year old Bichon Frise Poo, Annie. She is 20 pounds of pure energy and my walking buddy.

My son, Michael, lives in Fort Wayne, Indiana with his wife, Stacey, and two daughters, Lily (14) and Cobi (8). Both of my granddaughters are competitive dancers and began dance lessons at the age of 3. When my son was 18 months old his father was killed in Vietnam. I married again and after 21 years of marriage, divorced and moved back to Adrian where my family is from. I believe I am where I should be at this point in my life and enjoy helping people.

Because, I am a care taker kind of person, I look after my mother-in-law, and am near my parents who are 90 and 86. I have 5 sisters, and we are planning our sister week end in Chicago later this summer. Last year it was in New York. I also have 2 brothers. It's great to be with family and friends and back at the Health Department, working with some of the same people I did years ago!



## Good News

By Elaine McDonald, Lenawee County Health Department

As a follow-up to Lenawee County's good news last month...

Here in Lenawee County, I would like to report that the WISEWOMAN garden is planted! Last year we had many donations from local businesses and purchased lots of lawn and garden tools, hose, fencing, etc.

To add to that, this year we received a \$50.00 gift certificate from our local Meijer store, had access to a rototiller, and received many free plants from a local lawn and garden store.

The women are hoping to have enough produce to have a small roadside stand to raise funds for next year's garden!

## Get a Coach, or at Least a Coaching Tool

As part of the Go Red BetterU program, the BetterMe coaching tool is a free downloadable tool that helps you focus on a different area of heart health each week, providing you information, tips and guidance to better your health, and your heart.



Learn more about the tool at:  
[http://www.goredforwomen.org/BetterMe/coaching\\_tool.aspx](http://www.goredforwomen.org/BetterMe/coaching_tool.aspx)

## What's Local: Raspberries

July is all about the arrival of raspberries. My quarts of these delectable berries rarely make it home from the market, as they get eaten by the handfuls straight from the container. And since raspberries are rich in Vitamin C, antioxidants, and ellagic acid (an anti-carcinogenic compound), this yummy salad just might be one other quick and easy way to get healthy.

### Spinach and Raspberry Salad

#### Ingredients

- 2 cups fresh raspberries
- 1/3 cup sugar
- 1/3 cup vegetable oil
- 2 tablespoons white wine vinegar or cider vinegar
- 1 small red onion, thinly sliced, pulled into rings
- 1/2 cup crumbled feta cheese
- 1/4 teaspoon Worcestershire sauce
- 1/2 cup chopped walnuts

#### Directions

In a saucepan, over medium heat, bring raspberries and sugar to a boil. Cook for approximately one minute. Strain and discard pulp. In a blender, combine the raspberry juice, oil, vinegar and, if desired, Worcestershire sauce. Blend until smooth.

In a salad bowl, combine the spinach, onion, cheese and walnuts. Drizzle with desired amount of dressing; toss to coat. Refrigerate any remaining dressing.



## Healthy Summer Habits

- Beat the sun and heat with an early morning or evening activity.
- Wear protective clothing, such as hats with broad brims all around, long-sleeve shirts, and long pants or skirts to block out the sun's harmful rays.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15, preferably 30, and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during peak sunlight.
- Go to an air-conditioned gym, do water workouts, or use a fitness video at home.
- Drink plenty of water before, during, and after exercise.
- Take advantage of seasonal fruits and vegetables at your local farmers market, or grow your own.
- Boost the flavor and nutrition of your meals with garden-fresh herbs.



## Cut Back on Sodium

- Look at Nutrition Facts labels and try to choose foods that have less than 5% of the Daily Value of sodium per serving.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed.
- Choose fresh or frozen vegetables that have no added salt.
- Rinse canned foods to remove some of the sodium.



## Bone Health Tips

Research shows that there are several ways to take care of your bone health:

- Get enough calcium and vitamin D in your diet at every age.
- Be physically active.
- Reduce hazards in your home that could increase your risk of falling.
- Talk with your doctor about medicines you are taking that could increase your risk for osteoporosis.
- If you are over 50 and break a bone, ask your doctor to screen you for osteoporosis.

