

# HEALTH *mind* BODY &



▪ **Aromatherapy**  
expert shares tips  
for safe, effective  
use of essential oils



▪ **FGH** to offer  
Powerful Tools for  
Caregivers



▪ Join the **Live Healthy Iowa** 10 Week Wellness Challenge



▪ **Iowa Weight Loss Specialists**  
offer  
comprehensive  
plans to reach goals

**FEATURING**  
*Franklin County Home Care/  
Franklin County Public Health  
Franklin General Hospital  
Franklin Wellness Center  
Hansen Family Hospital  
Iowa Specialty Hospital  
Koenen & Collins Chiropractic Clinic  
Koerner Whipple Pharmacies  
Th3 Spot  
Wood Vision Clinic*



▪ **Strategies**  
to control your  
appetite

## NIGHTTIME SNACKING BEST BETS

Calorie-conscious individuals may wonder if eating at night or after a certain time can derail their diets and fitness regimens. The jury is still out on whether eating at night can pack on the pounds or not, with various health recommendations contradicting one another. However, if one does choose to snack at night, there may be a smart way to do so.

The U.S. Department of Agriculture's Weight Control Information Network says that a calorie is a calorie no matter when it is consumed; in the morning, afternoon or evening. It is how many are consumed and the amount of physical activity individuals perform that will affect their weights. Conversely, the Academy of Nutrition and Dietetics says they are not sure if a calorie is a calorie no matter when it is consumed. Their research and data from the University of Pennsylvania School of



Medicine's Center for Weight and Eating Disorders indicates that when food is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy.

But what is a person to do when hunger pangs hit at night and one fears that their rumbling stomach may interrupt their sleep? According to the nutrition and fitness experts at MyFitnessPal, powered by Under Armour, stick to a snack that is between 100 and 200 calories. Choose a food that is high in protein, fiber or healthy fats, which will be more likely to keep a person satiated throughout the night. Apples and peanut butter, string cheese and fruit, or whole grain crackers and Greek yogurt can be healthy, satisfying nighttime snacks. Avoid sugary, calorie-dense foods, which may be hard to digest and can compromise sleep quality.



## Powerful Tools for Caregivers

BY FRANKLIN GENERAL HOSPITAL

**D**o you help take care of an adult with chronic conditions? If so, you are not alone. Over 43.5 million family caregivers in America provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or an intermittent basis.

Powerful Tools for Caregivers is an educational series designed to provide tools you need to take care of yourself. If you take good care of yourself, you will be better prepared to take good care of your loved one. As a participant you will learn how to: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions and locate helpful resources.

Iowa State University Extension is sponsoring Powerful Tools for Caregivers in Hampton this spring in part-

nership with Franklin General Hospital. This program has been tested and evaluated through a grant from the U.S. Administration on Aging.

Classes consist of six, 90-minute sessions held once a week. Two experienced leaders, Rachel Heilskov, Franklin Country View Manager, and Ronda Reimer, Franklin General Hospital CNO, will conduct each class. Interactive lessons, discussions and brainstorming help you take the "tools" you choose and put them into action for your life.

The schedule for the sessions is yet to be determined. Dates and times will be chosen based on what works best for interested individuals. There is a small fee for the program. For more information or to register, contact Michelle Sackville at Franklin County Extension at 641-456-4811 or Rachel Heilskov at Franklin Country View at 641-456-5029.

## One Dedicated Team *Working Together* to Care for You

The primary care providers at Franklin Medical Center work together with our Specialty Clinic providers to be your one source for care close to home. From audiology to urology, the services you need are offered right here at Franklin Medical Center and Franklin General Hospital Specialty Clinic.



When you need to see a specialist, ask your provider to make your appointment at the Specialty Clinic at Franklin General Hospital.

### Franklin Medical Center Providers

Keith Hansen, D.O.	Rachel Etnier, D.O.	Toni Lauffer, D.O.
Jasjit Singh, M.D.	Erin Murphy, PA-C	Allie Kjormoe, ARNP
	Daphne Landers, ARNP	

Specialty	Provider	Specialty	Provider
Audiology	Stuart Trembath	OB/GYN	Dr. Tan
Cardiology	Dr. Reeder	Ophthalmology	Dr. Mason
Cardiology	Dr. Al Sharif	Orthodontics	Dr. Demro
Cardiology	Dr. Beasley	Orthopedics	Dr. Gibbons
Cardiology	Dr. Hagau	Orthopedics	Katie Weishaar, PA
ENT/Allergy	Dr. Thoma	Plastics	Shawn Janssen
General Surgery	Dr. Jayawardena	Podiatry	Dr. Donohoe
Neurology	Dr. Verma	Urology	Dr. Adams

Hampton: 641-456-5050  
Dows: 515-852-4113  
Dumont 641-857-6696  
Latimer 641-579-6340

**FGH** Your trusted healthcare partner for life  
FRANKLIN GENERAL HOSPITAL

## Achieving your Health Goals JUST GOT EASIER!

The **3** **SP** **T**

"Where community, Health and Fitness come together"

Sponsored by **SilverSneakers** FITNESS  
**SILVER SNEAKERS**  
**FREE**  
**GYM MEMBERSHIP**  
**FOR SENIORS**

Start your **HEALTHY LIFESTYLE** **TODAY!**  
**\$19<sup>99</sup>**

Call Corey Ahrens  
641-531-9191  
14 1st Street NW, Hampton



# ESSENTIAL SAFETY

## Aromatherapy expert shares tips for safe, effective use of essential oils

BY GREG FORBES

**T**he recent prevalence of essential oils reflects a focus on holistic medicine, but an area expert urged consumers to be smart before using.

Jerre Grefe, co-owner of First and Second Vintage, a holistic nurse at Blank Children's Hospital and certified aroma therapist, said the oils provide major health benefits and are highly sought after, especially for us in aromatherapy.

"It's resurging because people are going back to more natural therapies because pharmaceuticals are expensive and they have horrendous potential side effects," she said.

Because oils are derived from many different sources, each one has its own benefit and application. For instance, she said lavender oil is great for calming nerves, anxiety and upset stomachs while tea tree oil is more of an all purpose substance that many use as an antiviral and antibacterial. Along with tea tree and lavender, she said the basics also include eucalyptus (for congestion) and peppermint (for pain relief).

Most can be diffused for aromatherapy purposes while others are more effective when applied topically or digested.

But because the oils are derived from natural ingredients, they can be hazardous if not applied correctly.

"When you think about it, essential oils are derived from plants and when you think about it, that's where a lot of our drugs come from too," she said. "It is a chemical makeup so misuse can be detrimental.

"Oils have resurged and gotten popular but because of their potency and misuse, I think it's important that people have an educated practitioner that can guide them," she added.

When diffusing, Grefe said to only run diffusers for four hours at a time. She also strongly cautioned against heating oils, as it will damage the chemical compounds. She said oils applied to the skin or di-

gested must be diluted first, as some can cause burns. She recommended milk for dilution when digesting orally and a natural, organic oil such as coconut and jojoba oil. Each oil has a recommended dilution ratio, which can either be found on the bottle, in an essential oils informative book or online.

"It's important to educate, educate, educate," she said.

She added that oils must also be used in moderation.

She said not to cut corners when purchasing oils. Another important guideline when buying oils is to seek out a trusted brand, such as doTERRA and Young Living, as those companies put thought, time and resources into research and development into their products. First and Second Vintage, she said, carries Aura Cacia, an Iowa-based company. The store also has diffusers, as well as information for safe usage on hand.

"You have to use therapeutic grade oils if you want therapeutic results," she said. "You have to use a good, solid name brand that conducts tests for purity."

They also purchase their ingredients from places that raise plants in their natural environment as to ensure the oil keeps all of its benefits.

"Most reputable companies go to the sources where they grow naturally," she said. "They don't grow their plants in a greenhouse. What makes up their chemical constituency that's beneficial is the environment where they grow naturally."

Grefe said oils are a wonderful, multi-use source of therapy and relief and when used correctly, can be effective. She stressed, however, that knowledge is key before turning on the diffuser or applying to the skin.

"My biggest thing is that people use the oils safely," she said.



Jerre Grefe



Essential Oils have many health benefits from relieving stress and anxiety to soothing ailing stomachs. Because oils are derived from natural substances, consumers are encouraged to research and use products carefully.



## Koenen & Collins Chiropractic Clinic

New patients welcome

### IMMEDIATE TREATMENT FOR:

Headaches • Dizziness • Whiplash

Sciatica • Low back pain

Carpal Tunnel • Neck/Shoulder Pain

WE ALSO OFFER ACUPUNCTURE THERAPY

303 Central Ave. E., Hampton • 641-456-4142



Dr. Chad Collins



Dr. James Koenen

OFFICE HOURS: M&W 9 a.m.-6 p.m. • Thurs. 9 a.m.-5 p.m. • Tue. & Fri. 9 a.m.-7 p.m. • Sat. 9 a.m.-12 p.m.



## Expert Care for Your Eyes

Dr. Dalton Miller

- OPTICAL COHERENCE TOMOGRAPHY (OCT) for evaluation, monitoring and follow-up for glaucoma and macular pathologies.

- Pre and Post-op care for CATARACT AND REFRACTIVE SURGERY

- Treatment of EYE DISEASES AND INJURIES

- Comprehensive EYE EXAMS

402 12th Ave. NE, Hampton

641-456-4251

www.woodvisionclinic.com

woodVISION  
CLINIC

Mon., Wed., Thurs., Fri. 8:30 a.m. - 5 p.m. • Tues. 8:30 a.m. - 7 p.m.

# STRATEGIES TO CONTROL APPETITE

## DRINK WATER

Perhaps the best, and least expensive, way to control appetite and ensure you don't overeat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of 55 and 75 found that people who drank two eight-ounce glasses of water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals. Over the course of 12 weeks, participants who drank water before meals three times per day lost roughly five pounds more than those who did not increase their water intake.

## EAT SLOWLY

When a person eats, a series of signals are sent to the brain from digestive hormones secreted by the gastrointestinal tract. These signals produce a feeling of pleasure and satiety in the brain, but it can take awhile for the brain to receive them. By chewing slowly, people can give the signals more time to reach their brains, potentially preventing them from overeating.

## CHOOSE THE RIGHT SNACKS

The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and picked up by the handful, choose snacks that are both healthy and require a little work. Carrots dipped in hummus or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also require some work between bites. The time it takes to dip between bites affords more time for the digestive tract to release signals to the brain that you're full.

Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

## REACH FOR FIBER FIRST

Another way to conquer hunger without overeating is to reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they've eaten their main courses. That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you're less likely to overeat before your brain receives the signals that your stomach is full. Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or other side dishes.



## OB Share Care

*Our highly qualified staff of OB clinical experts*



Thomas Waters, D.O.  
Iowa Falls Clinic  
641-648-7100



Carol Wilson, MSN, CNM  
Certified Nurse Midwife  
Women's Health Clinic  
641-648-7000

From 36 weeks through labor and delivery, care will be completed at Mercy North Iowa in Mason City.



**Hansen Family**  
HOSPITAL

Healthcare You Can Count On

at Hansen  
Family Hospital

**PRENATAL CARE  
UP TO 36 WEEKS IN  
IOWA FALLS INCLUDING:**

- Initial pregnancy confirmation
- Initial physical
- All necessary laboratory testing/ultrasounds
- Opportunity to become familiarized with Mercy North Iowa Birth Center and team

920 South Oak Street  
Iowa Falls, IA 50126  
641.648.7000

[www.hansenfamilyhospital.com](http://www.hansenfamilyhospital.com)

# Live Healthy FRANKLIN COUNTY

BY JIM DAVIES, MANAGER,  
FRANKLIN WELLNESS CENTER



**10  
WEEKS**

- \$22 per participant
- Personal online dashboard with the ability to sync Fitbit devices
- One-year magazine subscription
- Weekly motivational messages
- \$10 discount for statewide LHI 5K events

**L**ive Healthy Iowa's 10 Week Wellness Challenge encourages Iowans to make healthy lifestyle changes and the Franklin Wellness Center urges Franklin County residents to participate. Registration for this simple, affordable and fun competition opened Dec. 3, and the challenge kicks off on Jan. 14. Registration closes Jan. 28.

The Live Healthy Iowa 10 Week Wellness Challenge is a great wellness initiative encouraging all residents to participate. It is the perfect opportunity to improve the health of Franklin County through activity, weight loss and peer support while having fun.

The 10 Week Wellness Challenge provides participants with a fun opportunity to be active while engaging in a simple and affordable, team-based activity challenge. With the flexible format and friendly team based approach, participants are motivated by each other and kept accountable to helping achieve team and personal goals.

For just \$22, each participant receives access to a personal dashboard to record progress, set and monitor goals, communicate with team members, and much more! Participants also receive an official challenge t-shirt, one-year magazine subscription, weekly motivational messages, \$10 discount for statewide LHI 5K events, and chances to win team and individual prizes. Teams may register in the Minutes of Activity Division, the Weight Loss Division or both. In either case, individuals track and record minutes of activity and/or weight loss which is used to calculate a team's percentage weight loss and average activity minutes. Friendly competition among teams is encouraged. If your company or organization will have multiple teams participating, activate a Group ID.

A Group ID is used during registration to identify and track teams participating within your company or organization. For more information, or to obtain a Group ID, contact [info@livehealthyiowa.org](mailto:info@livehealthyiowa.org).

Be Active, and Make It Count! Live Healthy Iowa's Active Index is a measurable county-based tool geared toward encouraging Iowans – of all ages and activity levels – to engage in healthy and active opportunities. The goal is to get everyone up and moving together toward better health! Since 1988, the obesity rate in Iowa has increased from 14 percent to 32 percent! Iowa's less than desirable national rankings for obesity and inactivity are contributing to the overall health of the state's residents. The Active Index is a catalyst for evoking change and improving the overall wellness of Iowa – person by person, county by county.

The Active Index provides a tangible measurement of where each county ranks across Iowa. Rankings in the Active Index are based on county members' participation in select Live Healthy Iowa and Iowa Sports Foundation challenges and events including the 10 Week Wellness Challenge, the Winter Iowa Games and Senior Games.

Franklin County ranked number one in 2018 of the 99 Iowa counties. Live Healthy Iowa's 10 Week Wellness Challenge will be great for those involved and help Franklin County defend their title of being the most active county in Iowa. To sign up for the ten week challenge or for more information, contact Franklin Wellness Center manager Jim Davies at 641-456-2827 or email [franklinwellness@gmail.com](mailto:franklinwellness@gmail.com) or visit [www.livehealthyiowa.org](http://www.livehealthyiowa.org).



## LIVE healthy, be ACTIVE in 2019

FRANKLIN WELLNESS CENTER

### FRANKLIN WELLNESS CENTER

6 month and yearly memberships for Family, Individual, Seniors (65+), Senior Couple, Youth  
WATER AEROBICS • FITNESS CLASSES • FACILITY AND ROOM RENTALS AVAILABLE  
DAILY RATE, PUNCH CARDS & GIFT CERTIFICATES

1514 CENTRAL AVE. E, HAMPTON, IA | 641-456-2827 | [WWW.FRANKLINWELLNESS.COM](http://WWW.FRANKLINWELLNESS.COM)

**FACILITY HOURS**  
Mon.-Thurs.: 5:30 a.m. – 8:30 p.m.  
Friday: 5:30 a.m. – 7:30 p.m.  
Saturday: 7:30 a.m. – 5 p.m.  
Sunday: 12 p.m. – 5 p.m.

**LAP & THERAPY POOL HOURS**  
Monday/Wednesday/Friday  
5:30 a.m. – 7:30 a.m. • 12 p.m. – 1 p.m.  
Monday-Friday  
4 p.m. – 7 p.m.  
Saturday & Sunday  
12:30 p.m. – 4:30 p.m.

## FRANKLIN COUNTY COMMUNITY RESOURCE CENTER provides wide ranging mental health assistance

BY GREG FORBES

**F**ranklin County Community Resource Center strives to provide area residents with social services needed to navigate the ever-changing world of mental health care.

The Resource Center offers four major services that help people address issues with mental health, disabilities and substance use. Those main services are disability services coordination, general assistance, substance abuse/addiction services and Central Iowa Community Services (CICS).

Through disability services coordination, resource center staff helps people with disabilities receive an individualized plan to ensure they can achieve empowerment and community integration.



Robin McKee

General Assistance allows qualified people the chance to receive financial help with life essentials such as obtaining prescription medication, rent payments, transportation and more. People seeking General Assistance must meet financial hardship guidelines.

Substance Abuse/Addiction Services allows individuals the chance to seek detoxification services.

One of the main programs in which the resource center participates is CICS, an 11 county region that provides support for mental health patients. CICS's range is far reaching, as it provides access to therapy, community drop-in centers, a 24-hour crisis line, mobile crisis response and more at no cost to an individual. They also will help link an individual with outpatient psychiatry and therapy services, find supported living centers or facilities, help build job skills to assist with the job search process and provide other services such as home health aides, transportation to complete routine tasks and respite.

Russell Wood, community services director, said an extremely valuable aspect of CICS is the crisis response line. The hotline is available around the clock and staffed by a trained operator. The operator has information on Franklin County services and can refer a caller if need be.

"A crisis is different for different people," he said. "If you're in a crisis and you're not sure what to do, they can talk to you, they can refer you on to somebody and they can also send out our mobile crisis response team."

He added that the crisis line number can also be used to send and receive text messages.

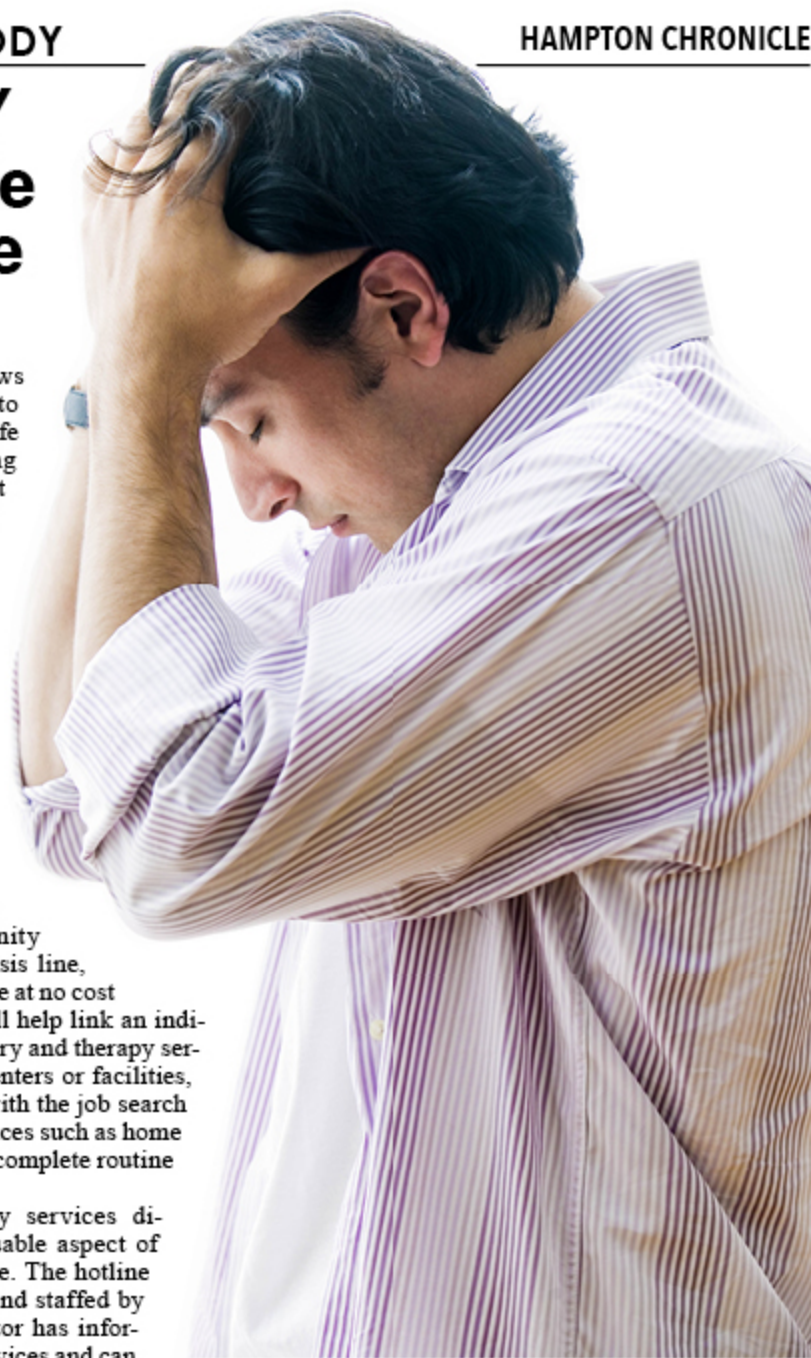
Robin McKee, services coordinator for Franklin County Community Resource Center, said that the line is valuable because it is operated by real people and is easy to navigate.

"Real-life people answer that phone," she said. "It's live people that we have given them all of the information pertaining to Franklin County so if you call from here, they have the information they would be able pull up the information where you're at and help you navigate."

The mobile response team, Wood said, consists of two trained professionals that will help an individual with an issue wherever he or she may be in the time of a crisis.

"They will go wherever a person happens to be to try to help with whatever the situation is right then and there," he said.

Community services and CICS work together with area medical professionals to ensure that people with a crisis receive the help they need in a timely fashion. Wood said that they have a licensed therapist and a med prescriber that keep appoint-



ment times open should an individual need services on short notice. Franklin General Hospital will refer to a crisis stabilization unit in Woodward or Waterloo. Wood added that CICS provides transportation through Central Iowa Juvenile Detention out of Eldora to and from one of the crisis stabilization centers if people are unable to transport themselves.

Also at the hospital, McKee said, is the telehealth service, where an on-call psychologist can speak with a patient over the computer to help an individual determine what services he or she may need.

Overall, Wood said that Franklin County Community Services Center provides help with vocational services, residential services, jail diversion, outpatient services and some inpatient services.

Wood said that the Franklin County Community Resource Center's wide focus is because of the limited resources in the area. He said anyone, regardless of income level, can make an appointment with the center to receive consultation for possible services they may need.

"We staff so that we have access to an individual," he said. "Having a person here, someone can come in and talk to a live person who understands the system and someone that can help work through that."

"Our intent is that when you walk in this building and need the help, that if we can't help you, we know exactly the name and agency to guide you to so you aren't bouncing all over," added McKee.

**KOERNER WHIPPLE**  
Pharmacies, Inc.

**2 Convenient Locations!**

**We Are Your Full Service Pharmacy!**

- Mail out Rx service
- Free in-town delivery
- Pharmacist available 24/7 for our customers
- Custom medication flavoring

**Medicare and Medicaid Covers:**

- Nebulizers
- Diabetic Supplies
  - Monitors
  - Test Strips
  - Lancets
  - Lancet device

**We do ALL the paperwork and submitting for you!**

**For More Information Call:**

**Koerner Whipple  
Pharmacy**  
Downtown Hampton  
641-456-2510

**Medical Center  
Pharmacy**  
at FGH  
641-456-4146



## Iowa Weight Loss Specialists offer comprehensive plans to reach goals

BY IOWA SPECIALTY HOSPITAL

One of the greatest epidemics we will face in our lifetime is obesity. Iowa now ranks as the fourth heaviest state per capita with an obesity rate of 36 percent. Obesity rates have risen significantly from 21 percent in 2000 and 12 percent in 1990. Excess weight is causing a variety of diseases such as type 2 diabetes, hypertension and sleep apnea. For the first time, we are beginning to see a decreased life expectancy due to these weight related conditions. For businesses, the economic impact is staggering. Not only do we see work absences due to health issues, but employers also face decreased workforce productivity from employees carrying this weight.

Obesity has been classified as a disease by the American Medical Society. It is a complex disease that adversely impacts many aspects of a patient's life. Fortunately, there are effective long term treatments. At Iowa Weight Loss Specialists, we believe in a comprehensive team approach. Our medical team can customize a plan for each patient. We use tools such as meal planning, metabolic rate testing, appetite suppressing medications, exercise, and on-site mental health counseling. There is no one "right" approach for everyone. We will start with an evaluation of



what the patient has tried in the past and focus on what they need for success.

For patients that are nearly 100 pounds overweight, we offer state of the art surgical options. This is often the most powerful tool for curing weight related diseases. The sleeve gastrectomy is the most common weight loss surgery in the world. Most patients don't realize that it is lower risk procedure than having a gallbladder surgery; it usually requires only one night in the hospital and most patients return to work in 1-2 weeks. The improvements of weight related diseases are dramatic with nearly 70 percent of type 2 diabetes being cured, for example. We are a certified national center of excellence led by a surgeon who has performed thousands of weight loss surgeries.

You owe it to yourself to put a team of medical experts to work for you. One big advantage of seeing a comprehensive medical weight loss team is that these treatments are nearly always covered by insurance. For most patients, cost for treatment is an office visit co-payment compared to expensive weight loss programs that can cost hundreds of dollars. To start your weight loss journey visit [iowaweightloss.com](http://iowaweightloss.com) or call 515-327-2000.

## Does your insurance cover GYM MEMBERSHIPS?

BY JIM DAVIES, FRANKLIN WELLNESS CENTER DIRECTOR

Health insurance providers have a vested interest in you staying healthy.

The cost of physical inactivity and sedentary behavior is staggering. Some studies indicate that as much as 87.5 percent of all healthcare claims are driven by lifestyle choices. Excess weight and a sedentary lifestyle are even risk factors for one-quarter to one-third of all common cancers in the United States.

Physical activity is a key component to improving and maintaining an individual's overall well-being. When a person increases physical activity from zero to one time per week to more than three times per week, his or her medical costs can decrease by \$2,202 per year.

Many companies offer discounts or reimbursements for gym memberships.

Silver Sneakers is a fitness program for seniors included with many Medicare Advantage plans. Besides gym access, Silver Sneakers offers classes, instructor certifications, a merchandise website, and a blog. Silver Sneakers is a product of Tivity Health. Tivity Health was founded in 1981 and is headquartered in Franklin, TN.

Silver And Fit is a fitness and healthy aging program designed to help club members achieve better health through regular exercise. It is a program offered by American Specialty Health (ASH). ASH started in 1987, founded as a chiropractic network and management company in Southern California. Joining a facility, home fitness kits, a resource library, an app and a reward program are available.

Blue365 is a program sponsored by local Blue Companies. Iowa Blue

Cross Blue Shield is one of 36 Blue Cross and/or Blue Shield companies. Blue365 provides access to a wide range of savings from top health and wellness brands. One benefit of Blue365 is to access a membership in GlobalFit, a network of participating partners, such as Anytime Fitness and Planet Fitness. Memberships are at a discount between 5 percent to 20 percent.

Gym memberships or fitness programs may be part of the extra coverage offered by Medicare Advantage Plans, other Medicare health plans, or Medicare Supplement Insurance (Medigap) plans. In Iowa, participating health plans with Silver Sneakers are Bankers Life, Aetna, Humana, and Medica.

SilverSneakers Annual Participant Survey of more than 26,000 members reveals that older Americans are exercising and socializing to improve and maintain their health to lead an active lifestyle as they age. More than 91 percent of members shared that the program has improved their quality of life and 90 percent feel healthier overall, and 94 percent say their health is good, very good or excellent.

A study published in the Centers for Disease Control Journal Preventing Chronic Disease found that Silver Sneakers participants incurred \$500 less in total healthcare costs during the second year and had fewer hospital admissions in years one and two compared with the control group. More frequent participation was associated with greater cost savings.

Fitness and socialization motives older adults to live life well. Call your health insurance provider to see if your plan covers gym memberships or fitness programs.

## NEW YEAR - NEW YOU

# 2019

IS THE PERFECT YEAR TO BEGIN YOUR WEIGHT LOSS JOURNEY



**We Offer:**  
Free classes with information on surgical weight loss.

### Weight Loss Can Help:

- Reduce risk of serious long-term health issues such as type 2 diabetes, sleep apnea, hypertension and many other conditions.
- Reduce medical costs and prescription medications.
- Maintain the ability to live an active lifestyle.

**We Are:**  
Dedicated to helping people live longer and healthier lives.

Proud Partner of...  
**Iowa Specialty Hospitals & Clinics**  
Specializing in You

[iowaweightloss.com](http://iowaweightloss.com)  
515-327-2000  
**IOWA WEIGHT LOSS SPECIALISTS**  
403 1st Street SE • Belmond, IA 50421

Medical and Surgical Weight Loss Options

Call now for an appointment to discuss what is right for you.

## HOW TO STAY *flexible* as you age

**M**en and women may begin to feel less flexible as they get older. According to the University of Maryland Medical Center, that loss of flexibility is because muscles lose both strength and elasticity as the body ages.

A lack of flexibility can make men and women more vulnerable to certain types of injuries, including muscle strains and tears. While people might not be able to maintain the flexibility they enjoyed in their twenties, there are ways for them to combat age-related loss of flexibility.

- **Stretch frequently.** Stretching is a great way to combat age-related loss of flexibility. Stretch major muscle groups, such as hamstrings and shoulder muscles, several times per week. When practicing static stretching, the goal is to gradually elongate the muscle being stretched before holding the elongated position, and ultimately allowing the muscle to return to resting position. As flexibility improves, elongated stretches can be held for 30 seconds. Avoid stretching muscles that are sore or injured, and discontinue a stretch if you feel pain or discomfort.

- **Include yoga in your exercise regimen.** Practitioners of yoga typically love how this unique discipline that exercises the body while relaxing the mind improves their flexibility. Many yoga poses are designed to improve the strength and flexibility of muscles, and some physicians may even recommend yoga to aging patients. Beginners may want to visit yoga studios or sign up for classes at their gyms so instructors can personally ensure they are doing each pose correctly. As their flexibility improves, men and women can try more difficult poses and classes if they so desire.

- **Get in the pool.** Swimming is another activity that can help aging men and women improve their flexibility. Strength-training exercises are an important component of a well-balanced exercise regimen, but such workouts tend to focus on one or two muscle groups at a time. That means other muscle groups may be inactive and tighten up as a result. Swimming works the entire body, which helps all muscle groups stay loose and flexible. One or two swimming sessions per week can contribute to great gains in overall flexibility.



# IN-HOME CARE

to allow  
**INDEPENDENT  
LIVING**



**Franklin County Home Care**  
Deb Jones - Director  
**NON-CERTIFIED  
SERVICES OFFERED**  
641-456-5830

**HOME CARE AIDE**  
Personal Cares contracted with  
Franklin County Public Health

**HOMEMAKER SERVICES:**  
Personal Cares with no Skilled Nursing  
Routine Housecleaning • Laundry Assistance  
Assistance with Meal Preparation • Budgeting  
Grocery Shopping/Errands • Respite Services  
A Physician's order is not required for Homemaker Services.

**FIRST CALL** (Emergency Response Systems)  
Staff are available to assist Franklin Rural Electric  
with Emergency Response Systems.



**Franklin County Public Health**  
Ashley Roberts - Interim Administrator  
**CERTIFIED SERVICES OFFERED**  
641-456-5820

**SKILLED NURSING SERVICES:**  
Injections • Blood Draws • IV Therapy • Wound Vacs  
Ostomy Cares • Wound Cares • Post Surgical Cares  
Pediatric Nurse • Diabetic Teaching Cares  
Tracheotomy Cares

**Medication Management**  
**Certified Gerontological Nurse**  
**Health Teaching for clients and families**  
**Assessments & Treatments for all Medical Diagnosis**

**CONTRACTED SERVICES:**  
Home Care Aide • Physical Therapy • Speech Therapy  
Enterostomal Therapy • Occupational Therapy  
IV Therapy • Wound Care Nurse

**Environmental Health Services**  
**Emergency Preparedness • Immunizations**  
**Clinics and Screenings**  
**Community Health Education**  
**Breast and Cervical Cancer Program**  
**Communicable Disease • Hispanic Interpreter**

**FOR MORE INFORMATION,  
CALL 641-456-5820 OR 641-456-5830**

## The various types of arthritis

Arthritis affects hundreds of millions of people across the globe. The Arthritis Foundation notes that more than 50 million adults in the United States have some type of arthritis.

The Arthritis Foundation notes that arthritis is not a single disease. In fact, the word "arthritis" something of an umbrella term and an informal way of referring to joint pain or joint disease. While these conditions may produce some common symptoms, such as swelling, pain and stiffness, learning to distinguish between some common types of arthritis can help men and women manage their conditions more effectively.

### • OSTEOARTHRITIS:

Osteoarthritis, which is sometimes referred to as "Degenerative joint disease" or "OA," the most common chronic condition of the joints. The symptoms of OA vary depending on the joints that are affected, but pain and stiffness, especially first thing in the morning or after resting, are common. OA can affect the hips, knees, fingers, or feet, and those with OA may feel limited range of motion in their affected areas. Some with OA may hear clicking or cracking sounds when the affected joints bend, and pain associated with OA may be more intense after activity or toward the end of the day.

### • INFLAMMATORY ARTHRITIS:

Inflammatory arthritis occurs when the immune system, which can employ inflammation to fight infection and prevent disease, mistakenly attacks the joints with uncontrolled inflammation. Such a mistake can contribute to joint erosion and even organ damage. Psoriatic arthritis, which the Arthritis Foundation notes affects roughly 30 percent of people with psoriasis, and rheumatoid arthritis are two examples of inflammatory arthritis.

### • INFECTIOUS ARTHRITIS:

Bacterium, a virus or a fungus that enters the joint may trigger inflammation and lead to infectious arthritis. The Arthritis Foundation notes that the most common bacteria to cause infection arthritis is staphylocococcus

aureus, or staph. The majority of infectious arthritis cases occur after an infection somewhere else in the body travels through the bloodstream to the joint, though some infections may enter the joint directly through a puncture wound near the joint or during surgery near the joint. Intense swelling and pain, typically in a single joint, are the most common symptoms of infectious arthritis, which is most likely to affect the knee, though it can affect the hips, ankles and wrists. Some people with infection arthritis may also experience fever and chills.

### • METABOLIC ARTHRITIS:

The body produces uric acid to break down purines, a substance found in many foods and in human cells. But some people produce more uric acid than they need, which they then struggle to get rid of quickly. As a result, uric acid can build up. The Arthritis Foundation notes that this buildup can lead to the formation of needle-like crystals in the joints that cause sudden spikes of extreme pain.

