



GBUAHN

The Greater Buffalo United Accountable Healthcare Network

February 2014 Volume 1 Issue 6

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GBUAHN now has a mobile app available for iPhone and Android users. Some of the features include:

- * Self-Screening Health Tools
- * Information about GBUAHN
 - * Referral forms
- * GBUAHN News & Updates
- * Disease prevention information



Have questions? Visit our website at www.gbuahn.org and speak with a live GBUAHN representative at our office. Whether you are a patient or a provider, we would be happy to answer any of your questions.



Self-Management:

I want to, I can, and I will!

Living with a long-term health issue is a difficult and painful experience. Whether you have diabetes, an injury, asthma, kidney disease or even cancer— it's normal to experience anger, depression, frustration, and hopelessness. Our doctors tell us to live healthy lives and manage our health. We can't help but think, *how am I supposed to live a healthy lifestyle when I feel so terrible every day?* It takes a strong-minded person to overcome these obstacles in life. The key to conquering all the problems caused by a chronic health issue is *positive self-management*.

Please note— the key term here is "*positively*". Sure, we can manage our health by only taking medication. We can also manage our health by doing nothing at all, sitting on the couch all day, and just saying, "*to heck with it*". These are *negative* styles of management. No matter how we choose to deal with our illness, we cannot avoid managing it— it's simply a matter of *how* we manage it. The result is up to us. Medical science supports the notion that our attitude and self-management can have a profound affect on our symptoms.

Self-Management:
the ability to make wise choices to achieve a fruitful and joyous life

When we have a chronic disease, many of us assume that our symptoms are caused directly by the disease. The disease *is responsible* for certain symptoms like shortness of breath, fatigue, pain, and discomfort. But the truth is, ***the disease itself is not the only cause of unpleasant symptoms.***

Example #1: You have had a severe injury resulting in disability. Life circumstances have caused you to become frustrated and stressed. Did you know that stress causes muscle tension? As a result, you may experience shortness of breath or worsened pain in your injury site.

Example #2: You have been diagnosed with depression. A symptom of depression is fatigue. You find yourself feeling tired and groggy often, which is affecting your social life and the way you feel physically. You rarely leave home to spend time with friends or exercise.

In short, the direct symptoms of our health conditions create a vicious cycle until we find a way to break it. We may be struggling living with an injury, obesity, depression, diabetes, etc. Besides overcoming the physical and emotional symptoms, it is important to learn how to problem-solve and self-manage the complications that arise. After all, *you live with this problem 24 hours a day, 7 days a week*— your doctor only sees you for a small portion of this time! Learning to depend on ourselves to recognize trends in our symptoms, manage day-to-day problems that arise, and pick ourselves up when we're down is something only we can do— not our doctor.

This is why *positive self-management* is so important. It goes beyond what our doctors tell us— take our medicine, eat well, etc. ***It's about taking ownership and responsibility of how we feel.*** It's about accepting what we cannot control, and taking charge of what we can control. We can't control our disease, but we can control our attitude, our diet, how much effort we put into staying healthy, and how well we keep our doctors informed.

Positive self-management: I want to, I can, and I will!

February is National Children of Alcoholics Month

Alcoholism is an illness that affects millions of people—including the people surrounding the alcoholic. The affect that alcoholism has on children and families is often overlooked, but is given special attention during the month of February. GBUAHN would like to support *The National Association for Children of Alcoholics* in its' mission to raise awareness about the affects of alcohol abuse on those who often need support the most.

- Children of alcoholics are often exposed to chaotic and unstable environments, which is proven to lead to emotional and behavioral problems later in life.
- Children of alcoholics often develop trust issues and an inability to build positive relationships as they get older.
- Youths who are exposed to an alcoholic parent are at higher risk for poor school performance, disciplinary problems, and experimentation with drugs and alcohol themselves.
- The affects of living with an alcoholic parent last a lifetime, but can be managed with emotional support and developing healthy coping mechanisms.

No child of an alcoholic should have to feel isolated or feel like there isn't any support for them. The first step is truly understanding the facts about Alcoholism and living with an alcoholic parent. Once these facts are understood, healthy coping mechanisms can be developed. Here are some things to know about alcoholism:

- Alcoholism is a sickness.
- No one can "make it better" except for the Alcoholic themselves, with the help of therapy and support.
- Alcoholics and their families deserve support.
- Alcoholics are not alone, and neither are the ones closest to them. Millions of people also live with an alcoholic parent.
- There are people and places who can help cope with alcoholism and living with an alcoholic.

Most of all, children of alcoholics should know that ***they can get help and feel better even if their parent doesn't stop drinking.*** Trained mental health professionals and counselors aren't the only ones who can help children of alcoholics. A family member, a friend, a teacher, or a pastor can make a difference by guiding the child to develop positive social skills, coping strategies and a positive outlook on life.



Facts about Children of Alcoholics:

- Children of alcoholics have a higher chance of becoming an alcoholic themselves later in life.
- Children of alcoholics tend to score lower on tests that measure cognitive (thought processes) and verbal skills.
- Children of alcoholics are more likely to drop out of school, reject authority, repeat grades or be referred to a school psychologist.
- Hospital admission rates for children of alcoholics are substantially higher than that of children of non-alcoholics.



Source:
National Association for
Children of Alcoholics,
Focus on Children of Alcoholics
www.nacaa.org/Nabbook.htm

 **THANK YOU!**

GBUAHN would like to send a big THANK YOU to Park Avenue Coat Factory, who provided coat donations in November 2013. Their generosity and spirit of giving is an asset to our community here in Buffalo.

Thank you!

The \$2.00 Smoothie!

Even when it's still freezing outside, smoothies are a fun way to play with nutrition. Whether you're trying to lose weight, eat healthier, or are just in the mood for a sweet treat—smoothies have become a popular way to get creative with snacks and meals. They've become so popular that mini-blenders can now be found for as little as \$10— and the ingredients aren't as costly as you might think. By following one of these simple recipes, you can add a vitamin-packed snack or breakfast to your day for about \$2.00 a smoothie!

Winter Blues Smoothie

- ◇ 1 cup of frozen blueberries
 - ◇ 1 banana
- ◇ 1 cup vanilla yogurt
- ◇ 1 or 2 ice cubes

Instructions: Combine the above ingredients in a blender— blend and serve!



Tropical Strawberry Smoothie

- ◇ 1 cup of frozen strawberries
- ◇ 1/2 cup shredded coconut
- ◇ 1 cup vanilla yogurt
- ◇ 1 or 2 ice cubes

Instructions: Combine the above ingredients in a blender— blend, and serve!



Health Benefits of Drinking Smoothies

1. Having a smoothie for breakfast will help keep you hydrated due to the high water content of most fruits and yogurts. Other popular breakfast drinks like coffee are actually dehydrating.
2. Fruits are high in fiber, which means smoothies are too! The more fruits you add to your smoothie, the more natural fiber you'll consume. Fiber is beneficial for digestive health.
3. Smoothies are packed with vitamins and nutrients your body craves for good health. A smoothie a day can boost your energy, focus, and strengthen your immune system!



The Greater Buffalo United Accountable Healthcare Network

Do you know someone with Medicaid who could use some extra help coordinating their health care and social service needs? GBUAHN is a free service for Medicaid recipients in Erie County. Call our office at (716) 247-5282 and speak with Member Services for more information about enrolling.



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Happy
Valentine's
Day

GBUAHN COURTESY VAN

In addition to constructing a brand new GBUAHN facility, GBUAHN is now offering emergency courtesy shuttle for medical appointments. The goal of this service is to assure that GBUAHN patients have transportation to their medical appointments when other transportation is unavailable to them.

Be sure to visit www.gbuahn.org for continual news and updates!

