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- Fall fashion show planned in Oldenburg
- Meals can be healthy and cheap with smart planning
- Yoga: a full-body exercise for all ages
- Diabetes camp blends fun with education

August 2015

The
Herald-Tribune

DAILY  NEWS

RUSHVILLE
REPUBLICAN

Diabetes no obstacle to summer camp fun

By Brent Brown
(Greensburg) Daily News

Batesville Middle School student Paige Oldham recently spent a week away from home swimming, hiking, sitting around campfires and doing all manner of other things normally associated with summer camp.

The 12-year-old, along with almost 200 other Hoosier kids, attended Camp John Warvel at the YMCA Camp Crosley facility in North Webster in mid-June, where she received not only seven days of fun outdoor activities, but also invaluable knowledge that will benefit her daily life for years to come.

Her mother, Lisa Oldham, MPT, director of rehabilitation services at Decatur County Memorial Hospital, Greensburg, said her daughter was diagnosed with type 1 diabetes, a chronic condition in which the pancreas is unable to produce insulin, in 2012.

Type 1 diabetes affects about 5 percent of the total population diagnosed with diabetes, according to the American Diabetes Association. It is estimated that 29



Submitted photo

Activities at Camp John Warvel, celebrating its 60th anniversary, emphasize the importance of checking blood sugar levels during exercise and how to safely and properly inject insulin.

million Americans are currently living with diabetes, though one in four of those individuals has yet to be diagnosed. About 86 million Americans have prediabetes, a condition that could later lead to a type 2 diabetes diagnosis, studies show.

Type 1 diabetes is typically first diagnosed during childhood and requires regular medication, exercise and proper nutrition.

Students at Camp John Warvel receive all of that, in addition to important information on how to manage their condition. Oldham said her daughter has been to the camp four times since her diagnosis and has returned home with valuable information and important new skills each time.

As a person living with type 1 diabetes, Paige's body manufactures little, if

any, insulin, a hormone necessary in converting sugar into energy. As a result, she must inject insulin at least four times daily or use an insulin pump to replace the missing hormone.

The girl learned how to inject herself with insulin when necessary when she was only 9 at her first camp experience, her mother said. Having completed her fourth session, Paige's

knowledge of her condition has grown.

"She has a good understanding," Oldham said. "She's almost 13 and she's very independent with her care."

Fellow camper mom Christina Pogue, a nurse practitioner, said her son also learned how to properly perform insulin injections, but added that the camaraderie of the camp is

just as important for children as the medical knowledge imparted there each summer.

"There are education points, learning daily life skills, team building and encouragement," Pogue said. It's about setting life goals – not just diabetes goals."

Oldham agreed that attending Camp John Warvel has paid positive dividends for her daughter.

"The most important thing is just being around others who have diabetes," Oldham remarked. "They understand what (children with diabetes) go through on a daily basis."

Information from the Indianapolis branch of the American Diabetes Association states that regular finger pricks are an important part of the daily lives of children with diabetes. The kids must closely monitor their health in order to have the best chance at preventing serious conditions from developing, such as heart disease, stroke and numerous other potentially fatal medical emergencies.

See **DIABETES** / 11

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Yoga offers so many benefits

By Kate Thurston
Rushville Republican

There are many ways to stay fit and healthy, but a trending workout is climbing the charts. Yoga.

Julie Hornsby, a Taiwan native and a yoga instructor, believes the sport can be for anyone and can help you find yourself in a way you would never think of.

Hornsby has been a yoga class instructor for eight years and has led group fitness exercise classes for over 25 years locally and in Taiwan.

“Yoga benefits your body in many ways,” maintains Hornsby, who owns Hoyin Fitness & Yoga, Rushville. “Practicing yoga through breathing, stretching and squeezing muscles of the body in order to focus on their inner body gives relaxation to the mind. It

also makes use of one’s own body weight against gravity, increases the body resistance exercise, muscle strength and stability.” Organs of the body are massaged when different yoga positions (Asana) are practiced. The whole body physical activity – from head to toe – also improves balance.

Not only does the gentle exercise help muscles and breathing, it aids with blood circulation, concentration and even controlling emotions.

“Practicing yoga can increase metabolism and detoxification of the lymphatic glands function. It will also increase immunity. Yoga also helps build muscle elasticity and softness. It will help modify your body by naturally correcting the spine and body balance.” Believe it or not,

Hornsby says that yoga even can improve vision and hearing.

Many ask who can do yoga? The answer is simple. Anyone.

There is treatment yoga, senior yoga, children’s yoga, veterans’ yoga, chair yoga ... the list goes on and on.

For Hornsby, “Yoga can give us courage to face problems of life, not escape them. You find self-affirmation in life. A person is able to practice their own plan to complete their own ideas,” she explained. “You really learn to control emotional, mind and body balance.”

Yoga helps psychologically as well. “We like to say ‘practice’ yoga because yoga is like a mirror. You see your problems through yoga exercises and you learn to focus on problems



Submitted photo

Julie Hornsby teaches a class this summer in Taiwan. Hornsby has been a yoga instructor for 8 years and has led fitness classes for the past 25 years.

and then face them. In the process of yoga, you are more aware of your ideas and you begin to find mental balance. You live in the moment.”

If yoga is not your choice of exercise, Hornsby says there are other ways to stay fit and healthy.

“Keep a regular pattern of brisk walking, swimming, cycling and resistance exercises. A regular pattern of movement helps the body reduce long-term cardiovascular disease.”

At the end of the day, the instructor enjoys watching her students learn from

yoga.

“I like to see students after we exercise or do yoga. They have the physical ability to change and they become more confident and brave and optimistic. When several students practice yoga, I see the happy feelings they have.”



Let Scott Hayes

tell you how pain and difficulty with everyday activities led to have shoulder replacement surgery. Now everyday activities are easier and he can once again play catch with his grandchildren.

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Henry County Hospital Has Been Named In The Top 5% In US for Outstanding Patient Experience in 2015. One of only 204 hospitals to receive this prestigious award.

 **Henry County Hospital**



Lower food bill, better diet

By Debbie Blank
The Herald-Tribune

VERSAILLES – “We have to eat for our health,” maintained Sue Fortman, Greensburg, Purdue Extension family nutrition program assistant in Ripley and Decatur counties. “A lot of food, if it tastes good, we shouldn’t eat it.

“We have to think smart” when planning meals, she said during an “Eat Better for Less” presentation at the 21st Century Homemaker Seminar presented by Ripley County Extension Homemakers April 18 in Versailles.

“We threw away the food pyramid eight years ago. Nobody could understand” it,” according to her. Now food experts rely on the U.S. Department of Agriculture plate diagram (<http://choosemyplate.gov/>) to see if a meal is well balanced. Half of the plate should be fruits and vegetables. Just over a quarter of the plate should be grains, and at least half of those should be whole grains. The smallest portion (under a quarter) is protein. “We can also save money by not spending as much money on the protein.”

A USDA handout emphasizes eating a variety of protein. “Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that is at least 90 percent lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.”

For a 2,000-calorie diet (most women need less), 5.5 ounces of protein should be consumed each day. “What counts as an ounce? One ounce of lean meat, poultry, fish or tofu; one egg; one tablespoon peanut butter; half ounce nuts or seeds; half cup beans or peas.”

“Rate your plate,” she challenged audience mem-



Debbie Blank | The Herald-Tribune

Because of fat grams and calories, “There is sometimes food and there’s everyday food” and Hoosiers must learn to eat in moderation, Sue Fortman recommended. “You can still have your snacks, but think healthy first.”

bers. “You can see if you need to adjust your eating style.”

“If you’re feeding husbands, boyfriends, teenagers, you’re going to have to feed them more,” but not protein. Corn bread, brown rice and rolls will make males and growing youth feel satisfied at mealtime.

“We need to all reduce our fats and salts.” Instead of deep frying, “what are five ways we can cook healthy?” she asked attendees. They suggested to stir fry, grill, broil, bake, roast or steam.

Dairy should be included at a meal, but Fortman urged women to switch to skim or 1 percent milk.

“If there’s something you’ve missed in the daily diet, add it in as a snack,” she suggested.

“Portion sizes are much bigger” than they used to be, and plates are bigger, too. Americans need to get real about what constitutes a portion. Using smaller dinner plates is a quick fix. According to the speaker, “Here’s the secret: Once you swallow something, it

takes your brain 20 minutes to know you ate it.” Eat slowly and quit when feeling full.

The nutrition assistant offered many pointers on how to save money on food costs. “Look in the freezer, refrigerator and pantry and put those foods first” on the weekly meal planner.

Math is involved in nabbing the best deals. “Look at grocery ads and buy what’s on sale I only cut coupons for items I’m going to buy. Compare with store brands and specials.”

“Be a smart shopper,” she urged. “Look at unit pricing to figure out the best buy. Everything at eye level is the most expensive. Bigger isn’t always better if it can’t be stored properly.”

Shop weekly so produce is fresh. “Try store brands and generics” to cut expenses.

“We are recommending frozen vegetables and fruits over cans” because they contain less salt and preservatives. Another advantage to frozen food is the chef

See **DIET** / 11

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Photo courtesy of Beverly Wilson

Many attended a recent Women's Day at Oldenburg Franciscan Center.

Fashion show kicks off center's fall season

Summer 'daze' have been enjoyed at the Oldenburg Franciscan Center. "Many groups came for programs, peace and spiritual renewal. While at the center, retreatants experienced the beauty of the grounds and lovely flower beds!" reports marketing manager Beverly Wilson.

The facility, located on Washington Street just north of Main Street (State Road 229) in Oldenburg, provides retreats and programs that nurture the spirit, mind and body. The center, which carries on the mission of the Sisters of St. Francis, fosters spirituality and learning.

Hospitality is offered to groups and individuals, such as high school, church and business groups.

The fall season of programs begins soon. One of the most fun fundraising events, a fall fashion show, happens Friday, Aug. 28, from 6:30-9:30 p.m. "We will have 25 models: men, women, children and Oldenburg Academy students. Come for an evening of elegance and fun!"



Sisters Barbara Piller and Michelle Corliss, OSF, lead "Praying without Words" Saturday, Oct. 3. According to Wilson, "We will explore ways to pray that can enhance your awareness of God's presence within you and in all things."

Another opportunity to help attendees and their family members grow in comfort in speaking of death is the program "Befriending Death" Saturday, Oct. 31, with Sister Olga Wittekind, PhD, and Claire Sherman, PhD. "We will find golden opportunities to enrich our lives and find peace on our life journeys."

On Saturday mornings a prayer series is offered. Upcoming sessions are "Praying as we Age," Sept. 12; "Praying with Teresa of Avila," Oct. 10; and "Praying with Thanksgiving," Nov. 7.

The center hosts Friday Night Movie Nights and

Sunday Morning Coffee Talks each month. Wilson says, "We also encourage you to save the date (Dec. 12) for our program 'Pierre Teilhard de Chardin & Carl Jung: Their Impact on Our Times and Our Lives.'"

In addition, we invite you to attend our t'ai chi chih© series" on five consecutive Wednesdays from Sept. 30-Oct. 28.

She adds, "We are planning service trips to Appalachia in Kentucky and the Catholic Worker House in Cincinnati."

Guests can come for as few or as many days as they wish for private reflection. Weekend retreats are available throughout the year. The center also offers counseling and spiritual direction.

In addition, the public is welcome to rent the space for conferences, in-service days, family reunions or other gatherings.

See **FASHION** / 12

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Fulfilling, productive work supports occupational wellness

"The value and importance of working and feeling productive cannot be overstated. Besides providing essential economic benefits, our basic feelings of self-worth are enhanced by finding a job and staying employed," notes Kevin Kennedy Sr., Community Mental Health Center, Lawrenceburg, public relations manager.

The U.S. Substance Abuse and Mental Health Services Administration notes that occupational wellness is one of its Eight Dimensions of Wellness.

SAMHSA defines occupational wellness as "personal satisfaction and enrichment from one's work." For most people, working every day is an economic, social and cultural norm. Their work helps define who they are.

"Besides providing essential economic benefits, our basic feelings of self-worth are enhanced by finding a job and staying employed."

Kevin Kennedy Sr.

Community Mental Health Center, Lawrenceburg, public relations manager

In fact, often when you ask someone what they do, you are essentially asking them what work do they do or what do they do for a living.

Other important aspects of occupational wellness include achieving balance between work and leisure time, addressing workplace stress, and building relationships with co-workers.

Employment can be especially important to individuals with mental health and substance use conditions. Community-Assisted Supported Employment,

CMHC's supported employment program, focuses on helping consumers find and keep jobs. The goal of CASE is to assist consumers to obtain and maintain gainful, competitive employment of their choice. CASE operates with the belief that anyone can work if they so desire and if they are provided with the tools to help them find, secure and keep a job.

"Occupational wellness is closely related to and integrated with the other

See **WELLNESS** / 7

DCMH named Fit-Friendly Worksite

The American Heart Association recently recognized 84 Indiana companies and organizations as Fit-Friendly Worksites for promoting physical activity and health in the workplace. That figure is up from 57 last fall.

Nationally, the association recognized 2,760 companies during this application cycle – one of two each year.

Three southeastern Indiana companies made the list: Decatur County Memorial Hospital, Greensburg, Platinum, the highest rating; Columbus Regional Health, Columbus, Gold; and

Cummins Technical Center, Columbus, Gold.

The Fit-Friendly Companies Program is a catalyst for positive change in the American workforce by helping companies make their employees' health

and wellness a priority. The program offers a unique, easy-to-implement opportunity for corporations to increase employees' physical activity, which will help improve their health – and their employers' bottom line.

Fit-Friendly Companies reach Gold level status by implementing various activities and programs to encourage physical activity, nutrition and culture enhancements, such as on-site walking routes, healthy food choices in cafeterias and vending machines, annual employee health risk assessments and online tracking tools. Companies that achieve Platinum recognition – the highest tier – take the program a step further by measuring the outcomes of their wellness efforts.

American employers are

losing an estimated \$225.8 billion a year because of health care expenses and health-related losses in productivity, and those numbers are rising. Employers face \$12.7 billion in annual medical expenses due to obesity alone.

Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes.

The association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

For more information about the Fit-Friendly Companies Program, persons may visit www.start-walkingnow.org.



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Paula before HMR



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Over the years, Paula Schaumburg's weight crept up on her until she found herself morbidly obese and unhappy with the person she'd become. With a disabled son in need of 24/7 care, Paula, 45, of Batesville knew she needed to make some changes if she wanted to take back her life and provide him with the care he deserves.

"I had recurring lung infections, high blood pressure and no energy," said Paula. "I was morbidly obese ... morbidly. I wondered how I let myself get this way."

After talking to a couple of friends who had success with HMR, Paula decided to give it a shot. Although skeptical at first, she started the program in January of 2014 and hasn't looked back since.

"I've lost 80 pounds on HMR!" she said. "My old favorite jeans were 18s, and now 10s are roomy. I no longer have high blood pressure, and haven't been on antibiotics in months! I feel amazing and am so proud of myself."

National conference on aging headed to Columbus

By Brian Blair
The (Columbus) Republic

A national conference on aging is expected to draw hundreds to Columbus next month.

Already, 130 people are enrolled for Seek 2015: Engaging Communities to Age Well from Sept. 20-22 at Mill Race Center and other downtown Columbus locations.

The conference, which so far has representation from 22 states and Canada, will focus largely on senior centers' roles in helping the age 50-plus segment remain healthy, vibrant and productive for the good of everyone, not just retirees.

Additionally, more than 50 workshops and presentations are planned on topics such as brain and mind health, the importance of seniors sharing their expertise and experience with others, lifelong learning and building relationships in later years.

Planners are working to accommodate at least 300 participants. It is aimed at professionals in aging-related fields such as health and medicine; senior centers leaders; researchers; and everyday people who are interested in aging well.

The conference is the first initiative of the just-established Pitman Institute for Aging Well based at Mill Race Center. Organizers of the institute and the



conference said their goal is to make the center a local, regional and even national hub of aging-related research and programming.

"I'm concerned about what's on the horizon," Victoria Glick said regarding aging issues. "I'm concerned about how all the agencies are preparing for the huge influx of baby boomers into the senior population."

The Columbus woman, who turns 50 next month and will attend the conference, said she has been fascinated with aging issues since she was a student reading articles about the topic in magazines such as Time and U.S. News & World Report.

Organizers said the event is important partly because the 50-plus segment of the population continues to grow locally and nationally.

Census Bureau statistics from 2013 show that the 65-plus group alone constitutes about 15 percent of Bartholomew County's population. The 50-and-older segment constitutes 34 percent of its population.

Bob Pitman, Columbus,

the institute's namesake and Mill Race Center executive director from 1985-2014, served as chairman of the National Institute of Senior Centers a decade ago. He also has connections with a number of the conference speakers.

Chris Hamilton of My Senior Center software in Boston, said he respects Pitman's work and visited Columbus in 2011 soon after the \$8 million Mill Race Center opened. Hamilton will be among conference vendors as he talks about using his software to bring seniors to centers at facilities across America. About 900 of the nation's 11,000 centers already use his tool, including the one in Columbus, Hamilton said.

An online component of his software allows people to find, for example, a tai chi class at a senior center in their area. "A lot of times people looking for this information are not even aware of their local senior center," Hamilton said.

Paula Herlitz, Mill Race Center's development director and among the conference coordinators,

At a glance

Where: Four locations in downtown Columbus: Mill Race Center, 900 Lindsey St.; Hotel Indigo, 400 Brown St.; Columbus Area Visitors Center, 506 Fifth St.; and YES Cinema and Conference Center, 328 Jackson St.

Workshop-only cost: \$99 for Mill Race Center members or \$159 for local residents. Three keynote speeches not included.

All-event access: \$345

for professionals in aging-related fields who are members of the National Institute for Senior Centers or members of the National Council on Aging; \$395 for professionals not affiliated with those agencies. Pricing includes meals for the three keynote speakers, all at Mill Race Center.

Info or to register by Sept. 4: 812-376-9241 or pitmaninstitute.org.

said organizers will gauge success of the gathering in several ways that will include making a personal impact. "When it's over, we'd like attendees to leave with an action plan," Herlitz said.

That could be a step that

an agency might take to better reach seniors, or an option that a senior community member might investigate to better his or her own life.

"We're also hoping, too, that we (at Mill Race Center) can learn from what

other senior centers are doing, and what effect and impact their programming has," Herlitz said.

Besides workshops and speakers, Seek 2015: Engaging Communities to Age Well also will offer a screening of the movie "Age of Love," which followed 30 senior citizens exclusively for people 70 and older.

Cindy Chodan, Mill Race Center's program and membership director, said the film – released last fall – is a powerful tool to fight ageism.

Amid all those issues, organizers would also like to educate people about one thing more, Herlitz said. "Our hope is visitors will not only enjoy the conference, but much of Columbus as well."



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WELLNESS

Continued from Page 6

Dimensions of Wellness: financial, social, spiritual, physical, intellectual, environmental and emotional. When we experience occupational wellness, life is good," said CMHC executive director Tom Talbot.

"When we don't have it, we often are left unhappy

and stressed in the other dimensions. CMHC strives to assist everyone to achieve occupational wellness and balance in all wellness dimensions. It is an essential key to helping create a fulfilling life."

Here are some questions to ask yourself that may tell you if you are experiencing occupational wellness:

- Do you enjoy going to work most days?

- Do you have a manageable workload at work?

- Do you have good relationships with your boss and your co-workers?

CMHC provides comprehensive behavioral health services in Franklin, Ripley Dearborn, Ohio and Switzerland counties. More information about services and nearby office locations is available at 812-537-1302 or www.cmhcinc.org.

Online tools help with weight loss goals

More than two-thirds of American adults are overweight or obese. Maintaining a healthy weight can help prevent complications related to overweight and obesity such as heart disease, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

The U.S. Department of Agriculture and National Institutes of Health have partnered to add the NIH Body Weight Planner to USDA's SuperTracker online tool as a goal-setting resource to help people achieve and stay at a healthy weight.

Created in 2011, the SuperTracker tool empowers people to build a healthier diet, manage weight and reduce risk of chronic disease. Users can determine what and how much to eat;

track foods, physical activities and weight; and personalize with goal setting, virtual coaching and journaling. With science-based technology drawing on years of research, the Body Weight Planner will enable SuperTracker's more than 5.5 million registered users to tailor their plans to reach a goal weight during a specific timeframe, and maintain that weight afterward.

The math model behind the Body Weight Planner, an online tool published by NIH in 2011, was created to accurately forecast how body weight changes when people alter their diet and exercise habits. This capability was validated using data from multiple controlled studies in people.

"We originally intended the Body Weight Planner as a research tool, but so many



people wanted to use it for their own weight management that we knew we needed to adapt it with more information about how to achieve a healthy lifestyle," said Kevin Hall, Ph.D., who led creation of the planner and is a senior investigator at the National Institute of

Diabetes and Digestive and Kidney Diseases, part of NIH. "The planner is a natural fit within the SuperTracker as it lets people accurately determine how many calories and how much exercise is needed to meet their personal weight-management goals."

The planner's calculations reflect the discovery that the widely accepted paradigm that reducing 3,500 calories will shed one pound of weight does not account for slowing of metabolism as people change their diet and physical activities. More recently, the math model was further validated using data from a two-year calorie restriction study of 140 people. With those data, Hall and colleagues showed the model can also provide accurate measurements of calorie intake changes by tracking people's weight. Researchers are examining how to apply this method for public use.

"We are pleased to offer a variety of interactive tools to support Americans in making healthy lifestyle changes," said Angie Tagtow,

executive director of USDA's Center for Nutrition Policy and Promotion, which created and manages SuperTracker. "The NIH Body Weight Planner helps consumers make a plan to reach their goals on their timeline, and SuperTracker helps them achieve it."

"NIH's collaboration with USDA allows the public to quickly reap the benefits of the latest medical research results," said NIDDK director Griffin Rodgers, M.D. "Sharing resources and expertise lets us get out important information as efficiently as possible, empowering people to take charge of their weight and their health."

The NIDDK (www.niddk.nih.gov), a component of the NIH, conducts and supports

See **TOOLS** / 12

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Using tanning beds is unwise

The Skin Cancer Foundation encourages everyone to resolve to stop tanning. Avoiding tanning is more important than ever since tanning bed use, particularly among young people, is an alarmingly widespread behavior.

In the U.S., over 35 percent of adults and 55 percent of college students have tanned indoors.

This antitanning message is particularly relevant for college students. Millions of college students nationwide have immediate access to indoor tanning salons. According to a recent study, nearly half of the nation's top colleges offer indoor tanning facilities on or near campus despite the definitive link between indoor tanning and the development of skin cancer.

"While indoor tanning may seem like an easy way to achieve glowing skin, it



"While indoor tanning may seem like an easy way to achieve glowing skin, it comes with consequences."

Perry Robins, M.D.

Skin Cancer Foundation president.

comes with consequences," warned Perry Robins, M.D., Skin Cancer Foundation

president. "It causes permanent damage and plays a significant role in the development of skin cancer, so getting in a tanning bed can put your life in danger."

UV radiation, both from the sun and through using a tanning bed, is directly linked to skin cancer. Just one indoor tanning session before the age of 35 increases

See **TANNING** / 12



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Diabetes can be controlled and the progression of complications delayed with an individual treatment program that includes diet, exercise, and or/medication. Diabetes classes offered at Decatur County Memorial Hospital are designed to teach the person with diabetes and his/her family more about the disease and how to implement change to avoid complications.

Diabetes Education

with Elizabeth Hagerty, DDC



Elizabeth Hagerty, DDC

September 1st

5:00-6:00pm

(No RSVP Required)

**Decatur County Memorial Hospital
Conference Room D**

720 N. Lincoln Street
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Upcoming Classes:
Sept. 1, 8, 15 from 2-4pm
(You must register in order to participate in the class.)

A registered dietitian will be teaching the classes and are free to all people with diabetes and their family members.

Topics include:

- Overview of diabetes
- Medications available to treat diabetes
- The role of exercise in treatment
- Blood Glucose Testing: correct monitor use
- Menus and meal patters, portion control, restaurant eating and carbohydrate counting
- Reading food labels to learn more about reducing fat and salt in the diet
- Short and long term complications



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Four apps help kids through difficulties

With school supplies already purchased, now parents need to equip their kids with the right apps.

Nearly three-quarters of teens own smartphones, and 25 percent of those reported being "online constantly," according to the Pew Research Center. This makes clear that back to school for adolescents today involves more than backpacks and notebooks – it's about tech.

Of course, with new technology come risks. Parents are all too aware of possibilities for online bullying and the ability to send graphic images. But rather than avoid smartphones altogether, there are applications available that can actually help teens navigate the challenges and tough



Amanda Pardue

CONTRIBUTING COLUMNIST

conversations they face – both digitally and in the real world.

Here are four examples of free apps that can help youth with obstacles they may come up against, such as bullying, drug and alcohol abuse and sexting. All are available for iPhones and Androids.

Bully Alert

Made for students by students, Bully Alert

informs school leadership of bullying as it happens. Today, only 20 to 30 percent of students who are bullied tell a teacher or family member. With the app, teens can choose their school and electronically alert teachers and counselors when they or someone they know is getting bullied.

The app also helps adolescents identify bullying warning signs, features tips about bullying, shares online resources by trusted experts and offers conversation starters about bullying and the ability to share their stories on social media platforms.

Send This Instead

Send This Instead uses humor as a strategy to change the subject of a

serious epidemic facing adolescents – sexting. It is estimated that nearly 40 percent of teenagers have posted or sent sexually suggestive messages.

Instead of being pressed in an already tense situation to come up with an excuse not to send an explicit image, teens can send one of the many hilarious screenshots found on this app to defuse the situation.

Smokerface

Need a good resource to prove smoking is a bad idea? Smokerface shows the short-term and long-term effects of cigarette use on your face. The app was developed for 10- to 15-year-olds, but can be used by anyone. Just download the app, add your pho-

to and see what a nicotine habit can do. Once kids visualize the dark side of smoking, they're less likely to light up.

Know the Truth

Know the Truth provides a resource for kids and adults to learn more about the harmful effects of drugs and alcohol. It uses social media platforms to allow kids to connect to each other while remaining anonymous. This provides them with the freedom to ask difficult questions they wouldn't normally ask parents or teachers.

By providing new ways to educate and start conversations in a format familiar and comfortable with today's adolescents, parents can better prepare their child for the school

year. That's the app-solute truth!

Amanda Pardue, Columbus, is regional director of child and family services at Centerstone, a not-for-profit organization providing a wide range of mental health, substance abuse, education and integrated health services to Indiana residents for 60 years. For more information, please visit www.centerstone.org or call 800-344-8802. For immediate assistance, please contact the Centerstone crisis line at 800-832-5442.

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DIET

Continued from Page 4

can remove exactly the amount needed and keep the rest frozen for future use.

"If you're not going to eat it within three days, you've got to freeze it. Mark and date it. If you have to throw it away, you're throwing away money."

At her house, a banana is stored in the fridge once it's yellow to keep from over-ripening. If there are too many to use, bananas can be sliced and frozen for pancakes, smoothies and banana bread later.

The food expert is a big believer in cleaning fresh produce as soon as it arrives home from the store. "When you open the refrigerator, you should be able to grab something already cleaned and ready to eat," such as carrots with low-fat Ranch dip or grapes.

"You pay for convenience," she pointed out. When packing a lunch every day, instead of purchasing individual bags of potato chips, choose a healthier

Ham & Cheese Muffins

1 cup flour
1 cup whole wheat flour
1 tablespoon baking powder
1/2 teaspoon salt
1 cup low-fat buttermilk
2 tablespoons vegetable oil
1 large egg
8 ounces chopped, cooked lean ham
6 ounces shredded 50 percent reduced fat cheddar cheese
Preheat oven to 400 degrees. Combine flours, baking powder and salt in a large bowl. Blend buttermilk, oil and egg in a medium bowl and mix well. Stir in ham and cheese.
Add ham mixture to flour

mixture, stirring with a rubber spatula, just until combined. Do not overmix.

Coat 12 muffin pan cups with cooking spray. Spoon batter into cups, filling three-quarters full. Bake 20 minutes or until golden brown. Remove muffins from pan and cool.

This grab-and-go breakfast costing 27 cents per muffin can be stored in the freezer. Just microwave to reheat.
Nutrition facts per muffin: 217 calories; 8.3 grams total fat; 11.6 grams protein; 34 mg. cholesterol; 1.8 grams fiber; 531 mg. sodium.

style and package the bags yourself.

Fortman offered a lot of commonsense advice. "If your clothes are tight, back off of food or increase your activity."

"You need to get your metabolism going every morning within two hours of getting up. I like breakfast for dinner and dinner for breakfast, cold pizza in the morning."

She reminded, "I've got to get water in my body. I don't

want sunken eyes and wrinkly skin." To know the right amount: "Take your weight and divide by two. That's how many ounces of water you should drink in a day."

Fortman concluded, "We have to have conversations with our families" about healthy foods. "We have to have the family dinner again."

Debbie Blank can be contacted at debbie.blank@batesvilleheraldtribune.com

DIABETES

Continued from Page 2

In spite of the time it takes for her to continue keeping close tabs on her health, Paige finds plenty of opportunities for fun activities.

An avid sports enthusiast, she enjoys softball, running and swimming, the latter of which she spent a great deal of time doing at the camp. Paige said a new addition involved the creation of a makeshift beach the campers could dive or slide into.

Tubing, however, is by far her favorite activity. The student said falling into the water while tubing is one of the best parts of that particular activity. In addition, regular camping mainstays – camp fire chats, hiking, archery, arts and crafts – make the Camp John Warvel experience a memorable one.

"I would definitely recommend it," Paige said. "You get to interact with different people, meet new people ... a lot of people come there just to have fun."



Oldham

relating important health-related information.

Paige, for one, is grateful for being able to recognize symptoms relating to her blood sugar level better than she might have had she not attended the camp.

It also re-acquainted her with a close friend who was also diagnosed with type 1 diabetes less than a year before Paige's condition was discovered. That friend-

ship rekindled, Paige cites another fun activity she and her friends took part in this year that stands out in a sea of good times.

They were tasked with uniting a song with a particular theme, then performing a skit in front of the rest of the campers. The Batesville student and her friends managed to work a "High School Musical" song into a soccer theme that received plenty of acclaim. "We did the dance and it was just really fun," Paige said.

Families who wish to send their children to Camp John Warvel may contact senior manager of programs Carol Dixon at 888-342-2383, Ext. 6732; or cdixon@diabetes.org.

*Contact: Brent Brown
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FASHION

Continued from Page 5

According to the manager, “We have a chapel, library and space for creative activities. There are comfortable lounges, a gift shop, kitchen – all of the amenities and comfort that you would like to have in a home away from home. We have local caterers available.

The facilities are accessible for the physically challenged. There are also overnight accommodations.”

For more information about any of the above programs and/or services or to register online for a program, persons may visit www.oldenburgfranciscan-center.org. Leaders also can also be reached at 812-933-6437 or center@oldenburgof.com.

TOOLS

Continued from Page 8

research on diabetes and other endocrine and metabolic diseases; digestive diseases, nutrition and obesity; and kidney, uro-

logic and hematologic diseases. Spanning the full spectrum of medicine and afflicting people of all ages and ethnic groups, these diseases encompass some of the most common, severe and disabling conditions affecting Americans.

“We are pleased to offer a variety of interactive tools to support Americans in making healthy lifestyle changes.”

Angie Tagtow,

executive director, USDA's Center for Nutrition Policy and Promotion

TANNING

Continued from Page 9

melanoma risk by 75 percent. One session also increases the risk of the basal cell carcinoma and squamous cell carcinoma by 29 percent and 67 percent, respectively. Basal cell carcinoma and squamous cell carcinoma are the two most common forms of skin cancer.

Whether laying out in the sun or visiting a tanning salon, there is no such thing as a safe tan. In addition to increasing skin cancer risk, tanning leads to premature skin aging, including wrinkles, leathery skin and age spots, said communications manager Emily Prager.

The Skin Cancer Foundation advocates embracing one's natural skin tone and its Go With Your Own Glow™ campaign encourages people to love and protect their skin, whatever its natural hue. However, those who can't resist the bronzed



look but won't sacrifice their health to achieve it should consider sunless UV-free tanners. They are available in many different formulations, including creams, lotions, gels, pump sprays, aerosols and wipes.

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