



HEALTH WATCH

Mogollon Health Alliance

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Mission Statement

"To promote health education for members of the community through programs, activities and grants."

Spring
2010



THANK YOU

We wish to thank everyone who helped us with this year's Health & Care Fair. It was a very big success with quality exams and vendors. First of all, to all our **sponsors**: Payson Regional Medical Center, Mogollon Health Alliance, Hospice Compassus, Lions Club and Gracie Lee Haight CMF; Our biggest supporter this year has been our very own **EAHEC** (Eastern AZ Area Health Education Center) without whom we would not have been able to put this event on—thank you thank you! Second, our wonderful **professionals** who volunteered their time to do exams: Payson Regional Medical Center, PRMC Home Health, Hospice Compassus, Ron Damiano PA, North Country Community Health Center, Lions Club, Payson Care Center, Community Prevention Counsel, Miracle Ear, CCS Medical, Dr. Liz Summers with Bee Well Chiropractic, Dr. Eric Anderson, Payson Fire Department, & Payson Police Department; Third, To all our **vendors/non-profits** who made our Care Fair portion such a great place to be; and last, but not least, to all our **volunteers**—MHA Auxiliary, DJ Craig, LDS Relief Society, Payson High School, Gila Community College Nursing Students and everyone that pitched in and made our 11th Annual Community Health & Care Fair such a great place to be! May all your days be bright and your health be what you wish. From your CH&CF Committee Members: Cory Houghton, Hart Hintze, Tammy DeWees, Roger Kreimeyer and Judy Baker.

12th Annual Women's Wellness Forum

Saturday March 13, 2010



Registration for our upcoming WWF starts now, with this newsletter. The theme this year is *Let's Bounce Back....Into Health* with noted speaker Alison "Ali" Vincent . The winner of

NBC's hit show *The Biggest Loser* season 5, and the first-ever female winner, Arizona native Alison "Ali" Vincent is a dynamic and inspirational speaker, TV host, philanthropist and author.

A former champion synchronized swimmer, Ali set foot on the Biggest Loser ranch weighing 234 pounds. After weeks of hard work and dedication to health and fitness on the ranch and at home, Ali stepped on the scale at the finale weighing in at 122 pounds- 112 pounds less than her starting weight. This successful weight loss was enough to earn Ali the title of Season 5 winner and the first-ever female winner. Since winning *The Biggest Loser* title in April 2008 she has achieved what many others who lose weight don't; she has kept the weight off and is healthier than ever.

This year your WWF committee members are: Debra Isaac, Hart Hintze, Judy Baker, Gail Gorry, Patty Kaufman and Tammy DeWees. The committee struggled long and hard about which classes to present and we believe you will be very pleased at the offerings. (See the inserted WWF Brochure)

To date, this years sponsors are EAHEC (Eastern AZ Area Health Education Center), Payson Regional Medical Center, ERA Young Realty Community Support Fund, Mogollon Health Alliance, Hospice Compassus, and our very own local Soroptimist Club. Sponsors are the very backbone of this event and we wish to invite anyone who would like to help sponsor the WWF to give Debra Isaac a call at 472-2775.

We have a wonderful list of speakers and topics this year so be sure to register soon to get the classes you want! 472-2588



HANDWASHING 101

- **WASH:** your hands for at least 30 seconds;
- **REMOVE:** rings and other jewelry for a thorough hand washing;
- **TEMPERATURE:** of the water does not matter as long as soap and water are used;
- **RINSE:** your hands under running water;
- **DRY:** hands thoroughly with a single use paper towel;
- **FAUCET:** should be turned off with the same paper towel used for drying hands;

The lather created when scrubbing with soap captures the dirt and germs in suspension, and rinsing removes what was captured. If soap and water aren't available, reach for a hand sanitizer or hand wipes. Germs love moist environments, so thorough drying is also important.

When you consider that an estimated 36,000 people die from the seasonal flu each year, and factor in the added impact that H1N1 could produce, putting some effort into hand-washing awareness could save lives.—David Wight, Costco Connection

Websites from David Horowitz

CARFAX Lemon Check:
www.carfax.com then click "Lemon Check" under "Free Services". Even though there is a paid service in this web sight that checks out a full car history, this service is free and will tell you if the VIN number for the car has a lemon history.

Federal Trade Commission;
www.ftc.gov this site is a one stop shop for preventing fraud. Topics available are: Internet Fraud, Identification Theft, Truth in Packaging and Labeling, and the National Do Not Call Registry.

AARP: AARP.org AARP has become one of the leading educators for consumer rights for all, not just the older population. This site contains info about family health, financial matters, retirement systems & scams, how to protect yourself against fraud, tax filing assistance, insurance services, travel advice and financial planning.



BLACK & WHITE BALL

FUND RAISING DINNER & DANCE

Our annual fundraising dinner and dance this year will be held January 16, at the Mazatzal Casino Event Room. All the funds raised will be dedicated to our very own kidney dialysis center and patients in Payson. Tables are \$1,500.00 (seats 8) or \$200.00 for individual tickets. Each dinner ticket comes with a chance to win a 14K white gold & diamond ladder necklace donated by Payson Jewelers.

A five course meal will delight your palate while listening and dancing to the wonderful sounds of big band music provided by the 17 piece big band "Sonoran Swing". Gary and Mary will be on hand to sing songs from the 40's to present. The party begins at 5PM with dinner starting at 5:45PM. Mark your calendars for Saturday-January 16, 2010 and call 472-2588 for reservations. Come join the fun!



AN ILLUSTRATION TO REMEMBER

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this.

He proceeded to crumple up the \$20 dollar bill. He then asked, "Who still wants it?" Still the hands were up in the air.

Well, he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?" Still the hands went into the air.

My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it, it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you. The worth of our lives comes not in what we do or who we know, but by WHO WE ARE and WHOSE WE ARE. You are special - *Don't EVER forget it.*"

MHAX III HEALTH PLUS

Congratulations and Hoorah! to MHAX III premier clients for the last six months of 2009. July: Christine Flynn; August: Patricia Rockwell; September: Maria Ross; October: Mayra Bransford; November: Dee Force; and December: Larry McNeeley. Thank you to all of the great staff at the Payson Athletic Club especially Nina and Bev—you are the best! You are all wonderful for helping these highly motivated individuals improve their health and outlook on life by exercising! You set a great example for all of us.....KEEP UP THE GOOD WORK!

COSTUME PARTY THANK YOU



Thank you to everyone who contributed to and attended the 5th Annual GLH Costume Party held on October 17th at the Mazatzal Hotel and Casino. In particular, we want to thank our table sponsors, and they are: Payson Regional Medical Center, Len and Judy Signeski, Stellar Capital Management LLC, Randy Seabright and Harry Parsons, Intermountain West Civil Constructors and Payson Jewelers. A special thanks to the staff at the Mazatzal Casino for the extra effort and assistance they provided in making our event a success.



Health Scholarship Applications

Scholarship application forms are available right now. Forms can be found at Payson High School, MHA office, PRMC, the Payson Roundup, and several other business around the community. Applications are due at the MHA office by April 1, 2010.

Last year the Mogollon Health Auxiliary raised enough money to award 41 recipients a total of \$20,000.00! Please encourage anyone you know going into a human health related field to apply or reapply. Yes, even if you have received funds in the past, you are still eligible to apply again! Give Mogollon Health Alliance a call at 472-2588 or stop by our office at 308 E. Aero Dr. for applications.



CPR CLASS

CPR classes are continuing with great community response. A person's chance of surviving sudden cardiac arrest decreases every minute action is not taken. The Family and Friends classes are offered 6 or 8 times a year depending on the need. Our next free class will be the first week in February. Please call our office (472-2588) to reserve a spot as the classes fill up quickly. A great big Thanks to Capt. Dan Bramble and the Payson Fire Department for taking such an active role to insure this program continues to grow and prosper.

TRAVEL FUNDS BY EAHEC

Don't forget that EAHEC still offers travel reimbursement to those attending higher education in a human health related field. The MHA office no longer handles that paper work so write this number down: 1-928-402-8054 (Globe) and ask for Jeri Byrne or e-mail her at jbyrne@cableone.net. The funds are there, you just need to ask!

CALENDAR of EVENTS

APRIL

- April 1, 2: LaBoutique Gift Shop Sale, PRMC Lobby, 8 am to 4 pm
- April 6: MHA Auxiliary Monthly Meeting, Payson Library, 1 pm, Speaker Dr. Rod Anderson, Anderson Chiropractic & Accupuncture Clinic
- April 9, 10: ZCoil Shoe Sale, PRMC Lobby, 9 am to 5 pm
- April 28, 29, 30: LaBoutique Gift Shop Sale, PRMC Lobby, 8 am to 4 pm

MAY

- May 3: Paula's Bags & More Sale, PRMC Lobby, 9 am to 4 pm
- May 4: MHA Auxiliary Spring Luncheon, LDS Church, 913 S Ponderosa St, 1 pm
- May 20, Scrub Sale, PRMC Lobby, 6 am to 4 pm
- May 25, MHA Auxiliary Board Meeting, MHA Activity Center, 1 pm

JUNE

- June 1: MHA Auxiliary Monthly Meeting, Payson Library, 1 pm, New Auxiliary Officers Installation
- June 17, 18: LaBoutique Gift Shop Sale, PRMC Lobby, 8 am to 4 pm

Note: All dates, times, and events are subject to change.

Medical Resources Online

- * MedlinePlus (<http://medlineplus.gov>)
- * Healthfinder (www.healthfinder.gov)
- * Medical Library Association (www.mlanet.org/resources/consumr_index.html)

“YOUR LINK TO HEALTH EDUCATION”

Mogollon Health Alliance

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2009-2010

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