

Happy Heart Month

Durable Power of Attorney At Nimkee

If you are 18 years and older and “competent”, you are the only person who can decide what medical treatment you want and do not want to receive. “Competent” means you understand your condition and the results your decision may have.

The medical staff of Nimkee Memorial Wellness Center encourage you to talk to your medical providers about any questions you may have about your health care; pros and cons of different kinds of treatment. We encourage you to be your own advocate and make decisions as a competent adult; only you can choose whether to say “yes” or “no”.

Someday, you may become too sick due to illness or incapacitated due to an accident or injury to make your own decisions about your medical care. If that happens, then decisions will have to be made for you. If you have not given any instructions, no one will know what you would have decided.

This is why we encourage you to create a Durable Power of Attorney for Health Care. By creating this document, you can appoint another individual referred to as your “Patient Advocate” to make decisions concerning your care, custody, medical treatment, and mental health treatment when you are unable to participate in medical treatment decisions. .

How can I designate a “Patient Advocate”?

Durable Power of Attorney for Health Care information and forms are available at Nimkee Memorial Wellness Center in the Medical Clinic. By completing this form you will express your health care wishes and designate a “Patient Advocate”. The form will become a permanent part of your medical record.

If you would like to discuss your questions or concerns about your advanced directives please ask your health care provider or nurse. We want to understand and carry out your choices for health care. Treatment decisions are difficult. We encourage you to think about your wishes in advance, discuss your options with your family, friends, and health care professionals, and make plans for your future health care needs. Your Medical team is always here to assist and guide you. Be proactive!

To view full Durable Power of Attorney Document, please visit our website at:

Sagchip.com/Nimkee Clinic

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Happy Valentine's Day



Healthy Heart Breakfast

Yummy!!!



On Thursday, Feb. 14th Valentine's Day, 8:30 am – 10:30 am, Nimkee Public Health will be serving a Healthy Heart Breakfast to Tribal Ops employees.

We welcome all to start their day the healthy way with a delicious Egg McMimkee and fruit!

Everyone is also invited to play bingo while enjoying their breakfast.



Attention Dental Patients:

Please be advised if you cannot make it to your scheduled appointment; please call and cancel. We have 200 + patients on our cancellation list that can come in; to replace your appointment time.

Thank you Dental Staff

Please call 775-4657



and



after every meal



Calcium is OK

Many people stopped taking calcium supplements to prevent osteoporosis because one study showed it increased risk of heart attack. Fueled by media hype, supplement use dropped by about 14% in the last 2 years, according to researchers at Creighton University's Osteoporosis Research Center.

False alarm, they say. The study was flawed, and the only thing created was confusion. New research says there is no increased risk, and the only risk is broken bones from not supplementing your diet with calcium.

"The evidence for benefit was—and still is—very strong," says Dr. Robert P. Heaney, Creighton professor and expert on osteoporosis. "With calcium and vitamin D supplements, taken regularly, risk of osteoporotic fracture is reduced by 40 to 50%."



How Does Exercise Help The Heart?

Exercise benefits the heart by decreasing its workload. Exercise improves the ratio between the heart's demand for oxygen and its supply through coronary arteries.

With exercise, the heart gets stronger because it gets bigger and is able to pump more efficiently, according to Joseph Libanti, Ph D, associate professor of nursing at Penn Nursing and a cardiac physiology expert.

Exercise allows your heart to push out greater volume of blood with every beat and it does so at a lower heart rate. It also improves the blood flow the heart by improving the heart's ability to have its coronary blood vessels dilate. These changes in parallel improve both the supply and the demand of the heart.

Public Health Department:

If you have your Women's Health Exam or Men's Health Exam now until **March 31, 2013**, you will be entered into a drawing 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!!

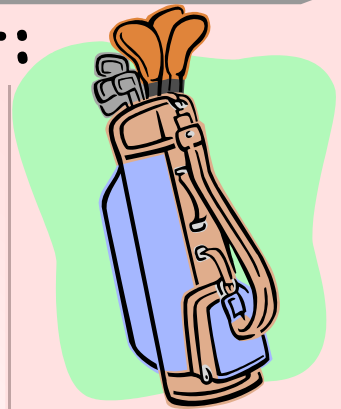
Women's Health

Jenna at 989-775-4604

Judy at 989-775-4629

Men's Health

989-775-4679



These golf clubs could be yours !!!!

Men's and woman's set to be given away.

Eligibility for Nimkee Clinic Services: 989-775-4670

To be eligible for in-house services you must be a member of a federally recognized tribe or be a direct descendant of a member. Unless you are from the Saginaw Chippewa Indian tribe, you must live in the 5 county district that Nimkee Clinic serves (Isabella, Clare, Midland, Arenac, and Missaukee)

In the Medicine Cabinet



My name is **Andy Henning** I am the Pharmacy manager at the Nimkee Clinic. I graduated from Ferris State University in 1976. I worked as a Pharmacy Manager for Meijer at various locations in Michigan for 28 years and was the Pharmacy Manager when they opened the store in Mount Pleasant. I have been working in the Pharmacy at the Nimkee Clinic for nearly 10 years and have been the Manager for the last 4 years. The pharmacy offers an excellent environment for practicing many aspects of our profession that you are unable to perform in the retail setting. We work very closely with the physicians and nurses in the clinic which strengthens the care that we can deliver to our patients.

My wife Janet and I have 4 children, Joshua, Levi, Matthew and Kate. We have 3 grandchildren, Lilly, Harper and Georgia. We enjoy spending time with them and their families.

When I'm not working I enjoy spending time on the tennis court or fishing. In the past few years I have started ice fishing and really enjoy time on the ice.



Fitness Support Group

Meet in Public Health
Kitchen: 12-1pm

February 14th and 28th
Meets 2nd & 4th Thurs monthly

Displayed in
Fitness:
Nothing is
impossible. The
word itself say's
I'm possible
-Audrey Hepburn

Fit Mama & Baby Classes

This class is designed for you and your baby

The class will (12 months & under)

STRENGTHEN

your body and bond with your little one

Starts Tuesday, February 26th

Will be held every Tuesday at 11:00am-12:00pm

For more info/questions call Jayme @ 775-4696



Nimkee Memorial Wellness Center

2951 South Leaton Road
Mt. Pleasant, Michigan

Phone: 989-775-4600
Toll free # 1-800-225-8172
Fax number 989-775-4940

We are on the web
[Sagchip.com/nimkee clinic](http://Sagchip.com/nimkee_clinic)



SLOW COOKER FRENCH ONION SOUP

2 lbs yellow onions, trimmed, halved and sliced
1 box (32 ounces) low-sodium beef broth or stock
2 tsp dried thyme
1/2 c white wine or water
2 Tbsp flour
6 thick slices sourdough bread or rustic bread,
crusts trimmed
1/2 c grated Parmesan or Swiss cheese
Cracked pepper (optional)

1. Place onions, broth and thyme into a 6-quart slow cooker. Stir, cover with lid, and cook on high 3 to 4 hours. (For stove top directions, place ingredients in a large pot and cook for 30 minutes)
2. Mix white wine (or water) with flour and stir into the contents of the slow cooker. Cover and continue to cook on high for 1 hour. (For stove top directions, add wine and flour and cook for an additional 30 minutes)
3. Place bread slices on a baking sheet and top with cheese. Broil until cheese is bubbly.
4. Ladle soup into shallow bowls. Place one slice of hot cheesy bread into each bowl. Sprinkle with pepper.

Makes 6 servings

Nutrition Information per Serving: 232 calories, 16 grams (g) pro, 30 g carbohydrate, 4 g fat, 250 milligrams sodium, 3 g fiber.

Adapted courtesy National Onion Association

The Sweet Beet

The sweet beet is hard to beat! If you like antioxidants and anti-inflammatories, and/or want to "detoxify" yourself, then enjoy the flavors and health from this wonderful root veggie! The deep purples come from very powerful phytonutrients called betalains. A few scientific studies found these phytonutrients to be beneficial at restricting tumor cell growth; when we say colors matter, we mean it! Though these nutrients come in high amounts in beets, you must be careful not to overcook them, you'll lose many of their health benefits. So do your best to steam beets no longer than 15 minutes, if roasting, less than 60 minutes.

Attention athletes!! If we haven't convinced you enough to eat beets, here's an excerpt from The Athlete's Kitchen by Nancy Clark, RD: "Beets, as well as rhubarb and arugulas, are rich sources of dietary nitrates, a compound that gets converted into nitric oxide (NO). Nitric oxide dilates blood vessels, lowers blood pressure, and allows a person to exercise using less oxygen. In a study, cyclists consumed pre-ride beets and then three hours later (when NO peaks), they rode in a time trial. Every cyclist improved (on average, 2.8%) as compared to the time trial with no beets. Impressive! The amount of nitrates in 7 ounces (200 grams) beets is an effective dose. How about enjoying beets—or a bowl of borscht—in your next pre-game meal

When purchasing fresh beets, think hard, well you don't have to think too hard, but do select the hardest beet you can find! Pick the firm, smooth beets with a deep red color, and if available, fresh looking tops. Choose beets that are the same size. One pound of beets makes 3-4 servings. Beets can be stored in the refrigerator and are best if used within 2 weeks.

This in-season super food can be enjoyed in a variety of ways. To obtain the greatest amount of its nutrients, enjoy beets raw; you won't believe how sweet beet juice can be! Some folks use raw beets when juicing, adding apples, parsley, lemon juice and a dash of cayenne. If you prefer them cooked, remember not to overcook.

Whether eating raw, steamed, or roasted, scrub the outside with a strong veggie brush or use a peeler; this will tame down, even rid, the earthy flavors. Beet greens should be removed (you may cook them separately) but leave an inch or 2 of stem. Do not peel beets until after they are cooked. Cook, covered in boiling water till tender, about 35-55 minutes. Cool slightly and rub off skins (they can be very messy, which is why it is wise to cook them with skin on).