

# Wellness Newsletter

Augusta Technical College

## Join Augusta Tech in Heart Walk 2006

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Fall 2006—October

The Heart Walk is the American Heart Association's premier walking event. This nationwide, non-competitive event brings together participants of all ages from throughout the community. Walkers raise money by asking friends, family, business associates and co-workers to sponsor them.

Teams are formed from companies and organizations in the Augusta area. Each team has a Team Captain who is responsible for recruiting ten or more walkers. Each walker is asked to raise a minimum of \$100. Walkers collect donations from friends, family, and co-workers prior to the event. Every walker who fulfills their commitment to raise a minimum of \$100 will receive a Heart Walk T-shirt. Participants who raise \$150 or more are eligible for additional incentive prizes.

### Date

Saturday, October 21, 2006

### Location

Augusta State University

### Length

Approximately 3 miles

(The Walk is non-competitive and will include water stations.)



Learn and Live™

<http://www.americanheart.org>

### National Health Observances

- American Heart Walk
- Children's Health Month
- Domestic Violence Awareness Month
- Health Literacy Month
- Make a Difference Day (28th)
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National UNICEF Month
- Take Back Your Time Day (24th)
- World Mental Health Day (10th)

## Pumpkin Soup

2 medium pumpkins (for recipe)  
 1 large pumpkin (for tureen)  
 2 cups chicken broth  
 1 cup water  
 1/4 cup maple syrup  
 Toasted pumpkin seeds, optional

1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 1/2 teaspoon salt  
 1/2 teaspoon ginger  
 1 cup half and half

Preheat the oven to 350 degrees. Cut the 2 medium pumpkins in half, scoop out the seeds, and place skin-side down on a baking sheet. Bake for 35 to 45 minutes, or until soft. Scoop out the pumpkin flesh into food processor and puree until smooth. Pour pureed pumpkin into a saucepan and add the chicken broth, water, maple syrup and spices. Bring to a boil, then reduce to a simmer and cook for 30 minutes. Meanwhile, cut the top off the large pumpkin to create the soup tureen. The hole should be wide enough to fit a ladle. Hollow out the seeds, checking for holes and lining with plastic, if necessary. Remove the soup from heat and stir in the half and half. Pour the soup into the pumpkin tureen and serve garnished with toasted pumpkin seeds.

<http://www.foodtv.com>

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## It's Time to Get Involved in Health Literacy Month

Adapted from an article By Helen Osborne, M.Ed.,  
OTR/L

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Healthy People 2010 defines "health literacy" as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions." There are many reasons why people have difficulty with these tasks. These include limited literacy or language skills, age, disability, culture, and emotion. Regardless of why people struggle to understand basic health information, when they do, they may be unable to fully participate in their own treatment and care.

Four years ago, in order to raise awareness about the issue of health literacy and its overall importance, several of us decided to create and promote Health Literacy Month (HLM). Observed each October, it is a time for health-literacy advocates around the world to focus attention on the fact that much of the health information people need is difficult or even impossible to understand. While efforts to address issues of health literacy go on continuously, a designated month focuses the attention of the public and professionals alike on the need for remedies.

Health Literacy Month is a success, serving as a common focus that hospitals, health centers, public health initiatives, literacy programs, libraries, colleges and universities, professional associations, government agencies, consumer groups, and myriad other organizations use to draw local attention and develop local resources to address this important issue.

HLM is an event everyone can participate in. Here are some ways you can get involved this month.

**Consider how health literacy affects understanding.** Perhaps you are a health provider who writes, edits, uses, or pays for printed health information. Or maybe you are a community educator who talks about health over the phone or at local health fairs. Or perhaps, as a patient or family member, you are on the receiving end of health information and must understand a new diagnosis, medication, or self-care instruction.

Whatever your role, consider how health literacy (or the lack thereof) has an impact on the understanding of these messages. For example, if you are a health provider, consider not only the subject matter you are

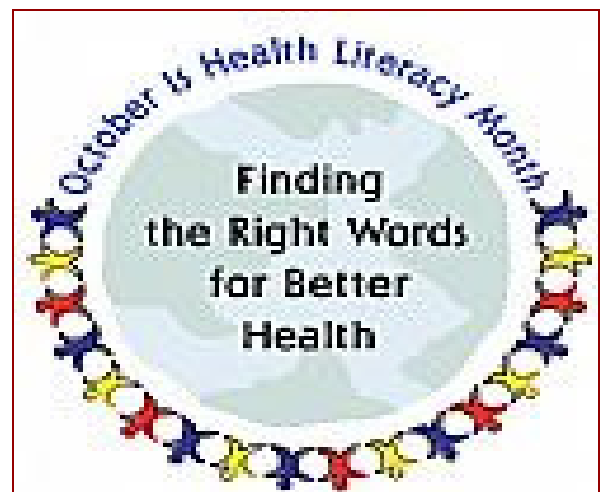
communicating but also how you are conveying this information. Think, as well, about the learning needs and abilities of the people you are communicating with. If you feel that there is a mismatch, decide to explore alternative communication strategies like plain language, pictographs, stories, and analogies. And then make sure to confirm that those who you are communicating with truly understand your health-care message.

**Think "outside the box."** Health literacy is bigger than any one person, profession, or program. Think beyond the traditional healthcare arena and get to know others who share your interest in and commitment to health literacy.

**Make a commitment.** It can be hard to make an extensive commitment to even a good cause like health literacy. I know, from my days as an occupational therapist, that "health literacy" is not likely to appear in anyone's job description. I also know that health providers are under tremendous pressure to accomplish a lot with too few resources. But I also know that, when patients and family members do not understand health information, we as health professionals haven't adequately done our job.

This month, make a personal commitment to improve healthcare communication. Working together, we truly *can* make a difference.

<http://www.healthliteracy.com/>



## Trick-or-Treat for UNICEF

UNICEF was established on December 11, 1946 by the United Nations to meet the emergency needs of children in post-war Europe and China. Its full name was the United Nations International Children's Emergency Fund. In 1950, its mandate was broadened to address the long-term needs of women and children in developing countries everywhere.

UNICEF became a permanent part of the United Nations system in 1953, when its name was shortened to the United Nations Children's Fund. However, UNICEF retained its original acronym.

UNICEF works in 155 countries and territories, helping to save, protect and improve the lives of children around the world through immunization, education, health care, nutrition, clean water and sanitation.

UNICEF's life-saving programs are funded entirely by voluntary contributions.

UNICEF works to ensure that:

\*Every young child has a chance at survival and receives the essentials for the best start in life. Proper care at the youngest age forms the strongest foundation



for a person's future.

\*Every child is fully immunized and protected from disease and disability.

\*Every boy and girl completes a primary education.

Children who are educated grow up to become better thinkers, better citizens and better parents to their own children.

\*All young people are given reliable information on HIV/AIDS prevention and that orphans and others affected by the disease receive the support and care they need.

\*Every child is protected from harm, abuse and violence, both in times of peace and in times of conflict and emergencies.

UNICEF is unique among world organizations and among organizations that work with children because it has both the global authority to influence decision-makers and a variety of partners at grassroots level to turn the most innovative ideas into reality.

To learn more about UNICEF's programs in the 155 countries and territories where it works, please visit <http://www.unicef.org>.

## Halloween Safety Tips for Adults

Parents of trick-or-treating kids can get so caught up in the fun themselves that they might forget some simple safety ideas that could save everyone some trouble. Having a fun and safe Halloween will make it all worth while.

Below are just a few common sense tips that can help.

- ▶ Know the route your kids will be taking if you aren't going with them.
- ▶ The best bet is to make sure that an adult is going with them. If you can't take them, see if another parent or a teen aged sibling can go along.
- ▶ Know what other activities a child may be attending, such as parties, school or mall functions.
- ▶ Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.
- ▶ Explain to children the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well, clean up and damages can ruin Halloween. If they are caught vandalizing, make them clean up the mess they've made.
- ▶ Explain to your kids that animal cruelty is not acceptable. Kids may know this on their own but peer pressure can be a bad thing. Make sure that they know that harming animals is not only morally wrong but punishable by law and will not be tolerated.

<http://www.halloween-safety.com>

## National Breast Cancer Awareness Month

### ***Two Decades of Success...***

For more than 20 years, National Breast Cancer Awareness Month (NBCAM) has educated women about early breast cancer detection, diagnosis and treatment. NBCAM continues reaching out to women with several key messages, most notably, the importance of early detection through annual mammography screening for women over 40, or earlier for women at increased risk.

Mammography screenings are a woman's best chance for detecting breast cancer early. When coupled with new treatment options, mammography screenings can significantly improve a woman's chances of survival. NBCAM efforts have contributed to more women than ever participating in mammography screening. Independent reports indicate that this has been instrumental in the increase in the survival rate for women with breast cancer.

### ***Taking it to the Next Level...***

Now, in an effort to further increase their impact, NBCAM is seeking to take activities to the next level - encouraging all women to take charge of their own breast health. Whether it includes practicing regular self-breast exams or making sure to schedule an annual mammogram, every little bit counts.

For patients and survivors, adherence to one's prescribed treatment is equally as paramount. NBCAM encourages you to visit their website regularly for information and resources to help people adhere to screening and treatment activities that may favorably impact their survival.

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.

- Hispanic women have fewer mammograms than Caucasian women and African American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

According to NBCAM officials "The key to mammography screening is that it be done routinely – once is not enough."

For more information about NBCAM, please visit <http://www.nbcam.org>. For additional information, please call one of the following toll-free numbers: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.



*awareness*

*The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.*