

Revolutions

NEWSLETTER FOR CENTER FOR INDEPENDENT LIVING SOUTHWEST KANSAS

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Did You Know?

That according to www.usa.gov, 4 of the most popular New Year's Resolutions are, lose weight, eat right, quit smoking, and drink less alcohol. Every year Americans' try to start the New Year out right by reducing or quitting bad habits, and starting healthier new ones.

What healthier lifestyle change will you challenge your consumer with this year?



CILSWKS
Attn: Revolutions
1802 East Spruce Street
P.O. Box 2090
Garden City, KS 67846

Phone/TTY: 620 276-1900
Fax: 620-271-0200
1-800-736-9443
E-mail: revolutions@cilswks.org
www.cilswks.org

Nonprofit
Postage Paid
Garden City, KS
Permit No. 104
CILSWKS

“We must learn to live together as brothers or perish together as fools.”
-Martin Luther King Jr

Did you know?

According to the American Diabetes Association, “there are 54 million people in the United States who have pre-diabetes.” Pre-diabetes is defined as blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetes. People with these higher than normal blood glucose levels tend to develop diabetes.

The good news is the Type 2 diabetes in pre-diabetics can be prevented. Losing 5% to 7% of their body weight by making changes in their diet and increasing their level of physical activity can decrease the chances of developing diabetes by 58%.

Simple dietary changes can include, eating lots of fruits and vegetables, choosing water instead of sodas, and cutting back on high calorie snack foods. Physical activity, walking or another appropriate activity for just 30 minutes per day, will reduce the development of diabetes.



Notes from the KU Medical Center Staff: Jim Backes

Diabetes is a condition that presents several preventive care opportunities that can really impact your client’s life. Below are some major points to better manage diabetes.

Diabetes is a disease that is commonly associated with other health conditions such as high blood pressure, high cholesterol and obesity.

It is extremely important to be proactive in order to prevent the many long-term complications seen with this condition such as heart disease, kidney disease, amputations and nerve pain.

Fortunately there are a number of good therapies available that can prevent or delay these negative outcomes. One therapy that should play a major role for all persons with diabetes is diet and exercise. Good nutrition and a daily exercise regimen can help normalize blood sugar and improve blood pressure and cholesterol. Most patients will also require oral medications and/or insulin to help control their blood sugar.

Reminding your clients to remain compliant with all medications used to treat diabetes and the associated conditions is vital for their overall health.

Managing diabetes can often be complex because of the numerous medications and tests needed. The Impact Pro tool will help you remind your client’s health care team of important care opportunities.

These include:

- Regular (every 6 months) HbA1c testing (average blood sugar for 2 months)
- Annual testing for microalbuminuria (kidney test)
- Annual visit to an eye specialist
- Annual lipid (cholesterol) testing or regular use of a cholesterol medication
- Diabetes care follow-ups every 6 months
- Annual flu vaccination

Eating healthy, being physically active, taking medication and routinely following up with the health care team are all important components living better life diabetes.

Diabetes Focus

How to Eat Right for a Healthier Lifestyle:

When shopping for your consumer or helping your consumer to shop for healthier foods, show them 4 easy ways to read the “Nutrition Facts Label” for the food products they buy or eat.

- **Serving size:** Often, the serving size on a package is less than you expect. All of the calories, fat, carbohydrates and other information on the label are for the serving size listed.
- **Total carbohydrate:** Informs them how many grams of carbohydrates are in the serving size listed at the top. The amount of carbohydrates eaten is the main influence on blood glucose levels, and it’s the key information that you need when you are doing carbohydrate counting. Many foods also include exchange values on their labels, which is helpful for those using the exchange.
- **Calories and the number of calories from fat.** Your consumer should shoot for 30 percent or less of total fat in their diet. A quick way to estimate percent of fat in the food is to divide the total number of calories by 3. If that number is more than the “calories from fat” number, the product gets less than 33% of its calories from fat. If it’s less, the product is more than 33% fat. (Of course, there is room for high-fat foods in your consumer’s diet, as long as they are balanced by low-fat choices, and exercise.)
- **Types of fat contained in the food.** Saturated fat is the unhealthiest type and they should minimize consumption of that type of fat.

For more information, go on line to www.dibetes.org.



Weight Management and Exercise for a Healthier Lifestyle:

Help your consumer either lose weight or maintain a healthy weight for their body frame. They should first look at their Body Mass Index (BMI). To calculate BMI enter their height & weight information in the BMI calculator on the following website, <http://www.nhlbisupport.com/bmi/>. If your consumer has a BMI of 25 or greater than, they are considered either overweight or obese, and should talk to their doctor about starting a comprehensive physical activity routine.

There are 3 kinds of activities and examples of each type of exercise that should be included in this new comprehensive physical activity routine:

- 1. Flexibility Exercises:** Stretching exercises to keep their joints flexible and reduce their chances of injury during they activities. They should be done before and after exercising each time.
- 2. Aerobic Exercise:** Start with a brisk walk, a wheel chair aerobics class, swim or do water aerobic exercises, or ride a stationary bicycle. These should be done 2 to 3 times a week, for no more than 30 minutes a day.
- 3. Strength Training Exercises:** Start with lightweights or elastic bands. These exercises make bones and muscles stronger. These should be done on opposites days from aerobic exercises, and include one day of rest for each 6 days of exercise.

For more information, go on line to www.dibetes.org.

CPR AND FIRST AID

CILSWKS is now offering **CPR AND FIRST AID** certifications once a month at CILSWKS office in Garden City. The classes will be the 3rd Tuesday of each month starting January 2008. The cost of the class will be \$10 per person. There is a limit of 10 people per class but there must be at least 5 people to offer the class. This class will last one day from 8am to 5pm. This is a great opportunity to get your personal care attendants certified so if you were ever in a situation and need help they will be trained to respond. Please contact Ginny Brandenburger or Stacy Ritt at 620-276-1900 or gbrandenburger@cilswks.org or sritt@cilswks.org. If there is a need for a class outside of Garden City we ask that there be 10 people signed up and paid, there money before date will be set for the class to be given at the location.



Taking Advantage of the Job Fair Opportunity



Anyone who has ever been unemployed and placed their hope on finding a decent job at a job fair will tell you how hectic and confusing the experience can be. Garden City last held a job fair in mid September of last year. Forty-four companies filled the combined ballrooms and the Terrace of the old Plaza Hotel.

W. Leighman Covington The same partnership that put together that fair, has scheduled an even larger event this spring! On Tuesday the 22nd of April at the Clarion (same location) companies will fill the ballrooms again! The organizers consist of Garden City Community College, The Chamber of Commerce, The Finney County Economic Development Corp. and The Kansas Department of Commerce.

If you know how to attend this experience does not have to be hectic or confusing. Like any other successful job interview, most of the work is done before you even go through the doors. To make the most of this opportunity; just follow this simple to-do checklist:

1. Call any of the organizers and get a list of companies or organizations participating in the job fair.
2. Make a hit list of the top five or 10 companies attending that you might like to work for.
3. Go online or to the library and research those companies like crazy. What's the company's strategy for growth? How can you fit in?
4. Once you target the companies you'd like to work for, call those companies and find out who is attending the job fair.
5. Get the person's name, title, address and, if possible, phone number.
6. Write a cover letter to the person who will be attending. Slip the letter, your resume and your business card into a letter-sized envelope. Address the envelope with the person's name, title and address, and include your return address. Instead of mailing this letter, take it with you to the job fair.

If you need help preparing the cover letter, the resume, , or even the business cards, contact us at the Center for Independent Living (620) 276-1900 and we will be more than happy to help.

Next month I will show you how to use these tools at the actual fair.

Kansas Equipment Exchange



“Jo” lene Windholz

Kansas Equipment Exchange a Success Story in the making! Jo Windholtz joins the CILSWKS Team with a can do attitude and willingness to serve. The goal of this program is improve access and refurbishment of durable medical equipment with several pieces of equipment donated to the program; a few wheelchairs, a couple of hospital beds, some bath benches and toilet risers. The program was an immediate value to the customers of Southwest Kansas.

All this equipment was needed and had homes with people who needed it almost as soon as it came in. Isn't that always the way, the need is always greater than the resources available!

As for the people who received that donated equipment, the equipment they received helped them in their daily lives. They were very thankful for the equipment they received and will not hesitate to call on the program again if and when their needs change.

As of late the cupboard was bare. It is difficult to tell someone that you don't have equipment they so desperately need. Fortunately, Jo found out about a storage unit full of equipment that could be had if we could find a way to come and get it. So on January 23, 2008, with support from CILSWKS Team. Dean and Jo brought back a truck load of wheelchairs, commodes, roll-in shower chairs, bath benches, walkers, quad canes, crutches, tables for hospital beds, and a couple of lifts. Some of this equipment already had homes waiting for it as soon as we unloaded it from the truck. We are in the process of cataloging and cleaning it as fast as possible, so that we can get it to the people who need it. Hopefully, we will be able to continue to meet the needs of people in our area for a while based on this donation.

Just a reminder, keep KEE and CILSWKS in mind if you have any equipment for which you no longer have a need or know anyone who does. The phone number for KEE is 1-800-526-3648. The phone number for CILSWKS is 620-276-1900 or 1-800-736-9443.

Again, I would like to thank CILSWKS Management Team for their support of this program, and Dean Hodge and Bernie Adam for all their help in picking up and delivering equipment as the rest of CILSWKS staff for their support and volunteerism of community members to which this program would not be possible. Most of all a big Thank You to YOU! for your support and use of this program.



CILSWKS MOTORCYCLE DRAWING

**You are now able to direct people to our website
in order to purchase motorcycle tickets.**

**Just have them click on the picture of the motorcycle on the website
and select how many tickets they would like to purchase.**

Needs & Availability

Financial Menu for Center for Independent Living

FIVE PRESENTATIONS FOR 2008: February 26th, March 25th, April 22nd, May 28th, and June 24th.

BANK ON IT

- Steps in opening a bank account and the types of bank accounts.
- Describe the main functions of bank employees: teller, financial service representative, loan officer and branch manager.
- Will help you build a positive relationship with banks

MONEY MATTERS

- You will be able to track daily spending habits.
- Prepare a personal spending plan or budget to estimate monthly income and expenses.
- Identify ways to decrease spending and increase income.
- Identify budgeting tools that will help manage your money.
- Why it is important to save and to have goals for which you want to save for.
- Benefits of using a checking account.
- Determine which checking account is best for you and the steps involved in opening a checking account.
- How to “work” your checking account.

TO YOUR CREDIT

- Identify the laws and regulations that protect your deposits and when applying for a loan.
- Guard against predatory lending practices and identity theft.
- How to be financially prepared for disasters.
- Describe the purpose of a credit report and how it is used as well as ordering and reading your report.
- Identify ways to build and repair your credit history.
- Distinguish between secured and unsecured loans.
- Costs associated with getting a loan.
- Why it is important to be wary of rent-to-own, pay-day loans and refund anticipation services.
- How to determine if you are ready to apply for credit.

BORROWING MATTERS

- The purpose of credit cards.
- Determine which credit card is best for you.
- Identify the factors creditors look for when making credit decisions.
- Identify the steps to take when a credit card is lost or stolen.
- Identify various types of installment loans.
- Why installment loans cost less than rent-to-own services.
- Questions that should be asking when purchasing a vehicle.
- Describe the advantages and disadvantages of borrowing against a home.

YOUR OWN HOME

- Benefits and pitfalls of renting versus owning a home.
- What steps are required in buying a home.
- Identify questions to ask to determine your readiness to buy a home.
- Basic terms used in a mortgage transaction.
- Describing the advantages and disadvantages of different mortgage options.

Improve Your Finances