



A New Year A New You

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INVITATION LETTER TO EMPLOYEES

For the next 10 weeks, Our Neighborhood Healthcare Clinic (in partnership with USAMC) will be participating with hundreds of other organizations in a statewide weight-loss program called "Scale Back Alabama." The program is designed to capitalize on those New Year's resolutions and create a fun atmosphere for weight loss and physical activity. We're asking employees interested in losing weight to form teams of four individuals (including a captain) and to sign up during the week of Jan. 22 - 28.

The goal of the contest is to get each individual on a team to lose one pound per week for a total of 10 pounds during the contest. For every individual who completes the 10-week contest and loses at least 10 pounds, his/her name will be placed in a drawing for one of 50 statewide prizes of \$100 each. For the team that maintains all of its original team members throughout the contest with each team member losing at least 10 pounds, the team name will be placed in a drawing for one of three grand prizes (first team drawn will win \$1,000 each, second team drawn, \$500 per team member, and the third team drawn will win \$250 per team member). Prize winners will be announced on April 28 in Montgomery and will later be posted on www.scalebackalabama.com.

Maybe you've thought about eating healthier, but just needed that extra push; well here's your chance. To participate, come to USAMC (5 AM- 10 AM) and Our Neighborhood Healthcare Clinic (2 PM- 8 PM) on Wednesday, 1/26/11 and Friday, 1/28/11. Your team can sign up and have its first official weigh-in. Individual beginning and ending weights will be kept (confidentially) on each participant, as well as the weight of each team.

We will also schedule weekly meetings and weigh ins, blood pressure checks for interested parties. A schedule of events with locations will be available at our initial weigh in.

For more information on our company's efforts, contact Linda Roussel at 609-1585.

For information on the statewide contest, along with weight-loss tips and other resources, go to www.scalebackalabama.com (or refer them to your company's Web site and link the Scale Back Alabama site to your site).



**Registration
begins
January 22 - 28**

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Exercise tips

1. Don't get intimidated by the prospect of daily exercise.
2. Begin to think of each workout as a gift you give to yourself.
3. Make sure you enjoy your exercise program.
4. Make sure your workout is convenient.
5. Start with a small goal.
6. Go with friends. Start a group for walking.
7. Journal about how good you feel after working out.
8. Use a visible reward system.
9. Recognize that some days will be easier than others.
10. Be gentle with yourself.

www.momscape.com

Scale Back Alabama Weekly Meetings



**Emily Beard, MS,
RD, LD, CHES, CDE**

There are 10 week of classes/meetings. Weeks 2, 3, 4, 7, 8 & 9 are nutrition/diet related. Emily Beard our registered dietician and certified diabetes educator will coordinate these meetings.

Weeks 5 & 6 are about physical activity. Coral Gubler with the department of physical therapy from Allied Health will coordinate these meetings.

If you can not attend the meetings during this time Our Neighborhood Healthcare Clinic will have a copy of the handouts available for you to pick up during our regular business hours. Tuesday, Thursday, Friday from 3 PM - 8 PM and Sunday from 12 PM - 5 PM. We also encourage you to come by the clinic and weigh in during these hours.

Classes will be held in Our Neighborhood Healthcare Clinic waiting room located on the 3rd floor of USAMC from 1:30 PM - 2:30 PM

during the following dates.

Weekly classes 1:30 PM -2:30 PM

Week 1: Tuesday, 2/1

Week 2: Tuesday, 2/8

Week 3: Tuesday, 2/15

Week 4: Tuesday, 2/22

Week 5: Tuesday, 3/1

Week 6: Thursday, 3/10 (3/8 is Mardi Gras)

Week 7: Tuesday, 3/15

Week 8: Tuesday, 3/22

Week 9: Tuesday, 3/29

Week 10: Tuesday, 4/5

Week of 4/9-4/15: Final Weights logged in.

“ To raise new questions, new possibilities, to regard old problems form a new angle, requires creative imagination and marks real advance in science.”

Albert Einstein

USAMC Employee Health Screenings

Our Neighborhood Healthcare Clinic will be teaming with USAMC January 26th and January 28th for employee health screenings. Screenings will consist of weight, height, body mass index, spirometry, waist circumference, and lab work. All blood work will be drawn and processed in the USAMC lab and Vicki Chesser, the employee health nurse will receive your results. If you would like Our Neighborhood Healthcare Clinic to go over your results with you for additional counseling at no charge you can contact us at 471-7944.

Employee registration for Scale Back Alabama will be held during the health screenings.

Screenings will be held:

January 26th 5 AM-10 AM Our Neighborhood Healthcare Clinic 3rd floor of USAMC

January 26th 2 PM -8 PM Our Neighborhood Healthcare Clinic 3rd floor of USAMC

January 28th 5 AM-10 AM Our Neighborhood Healthcare Clinic 3rd floor of USAMC

January 28th 2 PM -8 PM Our Neighborhood Healthcare Clinic 3 rd floor of USAMC

One Year Anniversary Celebration

January 31, 2010 we opened our doors and because of all of you we are still here and ready for 2011 to be an even greater year!

February 4th we will be having a party from 12 PM - 2 PM to celebrate our one year anniversary. We invite everyone to join us for food and beverages.

We would like to thank everyone that has been apart of making our clinic a success, including our staff, Nurse Practitioners, Residents, collaborating Physician, USAMC and all of our patients.

We encourage feedback/surveys about our clinic and how we may improve our service.

Thank you for your support!



**Health Fair at the
Bayou La Batre
community Center
on January 15th
10 AM - 2 PM**

American Heart Association Life's Simple 7

Finding time in our overscheduled lives for exercise is a challenge for all busy Americans. Take an active role in determining your future. You deserve to give yourself the gift of living well with good health.

Regular Physical Activity Helps: Lower blood pressure, increase HDL "good" cholesterol in your blood, control blood sugar by improving how your body uses insulin, reduce feelings of stress, control body weight and make you feel good about yourself.

American Heart Association Guidelines:

It is suggested at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise, or a combination of moderate and vigorous. Physical activity is anything that makes you move your body and burns calories, such as climbing stairs or playing sports. Aerobic exercises benefit your heart, such as walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

To increase physical activity in your lifestyle try:

- Parking further away from your destination
- Take short walks throughout the workday
- Try active-play video games with your friends and family.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. Research demonstrates that for every hour of walking, life expectancy may increase by two hours. Walking for as few as 30 minutes a day provides heart health benefits and is the single most effective form of exercise to achieve art health.

Benefits:

Physically active people save \$500 a year in healthcare costs.
 Employers can save \$16 for every \$1 they spend on health and wellness.
 Fitness programs have reduced employer healthcare costs by 20 - 55%.
 Reducing just one health risk in the workplace increases productivity by 9%.
 Reducing one health risk decreases absenteeism by 2%.

It's convenient, comfortable and safe to work out at home. It allows your children to see you being active, which sets a good example for them. Try these tips:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Rake leaves, prune, dig or take out the trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.



We have Flu shots and TB skins test available at the Clinic.

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."
 Harriet Tubman

Diabetes Support Group

Dr. Anita King FNP, CDE, FADE and Emily Beaird, MS, RD, LD, CHES, will be coordinating a Diabetes Support Group located on the 10th floor in the dining room of USA Medical Center.

The meetings will be held from 2:00 PM to 3:00 PM as followed:

January 25: Get back on track with diet and activity.

February 22: The ABC's of Diabetes; eating to control blood sugar, blood pressure, and cholesterol.

March 22: Swing into springtime with simple meals. Demonstrations and sampling will be offered.

For additional information contact 251-471-7944.



Anita King, FNP, CDE, FADE

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Our Neighborhood Healthcare Clinic is a Nurse-Managed after hours Urgent Care with Certified Nurse Practitioners in collaboration with Physicians. Our Services include but are not limited to Acute Illness Management, Ear Infections, Sinus Infections, Urinary tract Infections, Sprains & Strains, Minor Lacerations, Laboratory Testing, Employee Screenings and Physicals. We accept cash, debit card, check, and Insurances including Medicaid, Medicare, BCBS, and United Health. We also provide a flat fee service of \$25.00. Our hours of operation are Tuesday, Thursday, Friday from 3 PM - 8 PM & Sunday from 12 PM - 5 PM.

We also participate in community outreach, health fairs, and support groups.

We have community outreach programs at 15th place on Friday from 9:00 to 1:00 PM and Dumas Wesley on Tuesday and Thursdays from 10:00 AM - 12:00 PM. For additional information you can call 251-471-7944

Our primary mission is to provide high-quality accessible health-care for the community.

Walk ins only



Studies published in *The Journal of the American Medical Association* and *The Lancet* suggest that sleep loss may increase hunger and affect the body's metabolism, which may make it more difficult to maintain or lose weight.

Common Problems Seen in the Clinic

Sleep loss appears to do two things:

1. Makes you feel hungry even if you are full. Sleep loss has been shown to affect the secretion of cortisol, a hormone that regulates appetite. As a result, individuals who lose sleep may continue to feel hungry despite adequate food intake.
2. Increases fat storage. Sleep loss may interfere with the body's ability to metabolize carbohydrates, which leads to high levels of blood sugar. Excess blood sugar promotes the overproduction of insulin, which can lead to the storage of body fat and insulin resistant a critical step into the development of diabetes.

Good Sleep Hygiene:

1. Maintain a regular bedtime and awakening time schedule including weekends. Get up at the same time every day, regardless of what time you fell asleep.
2. Establish a regular, relaxing bedtime routine. Relaxing rituals prior to bedtime may include a warm bath or shower, aroma therapy, reading, or listening to soothing music.
3. Sleep in a room that is dark, quiet, comfortable, and cool: sleep on a comfortable mattress and pillows.
4. Use the bedroom only for sleep and sex. Have work materials, computers and TVs in another room.
5. Finish eating at least 2-3 hours prior to your regular bedtime.
6. Avoid caffeine within 6 hours, alcohol and smoking within 2 hours of bedtime.
7. Exercise regularly: finish a few hours before bedtime.
8. Avoid naps.
9. Go to bed only when sleepy. Lay in bed only for sleeping, not for work or watching TV.
10. Designate another time to write down problems & possible solutions in the late afternoon or early evening, not close to bedtime.
11. After 10-15 minutes of not being able to get to sleep, go to another room to read or watch TV until sleepy.

Additional information can be found on www.webmd.com