

ISSUE 03
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HEALTH & WELLNESS CONNECTIONS

**“THE POWER OF COMMUNITY TO CREATE
HEALTH IS FAR GREATER THAN ANY
PHYSICIAN, CLINIC OR HOSPITAL”**

Mark Hyman, M.D.

Greetings

Just when I thought Spring was here and Winter was over I woke up to a couple of inches of snow, (not atypical for Montana). It hasn't dampened my spirits to share my discovery of Health & Wellness news once again on CBS Sunday Morning.

Maria Shriver was featured. She has become one of today's most internationally recognized Alzheimer's advocates and force behind getting the disease recognized as a women's issue.

She founded the nation's preeminent organization: Women's Alzheimer's Movement (WAM), which in 2022 partnered with the Cleveland Clinic. She then initiated the opening of the first Alzheimer's prevention clinic designed specifically for women. The **WAM Center for Alzheimer's Prevention, Health and Research** at the Cleveland Clinic in Las Vegas. She served as a strategic advisor on the White House initiative on women's health research in 2023.

this issue

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Reminders:

Take Legislative Action: Sign-up Now:
This is VERY important with potential reductions in Health & Wellness program funding

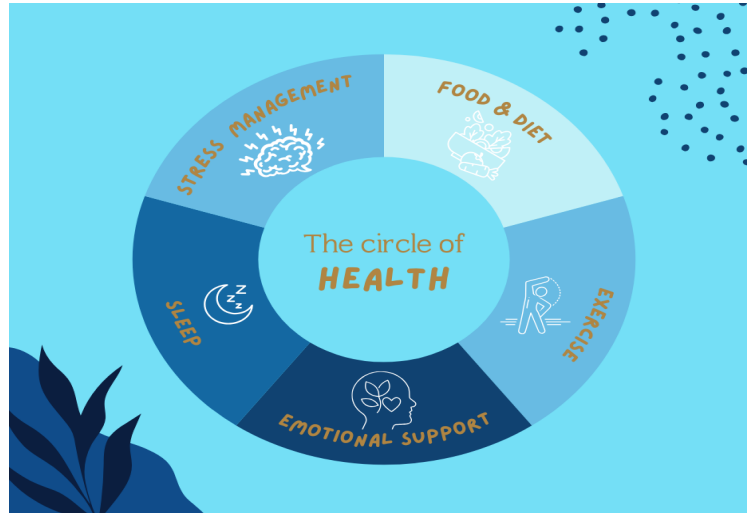
Recent: Support for Human Trafficking Victims.

Support for Affiliates listed in Club Manual Health & Wellness section & Alzheimer's Association is also official.

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Community Connection Initiative



Let's Focus on Food & Diet a key component of the Circle of Health.

The April 25, 2025 Consumer Reports on Health has an article on “Which Health Foods are Good for You? “ When it comes to eating well, making good choices has probably never been quite as confusing as it is right now. Walter Willett, MD a professor of epidemiology & nutrition at the Harvard T.H. Chan School of Public Health states “Anybody can claim to be a nutrition expert, but they are not always reliable sources.” “Be especially wary of people who paint foods as 100% good or bad or who like to label certain foods as toxic” Jessica Clifford, RD, and extension nutrition specialist in the food science and human nutrition dept at Colorado State University, state “The truth is rarely that black and white”.

How to spot Nutrition Myths:

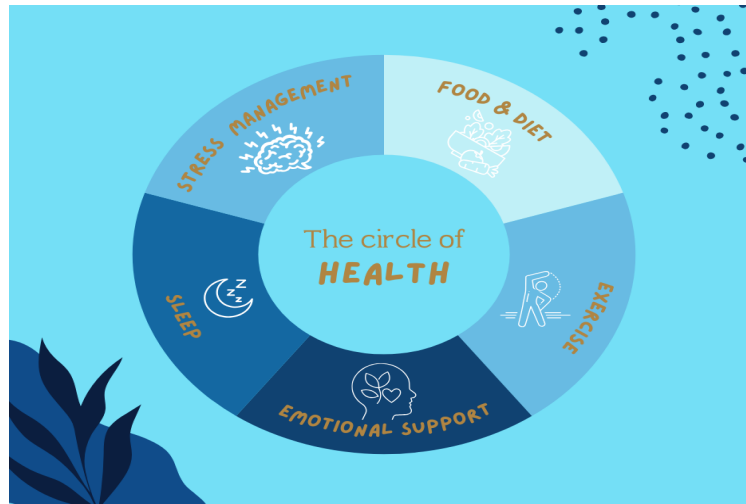
- > **Check your sources**—look for sources who have an RD, MD or PhD in medicine or nutrition and are affiliated with a hospital, university or reliable agency
- > **Consider the Claim**— Messages that sound “extreme” are unlikely to be correct
- > **Go beyond the headlines**— If the news is reporting on a study touting the surprising benefit of a specific food, check it out You can search for the study using

Google Scholar at pubmed.gov

It is also important to maintain a balance of protein, vegetables, fruit, and grains. Minimize sugar & salt and alcohol. Moderation and variety are key.



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Caregiver Authority

Weary of condescension from a physician years ago regarding my wife’s condition, I leveled my gaze at him and stated, “Doc—I was taking care of her when you were a junior in high school. So how about we keep this in perspective?”

We may not know the science, but we know our loved ones. That knowledge and experience provide us with something I coined “Caregiver Authority”.

Quality practitioners recognize the benefit of enlisting our hard-won insights. After dealing with 100+ physicians and countless nurses, I learned years ago that training doesn’t make one a better human being—it simply provides a skill set. Sadly (for some), those skill sets can elevate a sense of importance. Part of our job as caregivers is to advocate. And sometimes, that means standing up to people who are dismissive or look down upon others. It’s uncomfortable to wield caregiver authority, but if we don’t, what happens? If we’re wrong, we apologize and make amends to the best of our abilities. If they’re wrong, the consequences are far more dire.

“I spend half my time comforting the afflicted, and the other half afflicting the comfortable”

Wes Stafford.

Peter Rosenberger hosts the nationally syndicated radio program, Hope for the Caregiver and has served as a caregiver for his wife, Gracie for four decades. www.peterrosenberger.com



Awareness Months & Resource Link

April Awareness

Focus on Prevention:

Esophageal Cancer

Head & Neck Cancer

Testicular Cancer

Paralyzed Veteran

<https://pva.org/get-involved/paralyzed-veterans-of-america-awareness-month/>

May Awareness

ALS <https://www.als.org/awareness>

National Cancer Research

Bladder Cancer

Brain Cancer

Melanoma & Skin Cancer

<https://www.aacr.org/patients-caregivers/awareness-months/>

Mental Health

<https://www.aha.org/mental-health-awareness-month>

June Awareness

National Cancer Survivor

National Headache and Migraine

<https://americanmigrainefoundation.org/migraine-and-headache-awareness-month/>



Project Ideas—Two Opportunities to Consider

Yellow Tulip Project: May is Mental Health Month

You can still participate even if you didn't plant bulbs last Fall. Get potted yellow flowers (they do not have to be tulips). Fake yellow flowers will work as well. Have an outdoor display; or center pieces at your May meeting; or at a Caregiver's home, school room, hospital or church. Take pictures, and please send to me.

Arts for EveryBody

Building Healthy Communities was the focus of this effort across the country. 18 Communities in the USA participated; and research papers have been published on the results. Arts for EveryBody aimed to do more than entertain, it marked a break thru moment in the relationship between the Arts and Health in America. Older Adults who participated reported a 48% lower risk of depression, and 44% reduction in dementia. Health benefits are the equivalent of weekly exercise. Participating reduces stress, loneliness, which are factors for a wide range of ailments including hypertension and heart disease. **Check it out: <https://www.artsforeverbody.org>**

The Connection Cure, book and audible by Julia Hotz—ties in. Traditionally, when we get sick, health care professionals ask "What's the matter with You?" But around the world, teams of doctors, nurses, therapists, social workers have started to flip the script, asking "What matters to you". Instead of solely writing pharmaceutical prescriptions, they offer "social prescriptions" — referrals to community activities and resources like photography classes, gardening groups, and volunteering groups. There are additional benefits as well reduction in patient wait times, hospitalization rates, and reversal of health care burnout.