

Free Class: Living Well with Chronic Conditions

Learn ways to manage your chronic conditions during a free, six session Health & Wellness Community Education Class that will begin Tuesday, October 1 from 1 p.m.- 3 p.m. All individuals 60+ years and their caregivers are welcome.

- Receive a copy of the *Living a Healthy Life* book
- Interactive learning and social networking
- Six session classes, 2.0 hours each,

in-person only

- Topics include: Techniques to manage mood, pain and isolation; physical activity at your level; proper nutrition; effective communication with your support system; about medication use; and more
 - Class leaders: Renee' Menkens, RN and Lualhati Anderson, QMHP-C
 - Light refreshments provided
- Join the group at the North Bend Senior

Center, 1470 Airport Lane, North Bend. Registration is required and open until 9-27-24. For questions and registration, call Lualhati Anderson at 541-751-5024 or email:

lualhati.anderson@chw.coos.or.us.

This free program is made possible through the generosity and support from the following community partners: Coquille Indian Tribal Funds, AAA/SCBEC, Coos Health & Wellness, and North Bend Senior Center.

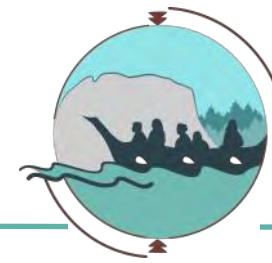
Ko-Kwel

Wellness
Quarterly

Fall 2024



Ko-Kwel Wellness Center
630 Miluk Drive
Coos Bay, OR 97420



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Oversee Your Body Like a Thriving City

Imagine your body as a bustling city. Roads, or blood vessels, carry vital supplies like oxygen and nutrients throughout the city. Traffic, or blood flow, must run smoothly to keep everything functioning. Now, picture the heart as the city's central power plant, pumping blood to every corner. When everything operates as it should, your body is a well-oiled machine. But just like a city can experience traffic jams or supply shortages, your body can encounter issues.

High blood pressure (hypertension) is

like traffic congestion. Too many vehicles crowd the roads, putting excessive strain on them and creating blockages that can slow traffic down to a crawl. In a comparative way, high blood pressure puts constant strain and demand on blood vessel walls, leading to wear and tear, allowing for plaque build-up that reduces blood flow. Constant pressure on blood vessels can damage your heart and other organs over time. Left untreated, it can lead to serious conditions like heart attacks, strokes, and kidney disease.

High blood sugar (hyperglycemia/diabetes) is like an oversupply of food deliveries scheduled at one city address. Too much product to be processed, sorted, and unloaded ends up creating congestion and backlog. When your body can't process all the sugar being digested, the sugar starts to build up and cannot efficiently enter your cells to be converted into energy. The excess sugar ends up staying in your bloodstream. If uncontrolled, this sugar excess in the blood wreaks havoc, leading to severe complications, including blindness, amputations, and kidney failure.

The most troubling aspect is that high blood pressure and high blood sugar often coexist, intensifying each other's effects. This is like combining traffic congestion with a food delivery crisis, creating chaos.

To protect your body, adopt healthy habits. Nourish it with wholesome foods, engage in regular exercise, and schedule regular check-ups. You're essentially making positive choices that promote long term health, very much like how a city manager makes decisions about infrastructure for long term livability in a community.

You and Your Provider Create Solutions

When everything operates as it should, your body is a well-oiled machine. But just like a city can experience traffic jams or supply chain problems, your body can encounter issues.

Regular check-ups help keep your internal city of traffic and deliveries bustling. Your provider can monitor your
(Continued, next page)

Avoid the Road to Double Trouble

High blood pressure and high blood sugar often occur together in a complex relationship inside your body. Here are a few reasons why:

Metabolic Syndrome

This term describes a group of health issues that often occur together, including high blood pressure, high blood sugar, extra belly fat, abnormal cholesterol levels, and insulin resistance. When you have several of these problems, your risk for heart disease, stroke, and diabetes skyrockets.

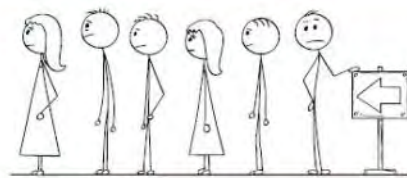
Shared Risk Factors

Both conditions often share similar causes, like being overweight, not exercising enough, eating poorly, and drinking too much alcohol. These unhealthy habits can increase the chances of developing both problems.

Blood Vessel Damage

High blood sugar can harm the walls of your blood vessels, causing inflammation and narrowing. This makes it harder for your heart to pump blood, which can lead to high blood pressure. On the other hand, high blood pressure can speed up the damage to your blood vessels, creating a dangerous cycle.

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UPS Option for Zippy Delivery

Great news from the Coquille Indian Tribe (CIT) Pharmacy! We now have access to UPS 2-day delivery for refrigerated items!

UPS does not deliver to PO Box addresses, so we will continue to use USPS for those shipments.

Oversee Your Body...

(continued from front)

blood pressure and the levels of sugar in your blood using simple tests. If there is a potential problem, a plan is implemented, such as medication and dietary changes, giving you more control over your internal systems. By taking high blood pressure medication as directed, you can reduce the strain on your circulatory system. Watching your diet and taking insulin products as directed can help your body process sugar into usable energy and reduce the amount of excess sugar floating around in your bloodstream.

Power Up with An Expert

If you are interested in making dietary changes to better manage blood sugar and pressure, you may benefit from speaking with a Registered Dietitian. Here at the Ko-Kwel Wellness Center (KWC), Allison Henrie is our newly hired Registered Dietitian. Allison is available by appointment to medical clinic patients in Coos Bay and Eugene. She has



Allison Henrie, Registered Dietitian at KWC, can provide dietary guidance, meal planning, and individual nutrition to meet your body's specific needs.

expertise in helping people adopt healthy eating and movement habits. She is also in the development phase of creating KWC's Diabetes Prevention Program which will emphasize small steps towards adding exercise and weight management to daily routines. Talk to

your provider about a referral to Allison Henrie, RD, or find out more by calling KWC-Coos Bay: (541) 888-9494, option 5 or KWC-Eugene (541) 916-7025.

Regular checkups, healthy eating habits, and finding ways to get regular physical movement are cornerstones to maintaining the mechanisms inside your body for a long and healthy life.

Choi Joins the Eugene Care Team



We are delighted to introduce Dr. Gabrielle Choi, a dedicated Psychiatric Mental Health Nurse Practitioner (PMHNP) who joined KWC-Eugene care team in late August. With both a Doctor of Nursing Practice and PMHNP-BC from Duke University, Dr. Choi brings a wealth of expertise in residential eating disorder treatment and outpatient adult mental health services.

Having recently relocated from the East Coast, Dr. Choi focuses on client-centered care, encompassing thorough evaluation, accurate diagnosis, and effective medication management.

We invite you to experience Dr. Choi's compassionate care, rooted in expertise, empathy, and a genuine interest in your well-being. Please call KWC-Eugene (541) 916-7025 for information.

Celebrating Healthy Aging Month: Tips for a Vibrant Life



brain engaged is just as important as physical activity. Challenge your mind with puzzles, reading, learning new skills, or engaging in social activities. Staying mentally active can help reduce the risk of cognitive decline and improve overall mental health.

Regular Check Ups-Regular visits to your healthcare provider are essential for monitoring your health and catching any potential issues early. Make sure to get recommended screenings and vaccinations, and discuss any concerns you may have with your provider.

Stay Socially Connected-Maintaining strong social connections can improve your mental and emotional well-being. Stay in touch with family and friends, join clubs or groups that interest you, and participate in community activities. Social engagement can help reduce feelings of loneliness and depression.

Manage Stress-Chronic stress can have a negative impact on your health. Practice stress-reducing techniques such as

mindfulness, meditation, deep breathing exercises, or yoga. Finding healthy ways to manage stress can improve your overall quality of life.

Get Enough Sleep-Quality sleep is vital for good health. Aim for 7-9 hours of sleep each night. Establish a regular sleep routine, create a comfortable sleep environment, and avoid caffeine and electronic devices before bedtime.

Stay Positive-A positive outlook on life can have a significant impact on your health. Focus on the things you enjoy, set realistic goals, practice gratitude and maintain a sense of purpose.

Healthy Aging Month is a great reminder to take proactive steps towards a healthier, more fulfilling life. By staying active, eating well, engaging your mind, and maintaining social connections, you can enjoy a vibrant and healthy aging process.

Celebrate this month by making small changes that can lead to big improvements in your overall well-being.

September is Healthy Aging Month, a time dedicated to celebrating the positive aspects of growing older and promoting the importance of healthy living for Elders. As we age, maintaining our health and well-being becomes increasingly important. Here are some key tips and strategies to help you age gracefully and stay vibrant.

Stay Physically Active-Regular physical activity is crucial for maintaining mobility, strength, and overall health. Aim for at least 150 minutes of moderate-intensity aerobic activity each week, such as walking, swimming, or cycling. Incorporate strength training exercises at least twice a week to keep your muscles strong.

Eat a Balanced Diet-A nutritious diet is essential for healthy aging. Focus on consuming a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Stay hydrated by drinking plenty of water, and limit your intake of processed foods, sugary drinks, and excessive salt.

Stay Mentally Active-Keeping your

A Closer Look at The Well-Child Visit



Regular checkups are an important way to keep track of your child's health and physical, emotional, and social development. Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. By focusing on your child's growth and learning, both you and your health care professional make sure your child is developing as expected.

Well-Child Checkups are Important for Your Child - Even When They are Feeling Great!

HOW OFTEN DOES MY CHILD NEED A WELL CHILD VISIT?

Your child should see their provider at:

- 2-5 DAYS OLD
- 1 MONTH
- 2 MONTHS
- 4 MONTHS
- 6 MONTHS
- 9 MONTHS
- 12 MONTHS
- 15 MONTHS
- 18 MONTHS
- 2 YEARS (24 MONTHS)
- 2 1/2 YEARS (30 MONTHS)
- 3 YEARS
- After 3 years, schedule YEARLY well-child visits until your child is 18.



Visit your provider on time - every time!

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