



WHAT'S NEW AT LPCCN?

Upcoming Living Healthy Workshops

<http://p2wny.org>

INSIDE THIS ISSUE:

<i>Spotlight</i>	1
<i>Quick & Easy Recipe</i>	2
<i>Live Your Life Well</i>	2
<i>Program Updates</i>	3
<i>Getting to Know Us</i>	3
<i>Health Tip</i>	4



“We make **Healthcare** in Wyoming, Orleans and Genesee County communities a **Local priority.**”

Living Health is a 6 week program designed to help people live better and feel better with chronic conditions. Classes meet for 2.5 hours once a week for the 6 weeks, and topics include: healthy eating, exercise, communicating with doctors, family, and friends, goal setting, medication management, relaxation techniques, and much more! Come join us! Learn to feel better and be in control of your health condition while enjoying the air conditioning in the heat of the summer months!

Registration is required-register soon because space is limited. Please note the registration numbers are different for each workshop:

Living Healthy with Diabetes

Location: Genesee County Health Department-3837 West Main Street Road, County Building #2, Batavia, NY 14020

Dates: 7/12, 7/19, 7/26, 8/2, 8/9, 8/16

Time: 9:30 am-12 pm

Registration-contact Christi at Lake Plains Community Care Network: (585) 345-6110

Living Healthy (any chronic condition—diabetes, heart disease, asthma, arthritis etc.)

Location: Genesee County Office for the Aging-Senior Center-2 Bank Street, Batavia, NY 14020

Dates: 8/15, 8/22, 8/29, 9/12, 9/19, 9/26 (Skipping 9/5 for Labor Day)

Time: 6 pm-8:30 pm

Registration-contact Genesee County Office for the Aging (585) 343-1611

Living Healthy

Location: WNY R-AHEC-20 Duncan Street, Warsaw, NY 14569

Dates: 7/22, 7/29, 8/5, 8/12, 8/19, 8/26

Time: 9:30-12:00 pm

Registration-contact Christi Hayden from Lake Plains Community Care Network at (585) 345-6110.

Ambrosia

<http://foodnetwork.com/food/cda/recipe>

PREP TIME: 30 minutes

LEVEL: Easy

SERVES: 6 servings

Ingredients

- 1/2 cup heavy cream 1 tbsp sugar
- 4 oz sour cream
- 6 oz. mini marshmallows
- 1 cup Clementine orange segments, (6 clementines)
- 1 cup chopped fresh pineapple
- 1 cup freshly grated coconut
- 1 cup toasted, chopped pecans
- 1/2 cup drained maraschino cherries

Directions

1. Place the cream and sugar into the bowl of a stand mixer with the whisk attachment and whip until stiff peaks are formed.
2. Add the sour cream and whisk to combine.
3. Add the marshmallows, orange, pineapple, coconut, pecans, and cherries and stir to combine.
4. Transfer to a glass serving bowl, cover, and place in the refrigerator for 2 hours before serving.

Tip-On very hot days my Grandmother would serve this frozen to help keep us cool.



8 Summer Steps for Healthy Living

<http://www.women.webmd.com>



You have to love those lazy days of summer! Life seems a little simpler and less chaotic. It's a perfect time to improve your health and the following tips are so laid back you will barely notice the effort. Here are the 8 steps for healthy living:

1. **Give Your Diet a Berry Boost.** Have a cup of mixed fresh berries –blackberries, blueberries, or strawberries - every day. They will increase your antioxidants which helps prevent damage to tissues and will reduce the risks of age-related illnesses. Berries are also high in fiber, which helps keep your cholesterol low and may even help prevent some cancers.
2. **Get Dirty - and Stress Less.** Improve your stress level by getting your hands dirty. Plant a small garden, cultivate a flower box, or plant a few flower pots. Just putting your hands in soil is “grounding”. When life feels like you’re moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.
3. **Floss Daily** Floss every single day. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you’re doing better than at least 85% of people.
4. **Get Outside to Exercise.** Rather it be a hike, nature walk, playing tag with your kids, cycling, roller blading, or swimming — get outside and be active. Shed that cooped-up feeling of the gym.
5. **Be Good to Your Eyes.** To protect your vision at work or play, wear protective eyewear. If you are outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can also help prevent cataracts, as well as eye wrinkles.
6. **Vacation Time.** Improve your health by taking a vacation. Utilize the time off to take it slower and unwind. Vacations can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waste and an increased risk of heart disease.
7. **Alcohol: Go Lite.** Summer’s a perfect time to skip drinks with hard alcohol. Instead choose a light, chilled alcoholic beverage such as sangria, beer, or a wine spritzer. In moderation - defined as one to two drinks daily - alcohol can protect against heart disease.
8. **Sleep Well.** Despite the longer days of summer, pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule. Also, do not drink alcohol within three hours of your bedtime. It’s also good to avoid naps during the day unless you take them every day at both the same time and duration.

PROGRAM UPDATES

Practice Enhancement-P2 Collaborative of WNY, Inc. by Linda Franke

HEAL 10/Patient Centered Medical Home

We are presently in 8 "B" practice sites and 3 "A" practice sites. These are in all three counties. 9 sites have finished their Medical Home Builder Assessments and we have submitted these to P2. These practices are working on their policy manuals and documenting their work. All 3 "A" practices and at least 3 "B" practices have a target submission date in late summer or early fall.

We are now also working with a pediatric practice in Wyoming county. They are adjusting to a new EMR system but are moving forward in several areas.

Beacon Grant

We have 4 assessments complete for Phase I of this part of the project. The next stage will involve planning a schedule that works for each practice and moving forward to reach the goals set. Registries have been started in 3 practices.

REC Grant

In this branch of the project, we are working on Meaningful Use assessments and Security and Risk Assessments. When the results of these are in we will be able to see where the most work needs to be done. Reports need to be done by provider instead of by practice and this is time consuming; however, the practices are moving forward and we hope to have at least 3 attest by the end of the summer.

Consumer Engagement Associate-P2 Collaborative of WNY, Inc. by Christi Hayden

The Living Healthy Program is picking up speed! A 6 week workshop was held at the Jerome Senior Apartments in April. We have 3 workshops scheduled for the summer (see front page of newsletter) so register soon! If you are an organization that needs in-service trainings or lunch and learns for staff, contact me about the My Health Counts program. The My Health Counts program empowers individuals to take a more active role in their health care, and work as part of a team with health care providers. A 10, 30, or 60 minute version is available. Want to learn more about what Western New Yorker's are saying about the future of health care? The One Friday, Four Futures presentation is available, and discusses the results of several community conversations that took place around WNY. For more info on consumer engagement contact Christi at chayden@lakeplains.org or call **(585) 345-6110**.

THE "MOLST" PROGRAM

The Medical Orders for Life Sustaining Treatment form was created by the Community-wide End of Life Palliative Care Initiative to provide a single document that would function as an actionable medical order and could transition with patient through all health care settings. To learn more information or obtain a MOLST form please contact Charlotte Crawford at (585) 345-6110 or email her at ccrawford@lakeplains.org.

2011 BIG LAKES EMS SUMMER TRAINING SCHEDULE

Nobody's Home– September 7th, 2011, 6-10 pm at the Genesee County Fire Training Center

CIU– September 17, 2011, (see the EMS website for details)

To inquire or register for any course, including CPR and First Aid, please call (585)-345-6110 or email us at lpccnems.org.

Getting to know "US"

Lake Plains Community Care Network is comprised of eleven wonderful employees, including our CEO, Kenneth Oakley.

In order to make you more comfortable with us, we've decided to give you the opportunity to "Get to know us." Each quarter, a different employee will be featured with a photo and a small article telling you a little bit about themselves. This month, our featured employee is:

Colleen Kipfer

Colleen is the Executive Assistant at LPCCN. She resides in Churchville, NY with her husband of 20 years, Brent and children William 16, Megan 11, and Emma, 5.

One of her many roles at LPCCN is to oversee many aspects of our financial and official business. This includes duties such as monthly and yearly closings, some general ledger, auditing, and payroll. She also assists by processing the billing and receivables for many grants. Her secondary role is to assist Linda Franke with one of our P2 grants as a Practice Enhancement Associate.

Colleen is busy working toward her Bachelor degree. She loves spending time and caring for her family. Her kids involvement in sports and dance really keep her moving!

Colleen started with LPCCN in September of 2002. She enjoys her role here; with a variety of duties, as well as working for an organization that provides such a great service, she takes great pleasure in what she does.



56 Harvester Ave.
3rd Floor, Suite 1
Batavia, NY 14020



Health Tip: Child Health Plus

Source: chplus@health.state.ny.us



Are you a parent without health insurance for your children? Do not worry! New York State has a health insurance plan for kids, called Child Health Plus. Depending on your family's income, your children may be eligible to join either Children's Medicaid or Child Health Plus. There is no monthly premium for families whose income is less than 1.6 times the poverty level. That's about \$570 a week for a three-person family or about \$687 a week for a family of four. Families with somewhat higher incomes pay a monthly premium of \$9, \$15, \$30, \$45, or \$60 per child per month, depending on their income and family size. Here is a list of benefits that you can receive for your children:

- | | |
|---|---|
| Well-child care | Inpatient hospital medical or surgical care |
| Physical exams | Short-term therapeutic outpatient services |
| Immunizations | Limited inpatient and outpatient treatment |
| Diagnosis and treatment of illness or injury | Dental Care |
| X-ray and lab tests | Vision Care |
| Outpatient surgery | Speech and hearing |
| Emergency care | Durable medical equipment |
| Prescription and non-prescription drugs if ordered | Emergency ambulance transportation to a hospital |
| Hospice | |

LPCCN has a website available at www.lakeplains.org.

At our website you will find general information about our non-profit organization, as well as future events, seminars, and grants that we are coordinating or promoting. In addition our website offers information about income qualifying health insurance, prescription discount cards, and many related links to assist you in information gathering. Please feel free to use our website as an additional source of Internet communication!