



### Next game March 3

## Bears advance to state with win over Morton-White Pass

BY MIKE MALTAIS  
STAFF WRITER

WENATCHEE – The defending state champion Brewster Bears varsity basketball team took another step closer to a repeat with a 59-51 win over Morton-White Pass in regional competition played at Wenatchee High School last Saturday, Feb. 26.

With a dramatic game-ending dunk in the final seconds of play Kelson Gebbers closed the door on the Timberwolves as the Bears gradually pulled away in the fourth quarter. Until then it was either team's game as the scoring saw several ties through the first three quarters.

MWP's big center, 6'7" Josh Salguero kept the Timberwolves in the hunt scoring the majority of his team's baskets despite four fouls.

Gebbers led the Bears with 21 points.

MWP got on the scoreboard first and led by a point 15-14 at the end of the first quarter. Brewster managed to lead through the second quarter



Courtesy brewstersports/facebook  
**The Bears huddle on the court after their 59-51 regional win over Morton-White Pass in Wenatchee last Saturday.**

only to be caught by the Timberwolves at the half, 27-27.

The Bears took a 43-37 lead at the end of the third and let MWP close within two points before inching ahead to win by nine in the closing minutes.

Brewster will play the winner of Toutle Lake vs. Napavine in the state quarterfinals in Spokane at 3:45 p.m. March 3. Kalama, Colfax, and Liberty (Spangle) also advanced to quarterfinal play.

### Hope Squad collaboration

## City of Pateros, school district proclaim annual Day of Hope

BY MIKE MALTAIS  
STAFF WRITER

PATEROS – Hope may spring eternal as the English poet Alexander Pope once wrote, but it is a good thing to give it a little boost now and then. On Thursday, Feb. 17 the city came together with the Pateros School District's Hope Squad to proclaim Feb. 17 as the annual Day of Hope in an effort to raise awareness of suicide prevention and mental wellness.

Hope Squad was formed at Pateros after the suicide of student, Nate Hart, last April 2021.

Pateros Mayor Kelly Hook signed the official proclamation during a Day of Hope assembly in the school gymnasium. Along with Hook and his wife, Nicole, guests of honor included Nate Hart's family, Carrie Hart-Melton, Ed Melton, sister Dakota Buchmann with baby, Hayden, and Kiera Austin. Guests of honor were all given Hope



Courtesy Amy Stennes  
**Members of the Hope Squad hold yellow balloons and wear HOPE t-shirts.**

Squad shirts made by special education director and teacher, Sheri Mortimer and her graphic design student, Ava "Bean" Odion. Additional assembly guests included Katie Otte from Okanogan Behavior Healthcare, and Alyssa Polson, North Central Washington Regional Hope

Squad Coordinator. The proclamation became a reality after students in the Pateros School District's Hope Squad collaborated with local government to raise awareness for suicide prevention. The students in the Pateros Hope Squad organized the Day of Hope assembly to bring

together mental health organizations, local non-profits, and local government with the goal to destigmatize mental health issues empower students and community members to ask for help if they are in an emotional crisis.

SEE DAY OF HOPE ON PAGE A2

### Mandate ends March 21

## Pateros school board emergency meetings discuss mask policy

BY MIKE MALTAIS  
STAFF WRITER

PATEROS – The Pateros School District Board of Directors in accordance with board policy 1400 governing emergency meetings convened two on Feb. 14 and again on Feb. 18 to discuss the school mask policy, parent concerns, and possible protests.

As of the Feb. 14 the state-wide mask mandate was in effect despite a recommendation from state superintendent Chris Reykdal to Gov. Jay Inslee. In a Feb. 9 statement to the Governor and state Department of Health Reykdal said: "I believe it is safe and timely to eliminate the state-wide masking requirement for students and allow for a decision by local health officials. I recommend the Governor and Department of Health change the guidance to reflect this in the coming weeks."

A day before the Feb. 18 Pateros meeting Gov. Inslee released a statement announcing that the mask mandate will be lifted on March 21. While that came as welcome news to many parents the mask mandate remains in effect until that date.

Reykdal advised that school districts will suffer financial repercussions if they disregard the state mask mandate.

The board discussed the school's options in the event of mask non-compliance. Parents of a non-compliant students would be contacted to pick up their children school. If that failed the students would attend an in-house alternate education program in the portable classroom.

The regular school board meeting scheduled for Feb. 28 included the roster of new and returning spring sports coaches. New spring sports coaches include:

- Erik Gonzalez – varsity boys head soccer coach
- Andrea Asmussen – varsity softball assistant coach
- Returning spring caches include:
- Teagan Straub – varsity volleyball head coach
- Erika Varrelman – varsity volleyball assistant coach
- Marcus Stennes – junior high track coach
- Erik Romero – varsity track coach
- John Slater – varsity softball head coach
- Sean Hiltz – varsity tennis coach

### Service plaques awarded

## Pateros plans Movies in the Park this summer

BY MIKE MALTAIS  
STAFF WRITER

PATEROS – The popular family movie night that became an instant hit during last summer's monthly Pateros Community Market events will be making a return performance this summer as the city and Pateros Library team up to host Movies in the Park. That was one of the items discussed at the regular monthly Zoom meeting of the city council on Feb. 22.

Council member Megan Sherrard reported that she met with the library to discuss the positive results of a community survey library staff conducted requesting citizen input on what movies to show this season.

Sherrard clarified for the council the library's role in the upcoming event. The library is paying for the license fees for the movies and will handle advertising for the event. The city will provide the equipment and assume responsibility



Courtesy pateros.com  
**Mike Lambert**

for setting it up and taking it down. The equipment in question includes a large inflatable screen with projector and sound system.

Council member George Brady suggested that a flyer with the movie night information be included with the utility bill.

Regarding the market itself council member Holly Bange



**Mike Harding**

reported that the Market Committee is finalizing market details for this year. The committee is looking for someone to run the weekend event and be on site during the event.

City administrator Jord Wilson reported that as it did last year the city will provide electric power for the market, provide picnic tables, and move them as needed.

*In other council business the city:*

- Presented 20-year service plaques to council member Mike Harding and wastewater treatment plant operator Mike Lambert.
- Approved a resolution accepting a contract with Apollo Solutions Group for installation of energy saving equipment for the water/sewer departments.
- Approved a resolution agreeing to the contract for planning services with Highlands and Associates.
- Discussed manganese levels and management at well pumps No. 3 and 4.
- Approved conceptual design changes to the upcoming Commercial Avenue project.
- Approved updated job descriptions for all city departments.

The next regular meeting of the council will be in-person at 6 p.m. Monday, March 21.

### Results in four hours

## Three Rivers adds fast turnaround COVID-19 antigen tests

SUBMITTED BY JENNIFER BEST,  
PUBLIC RECORDS OFFICER,  
THREE RIVERS HOSPITAL

BREWSTER – Three Rivers Hospital is now offering COVID-19 antigen tests for attending public events, traveling, and returning to work or school.

The hospital will continue providing send-out PCR tests. The turnaround time for PCR tests continues to be between 48-72 hours, but turnaround time for antigen tests is with-

in four hours.

"Anyone seeking an antigen test is responsible for checking with the venue, airline, or their employer or school ahead of time to be sure of which test is required and the timeframe needed for results," said Business Development Coordinator Jennifer Best. "Because patient care is our priority, our team would not have the capacity to follow up on the types of testing that may be required."

If you are not symptomatic

and seeking a COVID-19 test for the above-mentioned purposes, you can show up at the hospital's main entrance, 507 Hospital Way, between 8 a.m. and 4 p.m. Monday through Friday. Please wear a mask and prepare to be screened for COVID-19 symptoms at the entrance.

Residents who are experiencing COVID-19 symptoms or have been exposed to the virus should call Three Rivers Family Medicine to request a test, so the proper

paperwork is completed and added precautions can be taken. The clinic is open 9 a.m. to 5 p.m. Monday through Friday, and the phone number is 509-689-3749.

PCR tests may take longer, but they return more accurate results, making them ideal for diagnosing COVID-19.

Three Rivers' emergency room is open 24/7 for any COVID patients experiencing severe symptoms, such as trouble breathing.

## Legislature approves Washington redistricting maps

SUBMITTED BY SENATOR  
BRAD HAWKINS

OLYMPIA - As you may have heard, the Washington State Redistricting Commission approved maps to rebalance our 49 statewide legislative districts and 10 federal congressional districts in November. This is a process conducted

every 10 years in our state based on the federal Census data for population. The process was challenging in 2021, in part because the commission received data later than usual and because of the significant population growth shown in western Washington.

SEE MAPS ON PAGE A2

### INSIDE THIS WEEK

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Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

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- For more info call: Quad City Herald at 509-689-2507
- Email to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT**

**COMMUNITY BULLETIN BOARD**

**Douglas County Sheriff**  
**February 18**  
 No Report.  
**February 19**  
 12:46 Property, Bridgeport.  
 12:58 Court Order Violation, 886 Highland Orchard Rd., Bridgeport.  
 15:16 Noise, Fir Ave. and SR 173, Bridgeport.  
 19:06 Unknown Accident, McNeil Canyon Rd. MP 3, Orondo.  
 22:12 Assist Agency, Crane Orchard Rd. and SR 173, Bridgeport.  
**February 20**  
 04:45 Disturbance, 1627 Columbia Ave., Bridgeport.  
 10:39 Burglary, 124 W. Maple St. #1, Waterville.  
 10:48 Animal Problem, 1111 Douglas Ave., Bridgeport.  
 12:06 Warrant, Okanogan County Jail.  
 12:49 Suspicious Activity, 425 McNeil Canyon Rd., Orondo.  
 12:53 Littering, Rd. K N.E. and Rd. 24 N.E., Mansfield.  
 16:51 Domestic Disturbance, 531 Columbia Ave., Bridgeport.  
 17:08 Suspicious Activity, McNeil Canyon Rd., Orondo.  
**February 21**  
 15:41 Assist Agency, US Hwy. 97 and McNeil Canyon Rd., Orondo.  
**February 22**  
 09:55 Animal Problem, 96 Gun Club Rd., Bridgeport.  
 12:17 Suspicious Activity, Rd. P N.E. and Rd. 24 N.E., Mansfield.  
 14:40 Parking/Abandon, 1700Blk Rd. K N.E., Mansfield.  
 17:32 Parking/Abandon, 356 McNeil Canyon Rd., Orondo.  
**February 23**  
 02:10 Suspicious Activity, 324 9th St., Bridgeport.  
 07:15 Burglary, 100 Orondo School Rd., Orondo.

15:51 Trespassing, 911 Foster Ave., Bridgeport.  
**February 24**  
 No Report.  
**Okanogan County Sheriff**  
**February 18**  
 07:08 Traffic Hazard, Old Hwy. 97 and Hwy. 20.  
 08:00 Trespassing, Morris Rd.  
 08:21 Vehicle Prowl, Morris Rd.  
 08:22 Harassment, Tye St. and S. 2nd Ave.  
 10:59 Recovered Property, Riverside Dr., Omak.  
 11:45 Driving While License Suspended, Riverside Dr., Omak.  
 15:50 Suspicious Activity, N. 2nd Ave.  
 15:47 Recovered Vehicle, Hwy.97.  
 17:27 Urinate In Public, S. 2nd Ave.  
 17:30 Trespassing, E. Jonathan Ave.  
 20:05 Vehicle Prowl, S. 5th Ave. and Spruce St.  
 20:11 Welfare Check, S. 2nd Ave.  
 21:49 Agency Assist, Omak Mountain Rd., Omak.  
 22:52 Suspicious Activity, Middle Ln., Omak.  
**February 19**  
 02:38 Suspicious Activity, Hendrick Loop Rd., Omak.  
 05:58 Stay Animal, Old Hwy. 97 and Jones Rd.  
 11:46 Burglary, N. 2nd Ave.  
 12:19 Alarm, Monse Bridge Rd., Brewster.  
 12:47 Alarm, Elmway.  
 13:56 Suspicious Activity, Elmway.  
 14:41 Weapon Offense, Miller Rd., Omak.  
 14:48 Welfare Check, Hwy. 97.  
 15:50 Extra Patrol, Hadley Rd., Brewster.  
 16:09 Theft, S. 2nd Ave.  
 23:08 Trespassing, Conconully Rd.  
**February 20**  
 00:42 Suspicious Activity, Hwy. 153, Pateros.

03:37 Animal Noise, Unger Rd., Brewster.  
 06:05 Domestic Dispute, Hwy. 20.  
 09:45 Burglary, Dun Horse Dr.  
 10:25 Domestic Dispute, Soto Farm Rd., Brewster.  
 18:34 Suspicious Activity, Shumway Rd., Omak.  
 20:25 Vehicle Prowl, Maple St.  
 20:44 Vicious Animal, S. 1st Ave.  
**February 21**  
 01:36 Suspicious Activity, N. 4th Ave.  
 02:25 Unknown Injury Accident, Ross Canyon Rd.  
 16:02 Fraud, N. 4th Ave.  
 16:25 Suspicious Activity, Swanson Mill Rd. and N. Overland Rd., Orondo.  
 16:08 Burglary, Elmway.  
 20:08 Suspicious Activity, Rose St.  
 21:28 Suicidal Person, Cherokee Rd.  
 21:42 Trespassing, S. 2nd Ave.  
 22:14 Disorderly, Jasmine St.  
**February 22**  
 00:05 Robbery, Hanford St., Omak.  
 00:12 Vehicle Prowl, Emery St.  
 02:57 Driving While License Suspended, Hwy. 97, Pateros.  
 09:03 Assault, Hwy. 20.  
 12:20 Disorderly, S. 1st Ave.  
 17:05 Vehicle Prowl, Conconully St.  
 21:44 Domestic Dispute, W. 3rd Ave., Omak.  
**February 23**  
 10:12 Structure Fire, Len Louis Rd.  
 13:36 Assault, Hwy. 20.  
 13:39 Agency Referral, Elmway.  
 16:31 Medical, W. Oak St.  
 17:28 Non-Injury Accident, Hwy. 97 and Pedersen Rd., Pateros.  
 19:34 Domestic Dispute, Pioneer Rd., Brewster.  
**February 24**  
 00:40 Suspicious Activity, Chero-

kee Rd. and Old Riverside Hwy.  
 05:49 Vehicle Prowl, S. 2nd Ave.  
 07:48 Non-Injury Accident, Epley Rd., Omak.  
 08:57 Suspicious Activity, North Kirkpatrick Rd., Omak.  
 10:26 Suspicious Activity, Hendrick Rd., Omak.  
 10:49 Citizen Assist, N. 5th Ave.  
 11:09 Welfare Check, Sunset Dr., Brewster.  
 11:59 Non-Injury Accident, Riverside Rd., Omak.  
 12:53 Fraud, Monse River Rd., Brewster.  
 13:27 Trespassing, S. 2nd Ave.  
 15:22 Agency Assist, S. 1st Ave.  
 20:01 Sex Offense, Unger Rd., Brewster.  
**Brewster Police Department**  
**February 18**  
 12:03 Mental Health Patient Transport, N. 6th St. and W. Main Ave.  
 15:47 Recovered Vehicle, Hwy. 97, Orondo.  
 17:20 Disorderly, Hospital Way.  
**February 19**  
 09:24 Agency Assist, Cameron Lake.  
 20:29 Assault, River Plaza.  
 22:13 Agency Assist, Crane Orchard Rd. and Hwy. 173.  
**February 20**  
 10:25 Domestic Dispute, Soto Farm Rd.  
**February 21**  
 No Report.  
**February 22**  
 No Report.  
**February 23**  
 07:05 Disabled Vehicle, N. 7th St.  
**February 24**  
 No Report.

**Tuesday, Wednesday, Thursday**  
**Okanogan County Transportation & Nutrition meal delivery, pickup**  
 BREWSTER – Brewster Senior Center on Bridge Street is serving hot meals via Home Delivery only on Tuesday and Wednesday. On Thursdays hot meals may be picked up at the senior center. Please reserve your meal or cancel call 509-826-7979. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459.  
**March 2-5**  
**Senior Center Thrift Store**  
 BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Wednesday through Saturday, 10 a.m.-2 p.m. There is a great selection of children's and adult clothing. Donations accepted when they are open.  
**March 9**  
**Brewster Chamber to meet**  
 BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, March 9 9, 6 p.m. at the Senior Center,

109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.  
**March 11, 18**  
**Brewster bus trips**  
 BREWSTER – OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is March 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month, March 18, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.  
**March 14, 28**  
**Okanogan County PUD meetings**  
 OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, March 14, at 3 p.m. For more information okanoganpud.org  
**March 14, 28**  
**Douglas County PUD meetings**  
 EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is March 14 at 1:30 p.m. in the Bridgeport office.

**DEATH NOTICES**

**Dennis W. Deeds**

Dennis W. Deeds, 81, of Mansfield, Washington, passed away on February 22, 2022. Please leave any thoughts

and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**Filemon Soto Avila**

Filemon Soto Avila, 65, of Bridgeport, Washington, passed away on February 23, 2022. Please leave any thoughts

and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

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 509-689-2224 • 501 W. Indian Avenue  
[www.communitylogchurch.com](http://www.communitylogchurch.com)  
 Pastor Gordon Wright

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 Bible Study & Sunday School 10:00 a.m.  
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“With men this is impossible; but with God all things are possible.”  
 ~ Matthew 19:26

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

# What we get when we give

BY DENISE SOROM, DIRECTOR OF PHILANTHROPY, COMMUNITY FOUNDATION OF NCW

NCW - More happiness, less stress, better relationships. Sounds pretty good, doesn't it? Latest research shows that living generously – that is, developing a consistent practice of donating your time, talents, and treasures—may reap more rewards for the giver than the receiver. We all can relate to the “warm glow” sensation—that feeling of satisfaction, or goodness, or (maybe there isn't a word in the English language for it) that befalls us when we've done something generous for another person. We may understand intuitively that being generous makes us hap-

pier, but you can take heart in knowing that this link has been studied and confirmed by dozens of researchers over the past several decades. In 2018, the Greater Good Science Center out of the University of California at Berkeley prepared a white paper entitled “The Science of Generosity” written by Summer Allen, Ph. D. Dr. Allen cites over 300 different studies and meta-studies on generosity and provides a summary report that examines roots of human generosity, the consequences of generosity, and the individual, social and cultural factors that influence generosity.

I zoomed in to the section that describes the consequences of generosity, and I liked what I found:

1) Acts of generosity decrease stress. Dr. Allen cited evidence that “helping others may act as a stress-relieving buffer—which may, in turn, delay severe health problems and death.” People who were assigned to engage in generous acts toward specific others were found to generate less of something called the CTRA gene, which is a gene that links negative psychological and social events with negative health outcomes. So, less CTRA gene means your body is experiencing less stress! Maybe that “warm glow” is us healing ourselves from the inside out?

2) Generosity makes us happier. The most compelling link that was confirmed in the report was that between

generosity and happiness. Dr. Allen asserts, “While popular culture may imply that happiness comes from focusing on yourself, research suggest the opposite: Being generous can make you happier.” Studies have shown that everything from volunteering your time to help others, donating money (especially when you understand the positive impact your dollars are making, caring for loved ones, and performing small acts of kindness throughout your day improves one's sense of well-being.

3) Generosity leads to better relationships. Dr. Allen cites several studies that confirm that acting generously improves romantic relationships, friendships, and gen-



Denise Sorom

eral interactions with others. Imagine this scenario: Your friend does not respond to your email because of technology problems. Instead of assuming it is because you are not a priority and acting in a tit-for-tat fashion, act a bit more generously than that person's last action. “Adding a small generosity buffer and giving someone the benefit of the doubt may lead to more cooperation and stronger relationships.”

So, go forth in life with more generosity and you may find you are the one who is really receiving the most! To learn more about how CFNCW may be able to help you build on your generosity and happiness check out our new website at [www.cfncw.org](http://www.cfncw.org).

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## DOUGLAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY MEAGHAN VIBBERT, DOUGLAS COUNTY PUD

**EAST WENATCHEE** - Douglas County PUD Commissioners Aaron J. Viebrock, Molly Simpson and Ronald E. Skagen executed the following actions during the February 22, Commission meeting held at the District's East Wenatchee office:

- Reviewed the bid opening results for bid document 22-02-D, supply and deliver 1272 ACSR and 1429 ACCC overhead conductor. All bids will be evaluated prior to contract award recommendation.
- Affirmed change order No. 2 to contract 20-02-D, rebuild and reconductor the Rocky Reach to Chelan Falls No. 1 115kV line. This change will replace a damaged wood pole with a credit of \$4,369.
- Authorized acceptance of work and final payment to Sturgeon Electric Company Inc. under contract 20-02-D, rebuild and reconductor the Rocky Reach to Chelan Falls

No. 1 115kV line. All work is complete and determined to meet the bid specifications.

- Approved a call for bids under bid document 22-25-D, provide distribution tree trimming services. The District requires tree trimming for its distribution and transmission lines throughout the District on an as-needed basis.

- Authorized the District to seek grant funding provided by the U.S. Economic Development Administration for the renewable hydrogen production facility.

- Approved amendment No. 1 to professional service agreement 21-17-W, with Schnable Engineering, LLC. This will add two new tasks to the contract for Hydrocombine Load Rating Structural Analysis and Emergency Action Plan Inundation Mapping modeling increasing the not-to-exceed cost by \$192,466.

- Authorized a call for bids under bid document 21-52-W, generator step-up transformer replacement at the Wells

Hydroelectric Project.

- Approved a call for bids under bid document 22-16-D, steel poles for the Rapids to Valhalla Transmission Line.

- Approved purchase of real property from C&O Nursery Company, enter into a lease back agreement and execute a boundary line adjustment. This 91 acre property will accommodate the District's hydrogen production and storage facility.

- Authorized the purchase of real property from Global Ag Properties USA, LLC and lease back agreement with Zirkle Fruit. The adjacent location of the 318 acres to the Wells Project and Hatchery make it ideal to accommodate the District's needs for storage of materials and equipment.

Heard a report on the Douglas County Community Network. The network currently has 7,023 end users.

The next regular meeting of the Commission is scheduled for 1:30 p.m. March 14, at the District's East Wenatchee Office.

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# Senior Focus

A Guide to Healthy Living For Seniors & Others



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Moving Healthcare Forward

## 10 doctor-recommended ways to improve your overall health

STATEPOINT - While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible steps you can take to feel your best and better protect your health.

"It is always the right time to consider your personal goals, and how you can make positive health choices," says American Medical Association (AMA) president, Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these tips from the AMA:

1. Make sure your family is up to date on their vaccines, including the annual influenza vaccine for everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including [getvaccineanswers.org](http://getvaccineanswers.org).
2. Learn your risk for Type 2 Diabetes by taking a simple online 2-minute self-screening test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org).



Photo courtesy (c) Ridofranz / iStock via Getty Images Plus  
**For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.**

Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit [ManageYourBP.org](http://ManageYourBP.org) to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control.

Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make

you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

More health resources and tips can be found my visiting [ama-assn.org](http://ama-assn.org). For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

## How home healthcare can improve lives and deliver better care

STATEPOINT - There is a growing demand for in-home caregivers and there is good reason for that, say experts. There are many unique advantages that healthcare at home, or in another familiar setting, provides. "Offering a full continuum of care, home healthcare includes pediatric, adult nursing, senior care, postoperative care, Medicare-approved visits and hospice, allowing for an individualized approach focused on empowerment and the pursuit of possibilities rather than perceived limitations," says Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation's leading franchise network of home healthcare, personal care, healthcare staffing and hospice services. "The home is where care can happen in the most personal way, typically resulting in higher quality care, reduced hospital readmissions, optimization of healthcare dollars, improved outcomes and greater patient satisfaction."

As part of "The Difference is Home," a campaign aiming to educate people on the value of home healthcare, Interim HealthCare is sharing the experiences of individuals profoundly impacted by home healthcare:

• Kaitlyn Metro, pediatric care patient. Born with a condition causing seizures and severe developmental delay, Kaitlyn requires a feeding tube and total nursing care. She's received home healthcare for 16 years. While she doesn't speak or walk, home healthcare allows her to be surrounded by her loving family and nurses who



Photo courtesy (c) jacoblund / iStock via Getty Images Plus  
**There are many unique advantages that healthcare at home, or in another familiar setting, provides.**

adore her and closely monitor her condition.

• Louis Klein, COVID-19 recovery patient. After spending four days in the hospital with COVID-19, Louis was discharged into home health services as part of his Medicare benefits. Prior to that, he was an active 85-year-old who played golf every week. The compassionate nursing care, physical therapy, and occupational therapy he received helped him improve significantly in a matter of weeks, with the goal of full recovery without the need for hospitalization.

• Howard and Charlene Russell, hospice patients. Married for 65 years, Howard and Charlene have had many wonderful life experiences and wanted to continue living well as they aged. After receiving home health services, the couple transitioned to hospice due to declining health. The nursing and aide care, social services and chaplain support that hospice at home uniquely provides have allowed them to make the most of their time, while surrounded by loved

ones. To see more stories like these, visit: [differenceishome.com](http://differenceishome.com).

Behind the Success "The tireless helping hands behind the scenes of these inspiring stories often go unrecognized," says Sheets. "From home health professionals and paraprofessionals who provide care and the certified agencies who employ and support them, to physicians, discharge planners and social workers who support their outcomes and the health plans that reimburse this invaluable service, there is an entire community of care that the home healthcare industry thrives on."

As the nation's first home care company, Interim HealthCare continues to innovate the care delivery process. For more information on Interim HealthCare's services, visit [interimhealthcare.com](http://interimhealthcare.com). "Every day, we see the difference home-based care has on clients' lives," says Sheets. "What the last two years have taught us is that home is where outcomes are better and where people truly want to be."

## 65 or older? It's time to assess the risk of pneumococcal pneumonia

STATEPOINT - Now, more than ever, you're likely acutely aware of the importance of helping protect your lung health. As you return to doing the things you love, it's essential to understand the risk for pneumococcal pneumonia, a potentially serious lung infection that can strike anyone at any time.

Older adults are at greater risk of serious illness and death resulting from pneumococcal pneumonia compared to younger adults, according to the Centers for Disease Control and Prevention.

To give you the facts you need to help protect yourself, the American Lung Association is partnering with Pfizer to raise awareness about the risk of pneumococcal pneumonia for adults 65 and older.

### An Overview

When words begin with "pneumo" it means related to the lungs, and a pneumonia is an infection in one or both lungs, which you can get from bacteria, viruses or fungi. This infection causes the air sacs in your lungs to fill with fluid or pus, which makes the gas

exchange that supplies your body with oxygen more difficult. It also can result in a host of uncomfortable and potentially serious symptoms.

Pneumococcal pneumonia, the most common type of bacterial pneumonia, is caused by bacteria that can be spread through coughing and close contact with an infected person. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing

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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## Mental healthcare and you – Finding the right fit

STATEPOINT - Searching for a mental health provider? You likely have questions. Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider

is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone

knows the difference between the various mental health professionals – psychiatrists, psychologists, counselors, mental health coaches and others. “Many people are ready to get depression, anxiety and stress under control by working with a mental health professional but get bogged down right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That’s something we want to change,” says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.

To help you in your search, MDLIVE is answering some frequently asked questions: When is it time to see a therapist? Mental healthcare is self-care that most everyone can benefit from. However, if your emotional state is interfering with your daily life, it’s definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals

that could indicate it’s time to seek treatment. These include withdrawing from loved ones, feeling fatigued, having a lack of motivation and frequently “zoning out.” She also notes that life events such as decoupling, job loss or the loss of a loved one can often trigger the need for professional mental health support. What’s the difference between

therapists and psychiatrists? Psychiatrists and therapists can treat the same things, however, psychiatrists are medical doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can evaluate and support people with emotional or behavioral health concerns through talk therapy. What should one look for in a provider? Mental healthcare is highly personal and it’s essential that your provider is someone you can open to make

progress with and not feel judged by. A good place to start is by working with a provider who has experience treating patients like you. Understand that you may not find the right therapist on your first try. Dr. Espada-Campos encourages individuals to both trust their feelings in this regard and to take an active role in their sessions by asking

questions like, “What can I do to help my treatment?” and “How can we work together to achieve my goals?” Does insurance cover therapy? In recent years, many health plans and employers have acknowledged the importance of mental healthcare and have expanded the resources available to their members and employees. Check coverage details online or through the plan’s call center. Alternatively, you may wish to seek counseling through an

Employee Assistance Program (EAP). EAP counselors can help with a variety of mental health concerns, however, members are typically restricted to a set number of sessions. If you’re suffering from a recurring mental health issue, check what options are available through your health plan. Can therapists be seen remotely? Virtual care, an increasingly popular option, can provide private, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE’s platform makes it easy to search for a provider that meets your needs and to schedule an appointment with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit [www.mdlive.com](http://www.mdlive.com). Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.

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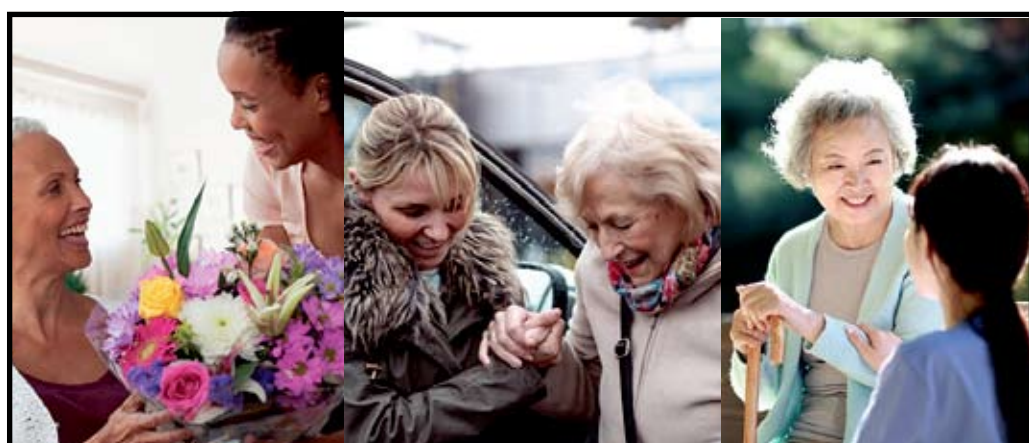
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### RISKS

CONTINUED FROM PAGE B1

shortness of breath and chest pain. Certain symptoms, such as cough and fatigue, can appear quickly and without warning and severe cases can lead to hospitalization and even be potentially life threatening.

#### Risk Factors and Protection

The immune system naturally weakens with age, making age a risk factor regardless of health status“ Even healthy

adults aged 65 and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than those aged 18-49,” says Albert Rizzo, MD, chief medical officer, American Lung Association. “If you also live with a chronic lung disease like COPD, asthma, diabetes or chronic heart disease, you face a greater risk.”

Dr. Rizzo speaks on behalf of the American Lung Association when he encourages all adults 65 and older to speak with their doctor about vaccination. But he knows all too well that there are

disparities among who is most likely to be protected against this potentially serious lung infection. While the overall vaccination rate among adults 65 and older was 59% in 2017, only 42% of Latino/Hispanic individuals were vaccinated. And with only 45% percent of Black adults and 56% of Asian adults vaccinated, the gap in coverage has potentially serious consequences for communities of color.

Additionally, Latino and Black Americans are at greater risk of developing chronic health

## Taking an over the counter anti-inflammatory



Facing the expiration of its patent protection, ibuprofen’s manufacturer applied to the FDA for approval to sell it at a lower dose without a prescription. In contrast to the 400mg, 600mg, and 800mg tablets of prescription-only Motrin® in 1984, the FDA approved ibuprofen as non-prescription Motrin-IB®200mg tablets.

Years later, naproxen followed the same path: first as a prescription-only anti-inflammatory, then approved for OTC use as Aleve®. There are four options for pain relief by mouth without a prescription: aspirin, acetaminophen, ibuprofen, and naproxen.

For muscle pain, menstrual cramps, and toothache, non-prescription doses of naproxen or ibuprofen are much safer than aspirin and more effective than acetaminophen.

NSAIDs are sold by themselves and as an ingredient in many over-the-counter (OTC) cold, flu, and allergy remedies.

78-year-old Rose has heart failure. She takes a water pill to keep fluid from building up in her lungs. Six months ago, Rose came down with a flu-like illness, becoming so short of breath that her doctors first suspected COVID or pneumonia and hospitalized her. It turned out that despite taking her water pill, her lungs were filling with fluid from an exacerbation of her heart failure. Over the next 3 days, she recovered and went home.

Last month, Rose returned to the Emergency Department, short of breath. The only thing she did differently was take Advil® Cold and Flu, which contains ibuprofen. She continued taking her water pills, but it wasn’t enough. The ibuprofen triggered fluid retention, causing her breathing problems from the fluid building up in

her lungs.

Ever since, she has avoided all NSAID medicines, and she feels great.

Although NSAIDs are usually safe when taken to relieve fever and muscle aches, they can be dangerous for people with certain medical conditions like Rose’s heart failure.

NSAIDs can also spell trouble for people with kidney problems, like diabetics. Taking prescription or OTC ibuprofen or naproxen can trigger kidney damage in certain situations, especially if you get dehydrated. Sweating a lot when outside in hot weather or experiencing nausea, vomiting, or diarrhea can cause dehydration. Taking any NSAID when your body is too dry can seriously harm your kidneys.

People who have had a bleeding ulcer should also avoid taking NSAIDs like ibuprofen and naproxen. That’s because these medicines interfere with maintaining the protective gel layer that lines your stomach. This vital gel layer ensures that your stomach acids digest your food instead of your stomach. Taking ibuprofen or naproxen encourages thin spots and erosion of the lining of your stomach, setting you up for an episode of stomach pain or bleeding.

Even considering these possible side effects, NSAIDs like ibuprofen and naproxen are powerful against muscle sprains or strains, tension headache, dental pain, and menstrual cramps.

When taken at the beginning of menstrual flow, just one dose of ibuprofen or naproxen can head off debilitating abdominal cramps. One dose of an NSAID right before a tooth extraction can avoid suffering from swollen “chipmunk cheeks” afterward.

**Here are 5 Tips to Help Keep Yourself Safe When Taking NSAIDs:**

**1. Keep yourself well hydrated.**

Even young, healthy people can suffer severe kidney damage if they become dehydrated while taking an NSAID medicine.

NSAIDs interfere with your body’s safety net for your kidneys when you get low on fluid. Several professional athletes have discovered this the hard way, and ended up needing a kidney transplant.

**2. Ask your doctor first.**

Most people can take low doses of ibuprofen or naproxen without harm. For those who have kidney problems, it’s much safer to take Tylenol® or acetaminophen for your aches and pains. NSAIDs can aggravate and accelerate kidney problems. Please consult your doctor first before taking ibuprofen, naproxen, or any other NSAID for more than a couple of days.

**3. Protect your heart.**

Have you been diagnosed with congestive heart failure, also called CHF? If so, avoid taking any medicine that includes an NSAID, which causes sodium and water retention. NSAIDs counteract the beneficial effects of drugs that work to keep fluid out of your lungs and reduce swelling in your hands and feet.

**4. Watch your blood pressure.**

NSAIDs cause sodium retention, triggering water retention. This can cause your blood pressure to rise, interfering with how most blood pressure medicines do their job.

**5. Don’t double up.**

Avoid taking more than one NSAID at a time. It’s surprisingly easy to take two NSAIDs at the same time. That’s because the prescription strengths have different brand names than the OTC versions of the same medicines. Not realizing that you are taking two medicines with the same ingredient puts you at risk for overdose and side effects like stomach pain, bleeding, or kidney problems.

*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can’t Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2022 Louise Achey*



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