

Continued from Inside

Maintaining Healthy Skin : Part 1 Of Spa Double Feature!	Wednesday, July 15, 11:30am-12:30pm Sheetal Patel, Esthetician, Results Day Spa	Summer heat can be brutal to your skin. Join an experienced skin expert as she discusses the ways to keep skin hydrated, healthy and damage free. Door Prize! Light refreshments will be served between this class and the next one in our Spa Double Feature.
Hair Care 411: Part 2 Of Spa Double Feature!	Wednesday, July 15, 12:30pm-1:30pm Lisa Bettini, Cosmetologist, Results Day Spa	Concerned about dry, brittle hair after multiple colorings, thinning hair or do you have questions about which color would work best for your skin tone? These questions and much more will be answered by an experienced cosmetologist. Door Prize!
Arthritis	Thursday, July 16, Noon-1pm Christina Christiansen, DC	Join Dr. Christiansen to learn the basics of arthritis and what you can do to increase mobility, decrease pain and improve your quality of life.
Dash To Better Blood Pressure	Monday, July 20, 1-2pm Doreen Lancaster, RN	Discover the Dietary Approaches to Stop Hypertension (DASH), how exercise can help and ways to cope with stress.
Advances In Joint Replacement Surgery	Wednesday, July 22, 1-2pm Misty Spano, RN, BSN, ONC	Misty will discuss the latest in advanced technology for hip and knee replacements. Bring your questions for this interactive class. Perfect for anyone who may be facing the possibility of future joint replacement.
COPD	Wednesday, July 22, 4-5pm Lisa Rice, RN	Learn the facts about chronic obstructive pulmonary disease (COPD) also known as emphysema or chronic bronchitis. Prevention of COPD and treatment options will be discussed.
CHF	Thursday, July 23, 11am-Noon Lisa Rice, RN	Have you or someone you know been diagnosed with CHF? Join us to learn the basics of CHF and useful strategies for preventing hospital admissions.
Home Safe Home	Friday, July 24, 2-3pm Tanya Fuccio, RN	Nearly 20,000 people die yearly from home accidents. Most of these can be prevented! Learn practical tips to stay safe, healthy and happy in your own home year round.
Eat To Breathe: Nutrition In Congestive Heart Failure	Saturday, July 25, 11am-Noon Candy Redd, BSN, RN	Maintaining your nutritional health can be a challenge when you have Congestive Heart Failure. Recommendations and tips for better nutrition will be discussed.
Cardiomyopathy	Monday, July 27, 3-4pm Lisa Rice, RN	Anyone can develop cardiomyopathy, a serious disease of the heart muscle. Assess your risk and learn the symptoms and treatment available.
No Fibbing: Atrial Fibrillation	Tuesday, July 28, 11am-Noon Lisa Rice, RN	Do you ever feel like your heart is skipping a beat? It could be atrial fibrillation, the most common irregular heart rhythm. Learn about this cardiac condition and current treatment options.
Stress Management Tips	Wednesday, July 29, 4-5pm Tanya Fuccio, RN	Trying to unwind? Learn practical tips to manage your stress and techniques to help you relax.
Money Matters: Social Security For Baby Boomers	Thursday, July 30, 5-6pm Michael Bird, Certified Financial Planner	Designed to help Baby Boomers better understand the Social Security system with discussion on when it makes sense to delay benefits, importance of checking earning records for accuracy, minimizing taxes on Social Security, how to estimate benefits and coordinating benefits with your spouse and other sources of retirement income.
Preparing For Joint Replacement	Friday, July 31, 1-3pm Joy Martin, RN	Considering a hip or knee replacement? In this class, you will learn how to prepare for joint replacement, what to expect before and after surgery and the questions you need to ask the doctor about your surgery and recovery.

Services provided by the HRC include:

- Free blood pressure checks.
- Registered nurse available to provide health information.
- Individual nutritional counseling by appointment with a registered dietitian.
- Cholesterol screenings available daily by appointment. Done by finger stick with results in minutes. Fast 8–12 hours before test. **Call 423-915-5200 to schedule in Johnson City or 423-857-7981 to schedule in Kingsport. \$25 fee. Cash or check only.**
- A1C testing used to monitor average blood sugar levels done by finger stick with results in minutes. Available at Johnson City location only. **Call 423-915-5200 to schedule. \$25 fee. Cash or check only.**
- **Yellow Dot Program: Walk in any day, any time**

Designed to supply first responders with an individual's medical information in the event of an emergency. Stop by to complete your Yellow Dot Emergency Medical Information form and receive a yellow dot car decal. Bring driver's license or current photo to make a copy for your form.



400 N. State of Franklin Road
Johnson City, TN 37604-6094

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In an effort to go green, please let us know if you do not wish to receive this calendar, or if email is an option. Please call 423-857-7981 or 423-915-5200 or email hrc02@msha.com.



School is out, so now is the perfect time for children to take steps toward improved health. Stop by the Health Resources Centers to pick up a Kids on the Move 5-2-1-0 log book and have your child complete to receive a prize!

July 2015

The Resource

Your resource for excellent health information, classes and screenings.



The Health Resources Center (HRC) in Johnson City is located inside The Mall at Johnson City on the lower level beside Belk Women's Store.

Some classes are held in our annex located at the back of The Mall, between Belk Home Store & Belk Women's Store. Enter directly from parking lot 17 at the green awning.

423-915-5200

Open Mon.–Sat., 8am–6pm

The Indian Path Health Resources Center in Kingsport is located on the upper level of the Kingsport Town Center near JCPenney.

423-857-7981

Open Mon.–Sat., 8am–6pm

www.MountainStatesHealth.com

Johnson City Health Resources Center

Registration is required. Call 800-888-5551.
Free unless otherwise noted.

Classes	Date/Time/Speaker	Description
DIABETES		
50 Ways To Prevent Diabetes	Monday, July 13, 12-1pm, Annex Jennifer Persinger, RD, CDE, MSHA	Do you have a family history of diabetes? Is your blood sugar “a little high” or has your doctor told you that you have Pre-Diabetes? Join us to learn 50 ways to help you prevent diabetes.
Diabetes 101: Healthy Eating	Monday, July 20, 12-1:30pm, Annex Jennifer Persinger, RD, CDE, MSHA	Not sure how to eat now that you have diabetes? Learn the basics about healthy food choices and portion control plus common myths and truths about diabetes.
Diabetes 101: Monitoring & Being Active	Monday, July 27, 12-1:30pm, Annex Jennifer Persinger, RD, CDE, MSHA	Find out how being active can help you get better control of your blood sugar. Monitoring basics will also be discussed.
Summer Fun With Diabetes	Wednesday, July 29, 12-1pm, Annex Jennifer Persinger, RD, CDE, MSHA	Summer is packed with vacations, travel, picnics and outdoor activities. Join us to learn how summer activities can impact your diabetes and get tips for staying healthy and in control.
FOOD & NUTRITION		
Eat To Breathe: Nutrition In Congestive Heart Failure	Wednesday, July 15, 11am-12pm, Annex Jennifer Persinger, RD, CDE, MSHA	Maintaining your nutritional health can be a challenge when you have CHF. Recommendations and tips for better nutrition will be discussed.
Healthy Eating On The Go	Tuesday, July 21, 5-6pm, HRC Alice Sulkowski, RD, MSHA	It is possible to eat healthy, even on the run. Learn simple food swaps and tips to help cut calories, fat and pounds when you eat out.
Canning & Freezing From the Garden	Wednesday, July 29, 5-6pm, Annex Elizabeth Elizondo, MS, UT Extension Office	Make the most of your healthy summer produce by learning tips for preserving it. This economical, menu-boosting skill is easy to learn and will be appreciated for months.
HEALTH SCREENING		
Fall Risk Assessment	Walk in Monday-Saturday, 8am-6pm, HRC	A fall can lead to long-term problems, disability and loss of independence as well as pain and discomfort. Learn your risk for falling and fall prevention tips.
Sleep Apnea Screening	Walk in Monday-Saturday, 8am-6pm, HRC	Stop by the HRC for a free sleep apnea questionnaire to find out if you or your child may be at risk. Sleep apnea is a sleep disorder characterized by abnormal pauses in breathing or instances of abnormally low-breathing during sleep. Not only is it a chronic health problem, it can get worse over time. Find out what services are available to help with this common problem.
HEALTHY LIVING		
COPD	Monday, July 6, 1-2pm, HRC Jeanne Clarke, RN, MSHA	Learn the facts about chronic obstructive pulmonary disease (COPD), also known as emphysema or chronic bronchitis. Prevention of COPD and treatment options will be discussed.
CPR: Health Care Provider	Saturday, July 11, 8am-12pm, Annex	This class is for health care workers and includes CPR for adult, child and infant victims plus AED training and foreign body airway obstruction. Includes new AHA guidelines. Fee for class. Online registration - www.msha.com , Services, American Heart Training.
Become Sun Savvy	Tuesday, July 14 & Thursday, July 23 8am-6pm, HRC	Come by the HRC and check your sun safety IQ. After testing your knowledge, you may pick up a sample of sunscreen to keep your skin healthy and safe—while supplies last. The challenge is on to see how “sun savvy” you are. (Drop-in, No class involved)
Self Defense For Women	Tuesday, July 14, 5-6pm, Annex Dixie Neth, RN, 6th Degree Black Belt	Our self defense plan must be in place BEFORE the need arises. Gain the confidence and skills you need to save your life! Learn safety tips to improve your awareness and avoid potential attacks plus effective offensive strategies to use if needed. Practical tips for women of all ages – especially helpful for daughters heading off to college!
Turning 65? Medicare 101	Wednesday, July 15, 12-1pm, HRC Becky Jones, CrestPoint Health	Do you have questions about Medicare? Find out what is available and learn about the insurance side of how Medicare works on the federal and state levels.
Advances In Joint Replacement Surgery	Wednesday, July 15, 2-3:30pm, Annex Misty Spano, RN	Come and find out the latest advancements in joint replacement surgery. Learn the facts so that you can make an informed decision, know what to expect before surgery and get back to doing what you love.
Yoga For Every Body	Thursdays, July 16, 23, 30, 5:30-6:30pm, Annex Connie Pennington, MD	This yoga class focuses on breathing exercises, meditation and gentle yoga postures for flexibility, balance and strength. This class is for everyone! Learn to maintain balance and calm in the midst of life’s daily stresses. Bring a yoga mat. \$5 fee.
Medication Safety	Friday, July 17, 10am-2pm, HRC	Drop in for information about medication safety and tips for properly taking your medications. (No class involved)

Home Safe Home	Friday, July 17, 10am-2pm, HRC	Stop in for home safety tips, a fall risk assessment tool and pick up a room by room home safety checklist. (No class involved)
Living With Chronic Kidney Disease	Tuesday, July 21, 2-3:30pm, Annex Marianna Higgins, LCSW	Focus will be on chronic kidney disease including diagnosis, stages, signs and symptoms as well as treatment options of hemodialysis, peritoneal dialysis and transplant.
A Breath Of Fresh Air	Tuesday, July 21, Noon-1pm, HRC Jeanne Cope, Master Gardener	Learn about plants that improve indoor air quality and help decrease pollutants inside your home. Join Jeanne Cope, Master Gardener, to learn how to breath cleaner.
Lowering Your Cholesterol	Wednesday, July 22, 1-2pm, HRC Rachel Forbush, RN, MSHA	Learn practical nutrition and lifestyle tips to help you improve your cholesterol and triglyceride levels.
Social Security For Baby Boomers	Tuesday, July 28, 5-6pm, HRC Michael Bird, CFP, MBA	Designed to help Baby Boomers better understand the Social Security system with discussion on when it makes sense to delay benefits, importance of checking earning records for accuracy , minimizing taxes on Social Security, how to estimate benefits and coordinating benefits with your spouse and other sources of retirement income.
Coping With Cargiver's Stress	Friday, July 31, 12-1pm, HRC Pam King, RN	Caring for an older adult or a family member with a long-term illness can be very rewarding, but a challenge. Come out to learn some ways to deal with stress so you can be a caregiver and still have some time for yourself.

SUPPORT GROUPS

Mended Hearts	Tuesday, July 7, 11:30am-1pm, Annex Alice Sulkowski, RD, MSHA	Mended Hearts offers information and support to individuals who have had heart surgery. Join us to learn about Cholesterol.
Lymphedema Support Group	Thursday, July 9, 5-6pm, HRC Jennifer Hovatter, BS, Public Health	Join us for this support group that is devoted to advocating and assisting those with lymphedema.
Early Onset Alzheimer's Support Group	Fridays, July 10 & 24, 11am-12pm, Annex Tabitha Ebbert, Alzheimer's Association	Join our newest support group that is designed to provide emotional, educational and social support for caregivers and people in the early stage of Alzheimer's disease or another form of dementia through regularly scheduled meetings. These groups help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health.
Grief Support Group	Fridays, July 10, 17, 24, 31, August 7 & 14, 3-4:30pm, HRC April Collins, MSW, MSHA	After the loss of a loved one, we often experience a wide variety of emotions. Join us in a safe, non-judgmental environment to learn more about grief and how to cope from day to day.
Multiple Myeloma Support Group	Saturday, July 11, 1-3pm, Annex Darlene Jessee	If you or someone you love has multiple myeloma, please join us for information, support and caring.
Mommy And Me: Breastfeeding Group	Mondays, July 13 & 27, 10-11:30am, Annex Chasta Hite, RNC, IBCLC, MSHA	Get to know other moms who are breastfeeding and gain information and support.
Fibromyalgia Support Group	Monday, July 13, 5-6:30pm, HRC Michele Villeneuve Life Coach, Reiki Master	If you or a loved one has fibromyalgia, join us to learn more about how a "life coach" may assist clients with chronic illnesses.
Weight Loss Surgery Support Group	Wednesday, July 15, 6-7:30pm, Annex Michael Phillips, Behavioral Health Assessment Counselor, Woodridge	Support is here for your journey! Join others on the same journey for tools, shared learning and strategies for your support. Together, we will support your success.
Immune Deficiency Support Group	Saturday, July 25, 1-3pm, Annex Ashlee Carmack	Join our newest support group that will provide an opportunity for individuals diagnosed with a primary immunodeficiency disease and their caregivers to receive support and encouragement, network and raise awareness in their communities.

Kingsport Health Resources Center

Registration is required. Call 800-888-5551.
Free unless otherwise noted.

Classes	Date/Time/Speaker	Description
DIABETES		
Supporting & Caring For Someone With Diabetes	Tuesday, July 21, Noon-1pm Jessica Leu, MS, RD, LDN, BC-ADM	How do you support someone on their journey with diabetes? It's an important role, but not always easy! Learn tips to better support your loved one while also taking care of yourself as the care partner.
Diabetes 101: Problem Solving & Reducing Risks	Thursday, July 23, 3-4:30pm Lisa Gilreath, RD, LDN, CDE	Learn how to interpret your blood sugar results to improve the highs and lows of diabetes and reduce your risks for developing complications.

Let'S Talk About: Monitoring Your Blood Sugar	Saturday, July 25, 1-2pm Candy Redd, BSN, RN	Have you set target ranges for your blood sugar and A1c? Join this small group to learn the basics of using the results from your meter to deal with high and low blood sugar.
Prediabetes: Reduce Your Risk	Saturday, July 25, 3-4:30pm Candy Redd, BSN, RN	Have you been told you have "pre-diabetes" or "borderline" diabetes? Change the course you're on and learn how to decrease your risk of developing diabetes.
Taming The Glucose Beast	Wednesday, July 29, 1-2pm Andrew Clark, PhD, RD	Maintaining weight or reducing the impact of diabetes centers around control of blood glucose levels. In this seminar, Dr Clark will discuss practical methods to control "the glucose beast" through manipulations of macronutrient ratios, timing and size of meals.

FOOD & NUTRITION

Fitness Foods	Wednesday, July 15, 4-5pm Katie Gagel, MS, RD	Fueling the body appropriately for physical activity is important. Find out the best foods and beverages to consume before, during and after exercise.
Juice It Up!	Friday, July 17, 1-2pm Nalona Kosma, Owner Operator of Juice Almighty	Join us to learn more about the health benefits of juicing. Refreshing juice samples provided!
Seasonal Eating: Tomatoes	Tuesday, July 21, 11am-Noon Jennifer Banks, RD, UT Extension Agent	Jennifer will demonstrate a yummy new tomato recipe and give tips on food preservation of tomatoes. Samples provided.
Do It Yourself Takeout	Tuesday, July 21, 5-6pm Katie Gagel, MS, RD	Learn about creative ways to make your favorite take-out meals at home! These recipes provide a healthier and less expensive twist on take-out classics.
The Mediterranean Diet	Thursday, July 30, 5-6pm Katie Gagel, MS, RD	Enjoy a cooking demonstration and discussion about the health benefits of the Mediterranean Diet. Sample a recipe incorporating some of the key ingredients of the Mediterranean Diet.

HEALTH SCREENING

Alpha 1 Screening	Thursday, July 9, 3-4pm	If you or someone you know has been diagnosed with COPD, emphysema or uncontrolled asthma, it may be due to an Alpha 1 antitrypsin deficiency. This free finger-stick blood screening will test for that deficiency.
Lab Work	Tuesday, July 14, 7-9am	No food or drink (except water) for 8-12 hours before the test. Call for an appointment. \$25 Coronary Risk Panel – total cholesterol, HDL, LDL, triglycerides, glucose and hematocrit. \$20 Liver Panel – albumin, bilirubin: total, direct and indirect, bilirubin ratio, alkaline phosphatase, total protein, ALT, AST. \$20 Hemoglobin A1c. \$30 TSH - thyroid. \$35 PSA - prostate. Cash or check only.
Sleep Apnea Screening	Any day, Monday - Saturday, 8am-6pm	Stop by the Health Resources Center for a free sleep apnea questionnaire to find out if you or your child may be at risk.
Fall Risk Assessment	Any day, Monday - Saturday, 8am-6pm	A fall can lead to long-term problems, disability and loss of independence as well as pain and discomfort. Learn your risk for falling and fall prevention tips.
COPD Risk Screening	Any day, Monday - Saturday, 8am-6pm	Do you have any symptoms of Chronic Obstructive Pulmonary Disease (COPD) such as shortness of breath, wheezing or persistent cough? Drop in to complete a screening tool to assess your risk of COPD and learn more about this progressive but treatable condition.
Child I.D. Kit & Fingerprinting	Any day, Monday - Saturday, 8am-6pm	It is important to act fast when a child is missing from your home. The Child I.D. Kit will help you be prepared to give law enforcement information they need. Drop in to pick up a kit, learn safety tips and have your child fingerprinted.

HEALTHY LIVING

What Is Rock Tape?	Tuesday, July 7, 4-5pm Ashley Sigwalt, Athletic Trainer, Great Body Company	Learn more about kinesiology tape that is used throughout the world to treat various injuries or to improve athletic performance. Rock Docs use this treatment for shin splints, plantar fasciitis, rotator cuff problems, tennis elbow, lower body issues, postural correction and more.
Lower Your Cholesterol	Wednesday, July 8, 11am-Noon Doreen Lancaster, RN	Learn practical nutrition and lifestyle tips to help you improve your cholesterol and triglyceride numbers.
Thyroid Disorders 101	Thursday, July 9, Noon-1pm Lisa Rice, RN	Join us to learn the basics of thyroid function and thyroid disease.
Asthma 101	Monday, July 13, Noon-1pm Tanya Fuccio, RN	Learn asthma basics, common asthma terminology as well as the importance of an asthma action plan.
Turning 65? Medicare 101	Tuesday, July 14, 11am-Noon Becky Jones, Community Advocate, CrestPoint Health	Turning 65 soon and have questions about Medicare? Find out what's available and learn about the insurance side of how Medicare works on state and federal levels.