

Community CareLink

April-June 2021



Take care of yourself

From the desk of Cynthia Taueg, DHA, Vice President of Community Health Services

One of the most common parting greetings used today is "take care." Take care of what? The meaning of this clipped statement is "take care of yourself." It's an important message because no one can do this for you. Each of us must each commit to do this, because if we don't we may not be able to live our best lives. We must take care of our bodies, no matter the condition when we are born. It is the only body we have, and without care it will not function to its maximum capacity. Health is a gift and we must work to keep it.

We must also take care of our minds, which are the center of our wills and emotions. We must give attention to our spirits to guide perspective on time and the future. Each of these requires that we educate and inform ourselves so we can wisely choose our course of action within the context of where we live, work and play, and the resources and gifts we have. The National County Health Ranking model tells us that health is determined by socioeconomic factors (40 percent), health behavior (30 percent), clinical care (20 percent), and physical environment (10 percent). We have many opportunities to choose to be as healthy as possible and take care of ourselves. We can start at any age.

We are fortunate to live in this century where we have tools available to support us in making wise, informed choices. This newsletter is designed to assist you in your journey to health. I believe that a prevention mindset is an essential, less costly and less painful approach to taking care of ourselves. Of course, this is not always



possible as circumstances beyond our control may occur. Even so, there is much that can be prevented.

We can prevent infant deaths by using safe sleep practices. We can prevent kidney failure by identifying and controlling hypertension. We can prevent severe depression by focusing on what is good in our lives, and by helping others. We can prevent measles, smallpox, polio and other communicable diseases through the use of vaccines.

In our current world, wearing a mask, maintaining our distance to others, and washing our hands can prevent transmission of COVID-19 and influenza. I urge you to educate yourself on the COVID-19 vaccine, and choose to be vaccinated when available. The Michigan Department of Health and Human Services website (www.michigan.gov/coronavirus) has much information to offer. Choosing to make wise, informed decisions can improve your well-being and quality of life. I urge you to "take care."

COVID-19 vaccines

COVID-19 has killed more than 475,000 people and infected 27.4 million people in the United States, and this pandemic is raging across the world. The infection can be mild with flu-like symptoms, to life-threatening multi-organ involvement. Treating this illness has been a challenge and there are new successful treatments, but what is momentous is the vaccine.

There are two vaccines, Pfizer BN162b2 and Moderna mRNA-1273, which have been authorized by the Food and Drug Administration (FDA) for emergency use against COVID-19. Both are mRNA vaccines. These vaccines are a new type of vaccine to fight against infections. They are new, but not unknown. They have been studied for years for flu, Zika virus, rabies and cytomegalovirus (CMV). They can be developed fast in the laboratory using readily available materials. These vaccines are relatively cheap to produce and can be produced in mass quantities.

COVID-19 vaccines do not have the live virus that causes the infection. COVID-19 mRNA vaccines, when injected into our bodies, give instructions to our cells to produce "spike proteins," which are harmless. This spike protein mimics the protein found on the surface of the COVID-19 virus, and our immune cells recognize that this protein is not normally found in our body and then begins to build antibodies to fight this protein. When a person does get infected with the COVID-19 virus, there are antibodies to protect them from an infection. The mRNA never enters the cell or interacts with our DNA.

The Pfizer-BioNTech vaccine is recommended for people aged 16 years and older. It's a shot given in the muscle of your upper arm. You will need two shots given 21 days apart. The most common side effect of the vaccine is pain, swelling or redness at the site of the injection. Though less common, you may experience tiredness, chills and headache after receiving the vaccine. Side effects can start a few days after the shot and usually resolve on their own. This vaccine has shown to be 95 percent effective against COVID-19 in those who have not been infected before.



"I want to be a part of ending this pandemic. Thank God, I can get it. I am following the science..." Phyllis Nelson

Moderna vaccine is the other vaccine approved by the FDA for emergency use against COVID-19. It is recommended for people over the age of 18 years, and given in two shots a month apart. Some common side effects that you may experience are injection site pain and redness, muscle pain, joint pain, fatigue and headaches. This vaccine has shown to be 94.5 percent effective against COVID-19.

If you've had an allergic reaction to a vaccine before, please discuss with your doctor prior to getting either the Pfizer or Moderna vaccines.

There have been more than 75,000 people who've enrolled in these vaccine trials and both of the vaccines have shown to be more than 94 percent effective, with minimal side effects. The vaccines continue to be monitored for safety. Since its approval for emergency use by the FDA, these vaccines have been distributed to all 50 states and many doctors, healthcare providers, and those working with COVID-19 patients have received it. Many other vaccines are still being evaluated in clinical trials. There is hope that the vaccines will be available to all by late spring.

To find more information, please visit healthcare.ascension.org/COVID-19/Covid-Vaccine

"Children are the world's most valuable resource and its best hope for the future." — John F. Kennedy

As we dive into the new year, we reflect back on how challenging 2020 was for many of us. Our day-to-day routines were completely different and for some we know, unplanned changes are often difficult to adjust to. One group that was affected tremendously were children. It often feels like they're being left out of the conversation.

Michigan's stay-at-home order aimed to protect communities from contracting and spreading the COVID-19 virus, but staying at home does not mean safety for everyone. Studies have shown that during nationwide crises, reports of child abuse increase. However, due to children being confined at home, fewer cases are being detected. Being at home all day, trying to adjust to virtual learning, not being able to see friends and do things children normally would do, create high levels of stress for children and their families. For those children who were already in abusive homes prior to the pandemic, being able to leave the home and go to school and/or extracurricular activities were often ways for both parents and children to have some relief.

As we work hard to fight against the virus, we have to work just as hard to combat abuse and neglect. We have a collective responsibility to protect all children.

Helpful tips to help prevent child abuse during COVID-19

- Offer a break — Find creative ways to spend time with your children, and/or offer the parents a break from daily activities.
- Check in with parents/caregivers — Ask families what their needs are, and how you can help.
- Food assistance — Drop off food to those you know are having food insecurities; volunteer to cook the food. This will allow you time to see and speak to the children.
- Share mental health resources — Share with families how important it is to consider mental health support during these challenging times.
- Financial assistance — Finances contribute to high levels of stress. Provide financial support if possible, or resources for programs that can help families in need.

Ascension Michigan Call Center

Find a doctor — Connect with more than 3,000 primary care doctors and specialists, obtain office locations, hours, insurances accepted and more.

Schedule appointments — Schedule appointments for doctor visits, diagnostic tests, physical therapy, doctor referrals and second opinions.

Connect with behavioral health resources — With one call you speak with our behavioral health social worker to access a wide range of hospital and community-based social services.

Talk with someone who speaks your language

— Multilingual customer service in Chaldean and Arabic is available.

Locate support groups - Explore the many support groups available.

One number does it all — 866-501-DOCS (3627)



Reminder: Contact your medical provider for routine health examinations.

Caring for a loved one with mental or emotional health concerns

Mental illness is common in the United States.

According to the National Institute of Mental Health, nearly one in five adults in the U.S. live with a mental illness. What is mental illness? Any mental illness (AMI) encompasses all recognized mental illnesses, including behavioral or emotional illnesses. AMI can vary in impact, ranging from no impairment to mild, moderate and even severe effects on someone's daily life.

If you have a friend or loved one who has been diagnosed with a mental illness, it's important for you to know ways you can help them. We all have to work together to break the stigma of mental illness. Remember that mental illness is an illness of the brain, just like diabetes is an illness of the pancreas. And there's no shame in having a mental illness. It's important to remember these things when you provide support for your loved one. In addition to treatment received from their doctor, they will need you to support them in their journey.

Know the warning signs of mental distress

You may have a loved one who hasn't received a diagnosis yet, but you suspect they could be struggling with mental illness. There are a few signs you can look for. They include:

- Withdrawal from social interaction
- Loss of sleep
- Loss of appetite
- Problems functioning at work or school
- Mood swings

According to the American Psychiatric Association, someone exhibiting these signs or having these experiences does not necessarily mean the person has a mental health problem. The symptoms could also be related to other issues or problems. However, following up with an evaluation from a medical professional could help address any problems and prevent more serious symptoms from developing.

Be patient and understanding

Don't forget to be patient when helping your loved one. They may also be seeking answers just like you. Try to be open and nonjudgmental when they tell you how they are feeling. The road to treatment can be a long one, so they will need your full support.

Learn the symptoms

If your loved one receives a mental illness diagnosis, you may want to take time to ask a medical professional questions about the illness. Learn the symptoms associated with it so you know what to expect and how to help.

Encourage your loved one to follow the advice of a medical professional

Talking with a mental healthcare provider or primary care doctor is the most important step toward getting help. They will be able to point your loved one to the best path for them. Encourage your loved one to follow the treatment advice they receive from a medical professional. This can include attending regular therapy sessions and taking medication, among other options. Trust the professional to give them the best course of action and encourage them to follow their advice.

Seek support for yourself

You don't have to do this alone. Make sure that you are also seeking support for yourself. Everyone needs to be able to have a support system. Remember to take care of yourself so that you can help the ones you love most.

Suicide prevention

If you or a loved one are struggling with suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Defeat diabetes

The month of April has been designated Defeat Diabetes Month. Even though our focus has been on the COVID-19 pandemic and the vaccine, it's important to remember that chronic conditions like diabetes can make people more vulnerable to infections, leading to serious consequences.

According to the American Diabetes Association, 34 million Americans have diabetes (11 percent of Americans); and 1 in 4 of them don't even know they have it. Could this be you? Diabetes means there is too much sugar (or glucose) in your blood. This happens when your body doesn't produce enough of a hormone called insulin, or it doesn't respond well to insulin. If you have diabetes, monitoring your blood sugar, along with exercise and watching what you eat, can help you manage your disease long-term.

Some common symptoms of diabetes include:

- Frequent urination
- Feeling thirsty or hungry all the time
- Extreme tiredness
- Blurry vision
- Slow-to-heal cuts or bruises
- Tingling, pain or numbness in the hands or feet

Early detection is **key** to preventing serious complications from diabetes. Schedule a screening with your doctor. Many people with diabetes can still enjoy their favorite activities by maintain a healthy lifestyle. However, living with diabetes can be a daily challenge. If you currently have diabetes, learn how to manage your health by taking classes offered through Ascension (see page 8) or ask your healthcare team for class information.

See related story on page 9

June is National Safety Month

At every Ascension SE Michigan Trauma Center, falls are the number one cause of injury. Falls are not a normal part of aging. Understanding the reasons for falls and making simple changes can lower your risk of falling so you can stay independent longer. Challenge yourself to make at least one of these changes:

Do a walk-through of your home:

- Keep walkways free of clutter.
- Ensure power cords are secured and not in walking paths.
- Have sufficient lighting. Keep a flashlight next to the bed or add nightlights.
- Remove throw rugs, or replace with rugs that have non-slip backing.
- Watch out for pets! Furry friends and their toys create a fall hazard.
- Add grab bars to bathroom.
- Wear sturdy, supportive footwear. Avoid flip-flops and backless slippers that become a tripping hazard.

- Having a cell phone with you can be a lifesaver! Throw it in your pocket when in the garden or going to the basement to do laundry.

Stay active. Chair Yoga is a great form of exercise that can improve balance and leg strength.

Communicate with your health provider. Keep them informed on any falls or if you begin feeling unsteady. Keeping your doctor in the loop can help them identify risk factors to prevent a future fall.

If you fall — tell someone. Even falls that don't seem serious can have severe complications.

Attend a class about fall prevention. Classes like A Matter of Balance or S.L.I.P. (Senior Lifestyle and Injury Prevention), and so much more.

Many falls can be prevented by utilizing these simple steps above.

For more information and tips on fall prevention visit [cdc.gov/homeandrecreationalafety/falls](https://www.cdc.gov/homeandrecreationalafety/falls)

Exercise classes and lectures

All classes are virtual and are FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.



Virtual exercise (ongoing)

Chair Yoga

Tuesdays and Thursdays, 11-11:45 a.m.

Chair Yoga adapts yoga poses through creative use of a chair, so the participant is able to warm up and stretch the body safely, with support and stability. Poses will be done seated on the chair, or the chair can be used for support during standing poses. Participants will be taught a gentle flow that will end in a short meditation. This class is suitable for all ages, fitness levels and physical conditions.

Registration and e-waivers are required.

Presenter: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension Southeast Michigan
Community Health

Walking Workout

Tuesdays and Thursdays, 10:15-10:45 a.m.

Join us as we walk/march and strengthen your heart. Working out together from home, with easy moves like side steps, hamstring curls and kicks, will assist in making you healthier! This class is suitable for all ages and fitness levels.

Registration and e-waivers are required.

Presenter: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension Southeast Michigan
Community Health

Virtual lectures

Wed., April 14 — 11 a.m.-noon

Osteoporosis: What Does It Mean?

Learn the facts about bone health and what you can do to strengthen your bones.

Presenter: Jahnvi Chakrala, MD, Endocrinologist
Ascension St. John Hospital

Wed., April 14 — noon-1 p.m.

Benefits of Minimally Invasive Gynecologic Surgery

Less scarring, less pain and quicker recovery are just some of the benefits of having minimally invasive gynecologic surgery. Learn which procedures can be performed with minimally invasive surgery, as well as other benefits of minimally invasive.

Presenter: Omar Zwain, MD, FACOG, Center for
Fibroids and Minimally Invasive Gynecologic
Surgery, Ascension Providence Hospital

Thur., April 21 — 11 a.m.-noon

Plant-Based Nutrition: What's the Buzz?

Find out the science behind the growing trend to eat a plant-based diet. Learn tips to include more plant-based nutrition into your healthy eating plan and find the vegetarian in you.

Presenter: Beth Theisen, RD, CDCES
Ascension Southeast Michigan
Community Health

Lectures (continued)

All classes are virtual and FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.

Wed., May 12 — 1-2 p.m.

Stroke Awareness "A Brain Attack"

Learn what stroke is, how to prevent it and treatment options for it. Also learn about the different types of stroke centers and the treatments offered at each.

Presenter: Julius Griauzde, MD, Radiologist
Ascension Providence Hospital

Wed., May 12 — 11 a.m.-noon

Managing Anxiety and Depression

Learn signs and symptoms of anxiety and depression and how to effectively manage them. Treatment and resources will be discussed.

Presenter: Carlisle Vendittelli, MD, Family Medicine
Ascension St. John Hospital

Thur., May 13 — 3:30-4:30 p.m.

Managing Hypertension

Learn what high blood pressure is, why it is important to monitor and treat it, what happens if it goes untreated, and how to prevent poor outcomes.

Presenter: Madeleine McMall, DO, Family Medicine
Ascension Providence Hospital

Wed., May 19 — 1-2 p.m.

Grocery Shopping and Cooking with a Healthy Flair

Join us to learn how to read the new food labels, what nutrition claims mean, and how to stock your pantry with healthy foods. Discover grocery shopping tips for a safe and budget-friendly trip.

Presenter: Beth Theisen, RD, CDCES
Ascension Southeast Michigan
Community Health

Thur., June 3 — 3:30-4:30 p.m.

Men's Health and Preventive Care

Join us to learn about men's health, preventive care and the importance of prostate cancer screenings.

Presenter: Brandon Karmo, DO, Family Medicine
Ascension Providence Hospital

Mon., June 7 — 1-2 p.m.

Hydration and Healthy Eating

Drinking fluids is crucial to the health of every system in your body, including your heart, brain and muscles. Learn ways to stay hydrated, including the addition of water-rich foods to your diet.

Presenter: Beth Theisen, RD, CDCES
Ascension Southeast Michigan
Community Health

Wed., June 9 — 11 a.m.-noon

Managing Arthritis

Arthritis can limit range of motion and make simple movements difficult. Learn tips on managing arthritis and staying active.

Presenter: Carlisle Vendittelli, MD, Family Medicine
Ascension St. John Hospital

Wed., June 9 — 10-11 a.m.

Or Mon., June 21 — 2-3 p.m.

Four Types of Exercises Everyone Should be Doing

Research has shown that it's important to get four types of exercise to prevent falls and improve physical ability. Learn simple ways to incorporate these into your life. Participants will receive a fall prevention and exercise-filled goodie packet in the mail.

Presenter: Vanessa Mier, RN, BSN, HNB-BC
Ascension Providence Hospital

To register, visit healthcare.ascension.org/events. For class information, call 248-849-5752.

Virtual workshops

Workshop size is limited. All workshops are virtual and are a series built upon the previous session. Workshops are FREE. MUST have a computer, laptop or tablet with a camera to participate. (Smartphones are highly discouraged)

You must pre-register. Visit healthcare.ascension.org/events

Diabetes Prevention Program

Starts Wed., April 21 — 1-2 p.m.

Join us for a virtual group-based, structured lifestyle change program for people who are at risk or have prediabetes. The diabetes prevention program is a year-long program which focuses on lasting lifestyle changes; regular physical activity, healthy eating, weight loss and stress management. The program meets weekly for the first six months, and then 1-2 times per month for the second six months. This program helps you make lifestyle changes to reduce your risk for Type 2 diabetes. You must have risk factors or a diagnosis of prediabetes to meet the class requirements. Prediabetes can be diagnosed by your doctor, or you can take the self-screening test at doihaveprediabetes.org. If you have a diagnosis of Type 2 diabetes you will not qualify to attend.

Diabetes PATH (Personal Action Toward Health)

Wednesdays, June 9-July 21 — 10 a.m.-noon

The Diabetes PATH workshop is seven weeks with the first session being a mandatory informational session.

Diabetes PATH is designed to provide the skills and tools to help people living with diabetes and their support system live a healthier life. Two trained leaders conduct the workshop. The skills and tools learned in the workshop will help you manage everyday activities by making an action plan; avoid complications; learn to balance your blood sugar; improve your communication skills with your family and healthcare provider; understand the importance of monitoring your blood sugar; manage symptoms and decrease stress; improve your overall health; and increase your energy.

Conversations in Diabetes

Thursdays, Apr. 8-May 27 — 1-2:30 p.m.

This is an eight-week virtual workshop. The road to managing your diabetes! Similar to planning a trip on the road in which we use maps and directions, we also need a “road map” to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

Pain PATH (Personal Action Toward Health)

Wednesdays, Apr. 21-June 2 — 1-3 p.m.

Pain PATH is a seven-week virtual workshop that provides the skills and tools to help people living with pain live a healthier life. The first session is a mandatory informational session.

This workshop is led by certified leaders designed to help people living with chronic pain manage their health conditions, and live a healthier, more enjoyable life. Learn how to: challenge myths about dealing with pain; master techniques to deal with frustration, fatigue, isolation and poor sleep; pace yourself around activity and rest; exercise appropriately to maintain or improve strength and endurance; use medication wisely; and work effectively with family and healthcare providers.

Virtual workshops (continued)

Workshop size is limited. All workshops are a series built upon the previous session. Workshops are FREE. MUST have a computer, laptop or tablet with a camera to participate. (Smartphones are highly discouraged)

You must pre-register. Visit healthcare.ascension.org/events

Chronic Disease PATH (Personal Action Toward Health)

Thursdays, May 20-July 1 — 1-3 p.m.

Chronic Disease PATH is a seven-week virtual workshop designed to benefit adults with long-term health conditions such as arthritis, heart disease, emphysema, asthma, depression and other chronic diseases. The first session is a mandatory informational session. Family members, friends and caregivers are also encouraged to attend.

Program participants experience improved symptom management, better communication with doctors, a greater sense of self-efficacy, increased physical activity, and better general health compared to those who had not participated in the workshop.

Kidney PATH (Personal Action Toward Health)

Tuesdays, Apr. 13-June 8 — 6-8 p.m.

Kidney PATH is a nine-week virtual workshop for participants who are in various stages of chronic kidney disease. The first session is a mandatory informational session. It will be followed by six weeks focusing on overall healthy living, with two additional sessions that cover kidney-specific content. Participants will discuss quality-of-life with kidney disease; have a panel discussion with healthcare professionals about dialysis and transplant; and discuss getting the most out of their kidney care. A key activity is development of a kidney disease “toolkit” which is not a physical toolkit, but a set of strategies that people can use to help manage their kidney disease.

Do you know the ABCs of diabetes?

If you have diabetes, three key steps — the ABCs — can help you better manage your diabetes and lower your risk of heart attack and stroke. Learn about the ABCs and keep track of your progress for each one.

A = A1C TEST

The A1C test is short for hemoglobin A1C. It shows you what your blood glucose has been over the last three months. It lets you know if your blood glucose level is under control and helps prevent complications. Get this test at least twice a year.

B = BLOOD PRESSURE

The higher your blood pressure, the harder your heart has to work. Get your blood pressure measured at every doctor’s visit. Work with your doctor to set a blood pressure goal that is right for you.

C = CHOLESTEROL

Maintain a normal cholesterol level (under 200 mg/dL). HDL should be 40 mg/dL or higher. Triglyceride level should be 150 mg/dL or lower. LDL should be below 100 mg/dL. LDL or “bad” cholesterol builds up and clogs your arteries. Get your cholesterol tested once a year.

Be sure to ask your doctor:

- What are my ABC numbers?
- What should my ABC numbers be?
- What do I need to do to reach healthy ABC numbers?
- How can I find a local diabetes program for education and support?

Source: nhlbi.nih.gov/health

Your money and insurance

Insurance companies profit by charging more in premiums than the claims they anticipate paying. For consumers, that means insurance purchases have a negative expected value. This does not mean buying insurance is unwise. Insurance is necessary to protect against financially ruinous outcomes regardless of their low probabilities. The mistake many make is over-insuring against incidents they could afford to take losses on without undue hardship. For example, if you could seamlessly absorb a \$500 loss from an auto accident, it may not make sense to pay the upcharge for a lower deductible. This concept of not overspending on “risk transfer” applies to extended warranties also.

Life insurance is unique as it is not a question of if the adverse outcome will occur, but when. Insurance companies leverage this with an extended time horizon to offer term life (defined policy expiration date), and universal/whole life insurance (a hybrid insurance/investment product with higher cost component than term). Companies will pitch whole life as an investment that will eventually cover the policy premiums. While

this claim can be true, you may still be getting a sub-optimal product. It is usually better to keep your investments and insurance separated. Investment returns need not be linked with insurance coverage to be sufficient to cover premium costs. Universal/whole life insurance is usually justified only if you have a special needs child that will always have to be provided for.

Lastly, life insurance for your children is unnecessary. It doesn't protect them from the unthinkable. The purpose of life insurance is to guard against the loss of the expected future contribution stream of the insured (income producing adult or caregiving spouse). Your children will provide you with costs, not income, so there are no earnings to protect. Be wary of those who may try to make you feel like an unfit parent if you do not buy child life insurance.

Editorial content intended for informational purposes only. Consult a professional to learn what financial products are right for you.

Three easy ways to eat less sodium

Americans love sodium, and that's not good news for our hearts. The body needs a small amount of sodium to function properly, but too much increases blood pressure and heart disease risk. The 2020-2025 Dietary Guidelines for Americans recommend consuming less than 2,300 mg of sodium daily, but we average about 3,400 mg.



To help your heart:

- Read the nutrition facts label on food packages. Look for foods with 5 percent or less of the daily value of sodium. If a product has 20 percent or more, it's high in sodium.
- Limit high-sodium foods. These include: deli meats, sauces and dressings, condiments, and instant foods like flavored rice or noodles.
- Ask about lower sodium options at restaurants. Get dressings and sauces on the side so you can control how much is added.

Bonus tip: Add more potassium-rich foods to your diet. These include bananas, sweet potatoes, cantaloupe and broccoli. Potassium helps counteract the negative effect sodium has on blood pressure.

Dry roasted chickpeas

Serves 8 (½ cup servings)

Ingredients

- 2 cans chickpeas (garbanzo beans), low-sodium
- ¼ teaspoon salt
- ½ teaspoon black pepper, ground (or lemon pepper)
- ½ teaspoon garlic powder (or 2 cloves garlic)
- 1 teaspoon onion powder
- 1 teaspoon parsley flakes
- 2 teaspoons dill weed, dried

Instructions

1. Wash hands with soap and water for 20 seconds before beginning cooking.
2. Preheat the oven to 400 degrees.
3. Drain chickpeas in a colander and rinse with cool water. Shake strainer to help remove water. Dry beans with paper towels.
4. Mix together salt, pepper, garlic powder, onion powder, parsley and dill weed in a small bowl.
5. Lightly spray a rimmed baking sheet with cooking spray. Pour chickpeas onto the sheet and spread them out into a single layer.
6. Lightly spray the tops of beans with cooking spray, or use an oil mister to lightly spray the chickpeas. Sprinkle seasoning mix evenly over the beans.
7. Place the baking sheet on the lowest rack in the oven. Cook for 30-40 minutes. Gently shake and rotate the pan every 10-15 minutes to prevent burning. Be sure the chickpeas stay in a single layer. Beans are done when crispy and brown. Let cool before serving.

Notes: Store leftover chickpeas in the refrigerator. It may be necessary to reheat them in the oven to keep them crispy. Try experimenting with different spices such as eliminating the dill weed and adding ½-1 teaspoon chili powder.

Nutrition Facts	
8 servings per container	
Serving size	½ cup
Amount per serving	
Calories	92
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0.5 g	1%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 203 mg	8%
Total Carbohydrate 14 g	5%
Dietary Fiber 4 g	18%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 41 mg	4%
Iron 1 mg	8%
Potassium 158 mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Need help in this digital world?

Michiganders can access more than 150 free online group classes designed for and led by older adults. Offerings include classes on how to use a smartphone or tablet; how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine; as well as virtual social hours. An Internet connection is all that's needed to access GetSetup.

Visit getsetup.io



Ascension

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Our facilities are currently taking precautions to help keep patients and visitors safe, which may include conducting screenings, restricting visitors and practicing distancing for compassionate, safe care. We continuously monitor COVID-19 guidance from the Centers for Disease Control and Prevention (CDC) and adjust our safety practices and safeguards accordingly.

Spot a stroke and **B.E.F.A.S.T.**

B.E.F.A.S.T *Call 911 as soon as symptoms begin*

Balance Check for sudden loss of balance	Eyes Ask if vision is lost or unclear	Face Look for an uneven smile	Arm Check if one arm is weak	Speech Listen for slurred speech	Time Call 911 right away

Time lost = brain lost

Learn more at ascension.org/strokecareMI

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

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