

# Community CareLink

July-Sept. 2021



## The priority of safety

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

There are many dimensions to the issue of safety. At its core, safety is about protection of your body, all its functions, and your life. The body we have is the only one we have been given, and it allows us to live, work, play and express our gifts in the world.

Attending to safety saves sickness, suffering and sadness. Being safe doesn't happen by accident. To be safe requires taking personal responsibility for ourselves, our children, our seniors and others who are vulnerable and unable — or have a limited ability — to do this for themselves. Assuring safety and protection starts with our decisions on what we put into our bodies, where we take our bodies, what we do with our bodies, and the thoughts we think. Safety is the core responsibility of individuals, families, communities and government.

Because none of us, nor these institutions, are all-knowing, or can see the future, our attempts at being safe can only go as far as the knowledge we have. I am happy that at this time in human history, we have a lot of knowledge on which to make sound decisions and plans to be safe. There is no simple solution or magic wand to being safe because unforeseen and unpredictable events affect us all, such as the pandemic. I believe we can find direction and wisdom from those who have gone on before us, to help us be as safe as possible. Consider the following words and meditate on how these apply to your life.

- *"Get wisdom, get understanding ... and she will protect you."* (King Solomon)
- *"Intelligence is the ability to adapt to changing circumstances."* (Stephen Hawking)
- *"Prepare and prevent, don't repair and repent."* (Author unknown)
- *"The safety of the people shall be the highest law."* (Marcus Julius Cicero)
- *"Safety from external danger is the most powerful director of human conduct."* (Alexander Hamilton)
- *"Government's highest duty and obligation is public safety."* (Arnold Schwarzenegger)
- *"When you gamble with safety, you bet with your life."* (Author unknown)
- *"An ounce of prevention is worth a pound of cure."* (Benjamin Franklin)
- *"Knowing is not enough, we must apply. Willing is not enough, we must do."* (Goethe)

What steps are you willing to take to ensure the protection and safety of yourself, your family and your community? Start today and choose to act.

- *"It's always the right time to do the right thing."* (Martin Luther King)

## Ascension Michigan School-Based Health Centers

The Ascension Michigan School-Based Health Centers operate 27 health centers across the state. The health centers serve children and youth (up to age 21) directly within the schools they attend. Our mission is to provide comprehensive healthcare and health education for our students, and promote the healthy future of our communities by addressing the developmental, physical and emotional needs of our children.

The medical services provided include physicals, immunizations, sexually transmitted disease testing and treatment; lab and diagnostic testing; dental, vision and hearing screenings; referrals and telemedicine. The mental health services consist of individual, group and family counseling; substance abuse; crisis intervention; tele-mental health; and tele-psychiatry.



The health education programs increase the students' knowledge and promote behavior change by providing tools to continue to live a healthier life, well into their adult years. Topics include asthma management; nutrition and exercise; diabetes and blood pressure management; depression and suicide prevention; healthy dating; and life skills development.

Relationships with community partners allow staff to provide vision, hearing and dental services, along with food, clothing, shelter and other needs of the students, to provide care for the whole child and their families.

Being able to provide these services directly where children and youth are, provides them easier access and availability to services specialized just for them. Students can receive services within the health center and return to class without missing a day of school, and without parents taking off from work. The relationships built with the students and parents add to their overall success and well-being. We are able to improve the health outcomes of the students and their families.

To find the site of a School-Based Health Center in your area, call 248-849-5692.

## Food safety

Food safety is important to help us stay healthy, and keep us safe from food poisoning. Here are four main tips to follow to keep your food, and yourself, safe from harmful bacteria:

- **Clean** — Wash your hands before and after handling food. Wash all surfaces with hot soapy water after preparing each food item. Use a clean towel, or paper towels, to clean up kitchen surfaces. Rinse fresh fruit and vegetables under running tap water.
- **Separate** — Keep raw meat, poultry, seafood and eggs from other foods. Use separate cutting boards; one for produce and another for meat, poultry or seafood.
- **Cook** — Use a food thermometer to achieve a safe temperature. Cook meat to 145°F with a 3-minute “rest time” after removal from the heat source. Cook poultry to 165°F. Ground meats and egg dishes should be cooked to 160°F. Reheat any leftovers to 165°F. Cover, stir and rotate foods when microwaving.
- **Chill** — Keep the refrigerator at 40°F or lower. Refrigerate food, including leftovers, within two hours. Defrost food in refrigerator, cold water or microwave. Food thawed in cold water or microwave should be cooked immediately. Use shallow containers for leftovers. Marinate food in refrigerator and toss out the marinade; do not reuse it on your cooked food.

## Supporting breastfeeding mothers

Depending on who you are speaking with, you may get different reactions when it comes to breastfeeding. While it is the most natural source to feed human infants, there can be multiple reasons why a woman decides not to breastfeed. Culture, lack of family support, low milk supply, and a lack of knowledge about the benefits of breastfeeding are factors that may influence the decision. Making sure new moms feel supported on whatever journey they choose, is a common goal for all maternal/infant healthcare providers.

Breastfeeding can be one of the most rewarding things a mother can do, but that does not mean it comes naturally, and not without its challenges. It is important for parents to be educated on their options prior to birth, knowing that their plan may change after delivery. Deviating from the plan may leave parents disappointed. Having a support person to provide education, discuss rationales, and lend emotional support to parents can be the difference in whether breastfeeding continues beyond any issues that may occur.

There are many factors that play a part in one's breastfeeding journey, including but not limited to: exclusivity, supplementation, prescribed medications for mother and/or infant; returning to work; establishing a good latch; storage of human milk; and breast pumps.



Support is the biggest factor in breastfeeding. Ensuring that a mother is knowledgeable will make the difference in her journey. Making sure the mother knows when to ask for assistance, where to get that assistance, and knowing that it is OK to reach out are imperative, as mother's well-being must be at its best to take care of infant feeding needs. "It takes a village" is not only a saying when it comes to bringing a new child into this world, but can also take on a whole new meaning when it comes to breastfeeding and support.

For assistance with breastfeeding questions contact the Community Health Maternal Infant Health Program at 313-369-5735.

### 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.**



## Have a safe summer

### Playing it safe outdoors

Some facts about protecting yourself from skin cancer can be surprising.

- **Act fast** — Damage to skin can occur in as little as 15 minutes. Protect your skin on hazy and cloudy days as well as sunny ones.
- **Sun rays bounce** — You need to protect your skin around water, cement and sand.
- **Seek shade** or bring your own shade..
- **Wear a hat** with a brim.
- **Sunglasses** — Choose wrap-around sunglasses that block UVA and UVB rays.
- **Wear clothing that covers your arms and legs.**
- **Use sunscreen** — Use a protection factor (SPF) of 15 or higher and offers protection of UVA and UVB rays. Reapply every 2-4 hours as needed.
- **Medication side effects** — Some medications common among seniors may increase sun sensitivity, putting you at higher risk for a sun-related illness. Check with your medical provider or pharmacist if you have questions.
- **Don't forget mosquito repellent** — Apply repellent when going outdoors and check for ticks. They can often be found in hair; behind knees; in and around ears; and under arms.

- **Accidents and injuries can still happen.** Do I go to urgent care or the ER at the hospital?

Urgent care is a great resource for things such as fevers, vomiting, diarrhea, dehydration, minor cuts, pain with urination; and mild asthma attacks. The ER is more appropriate for shortness of breath; chest pain; serious cuts or burns that continue to bleed; seizures, stroke-like symptoms; loss of consciousness; head injury; abdominal pain; or pregnancy-related vaginal bleeding.

Keep in mind, if you're at an urgent care and you need a higher level of care, you will be sent to the ER. If it is not a true emergency, an urgent care or virtual visit with a healthcare provider is a great option.

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## Get healthy, one step at a time!

Summer is a great time to begin a walking program and locations in Michigan are endless. Check out the links below.

**Wayne County** — [waynecounty.com](http://waynecounty.com)

**Oakland County** — [oakgov.com](http://oakgov.com)

**Macomb** — [living.macombgov.org](http://living.macombgov.org)

## Markets in your neighborhood!

To support community wellness, and the importance of eating fresh fruits and vegetables, Ascension is the proud sponsor of the following farmers' markets:

### Downtown Rochester Farmers' Market

Saturdays, May-Oct., 8 a.m.-1 p.m.  
202 E. Third Street  
Rochester, MI

We will be on-site to present a variety of topics on the first Saturday of each month.

### City of St. Clair Shores

#### Parks and Recreation Farmers' Market

Fourth Sunday of the month  
May 23-Sept. 26, 8 a.m.-2 p.m.  
Blossom Heath Park  
24800 E. Jefferson  
St. Clair Shores, MI

### Warren Farmers' Market (every week)

#### SUNDAYS @ THE SQUARE (Warren City Hall)

June 6-Oct. 10, 9:30 a.m.-2 p.m.  
1 City Square  
Warren, MI

Many local communities also have fresh markets right in your neighborhood; check out your community for more locations.

## Free prostate cancer screening

**Saturday, Sept. 18 — 9 a.m.-noon**

**Ascension Providence Cancer Center**

**22301 Foster Winter Drive**

**Southfield, MI 48075**

According to the American Cancer Society, prostate cancer is very rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. Prostate cancer occurs more often in African-American men. A family history of prostate cancer also increases your risk.

Prostate cancer is treatable. If you are over the age of 40, ensure your good health and get screened. Bring a friend, save a life.

Registration is required. Please register at [healthcare.ascension.org/events](https://healthcare.ascension.org/events).

For additional information call 248-849-3183.

## Ascension Southfield Community Vaccination Center



**Southfield Municipal Complex Pavilion**  
**26000 Evergreen Road, Southfield, MI**

Appointments can be made at the links below.

### Dose 1A

<https://ascensionhealth.inquicker.com/provider/smg-vaccine-dose-1-schedule-A>

### Dose 1B

<https://ascensionhealth.inquicker.com/provider/smg-vaccine-dose-1-schedule-B>

## 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

**NO CLASSES July 6, 8 and Aug. 3, 5**

**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

**NO CLASSES July 6, 8 and Aug. 3, 5**

**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

#### Resistance Band Exercise - Virtual Style! **NO CLASSES July 6, 8 and Aug. 3, 5**

**Tuesdays and Thursdays Ongoing — 10-10:15 a.m.**

Join us for Resistance Band exercise and learn ways to improve strength using oppositional force to train your muscles. This class is suitable for all ages, fitness levels and physical conditions.

**A sturdy, armless chair, resistance band, registration and e-waivers are required.**

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

### Virtual lectures

**Wed., July 14 — 11 a.m.-noon**

#### Healthy Eating As We Age

Join us to discover healthy eating and meal preparation tips to keep your aging body healthy, and make mealtimes enjoyable.

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

**Thur., July 15 — 1-2:30 p.m.**

#### Cooking Matters at the Store

Learn how to buy fruits and vegetables on a budget, and practice comparing unit prices, reading food labels and reading ingredient labels to find whole grains.

Presenter: Gleaners Community Food Bank

## 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.

**Mon., July 19 — 3-4 p.m.**  
**Or Thur., Sept. 30 — 10-11 a.m.**

### Medication Mishaps

Learn ways to prevent common medication errors; things to talk to your doctor about; and the difference between drug dependence, tolerance and abuse. Participants will receive a safety-filled goodie packet, mailed to their home, after completing a survey.

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

**Wed., July 28 — 1-2 p.m.**

### The Latest Advancement in Treating Hip and Knee Arthritis

Learn the latest advancements of treatments for hip and knee arthritis.

Presenter: David C. Markel, MD, Surgeon  
 Ascension Providence Novi

**Thur., July 29 — 10-11 a.m.**  
**Or Tues., Aug. 24 — 10-11 a.m.**  
**Or Mon., Sept. 20 — 2-3 p.m.**

### Keep Your Grandchildren Safe Around Medications

Learn how to make your home safer for an infant to a middle school-aged grandchild from a Trauma Department nurse. Participants will also receive a medication safety packet with cabinet safety locks, a safety coloring book, many resources and more with the completion of an online survey.

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

**Wed., Aug. 4 — 11 a.m-noon**

### Lung Cancer: Risk Factors, Early Screening and Prevention

Learn the risk factors for lung cancer, and ways of having early screening to prevent lung cancer.

Presenters: Ting Jin, RN, OCN, BS, CTR  
 Ascension Providence Hospital  
 Megan Landry, Manager  
 American Cancer Society

**Mon., Aug. 9 — 1-2 p.m.**

### Probiotics, Prebiotics and Gut Health

Join us to learn what prebiotics and probiotics are and what they do to keep your gut healthy. Find out how a healthy gut keeps the rest of your body in tip-top shape and may even improve your health.

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

**Thu., Aug. 19 — 1-2 p.m.**

### Making Recipes Work For You

This session will cover how to use recipes as simple guidelines, how to change parts of recipes, and simple meal ideas that allow picky eaters to choose their own toppings and ingredients.

Presenter: Gleaners Community Food Bank

## 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., Sept. 15 — 1-2 p.m.**

### Back to School Immunizations and Physicals

The importance of being immunized, how vaccines have helped our community, and which vaccines we need according to age. Also the importance of a back-to-school physical, especially a sports physical and what that entails.

Presenter: Samantha Wein, MD, Family Medicine  
Ascension Medical Group

**Thur., Sept. 16 — 1-2 p.m.**

### Drink to Your Health

This session will discuss how sugary drinks affect health, and describe how to make and taste a variety of healthy beverages at home.

Presenter: Gleaners Community Food Bank

**Thur., Sept. 23 — 2-3 p.m.**

### Food Safety and Your Health

Learn food safety tips for grocery shopping, storing food and preparing it at home to prevent foodborne illness. Practice food safety to protect you and your family anytime, including during the pandemic.

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

## 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](https://healthcare.ascension.org/events)

### A Matter of Balance

**Wednesdays, July 21-Sept. 15 — 10 a.m.-noon**

**Wednesdays, Sept. 22-Nov. 17 — 10 a.m.-noon**

Join us for a nine-week virtual workshop that focuses on reducing the fear of falling, stopping the fear of falling cycle, and increasing activity levels. Participants learn to view falls, and fear of falling, as controllable and set realistic goals for increasing activity. They also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

### Diabetes Prevention Program

**Starts Wed., Sept. 22 — 11 a.m.-noon**

**Starts Wed., Sept. 22 — 6:30-7:30 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](https://doihaveprediabetes.org). If you have a diagnosis of Type 2 diabetes you will not qualify to attend.

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## 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)

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You must pre-register. Visit [healthcare.ascension.org/events](https://healthcare.ascension.org/events)

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### Diabetes PATH (Personal Action Toward Health)

**Tuesdays, Aug. 24-Oct. 5 — 1-3 p.m.**

The Diabetes PATH virtual 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, July 22-Sept. 9 — 10-11:30 a.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.

### Healthy Habits

**Mondays, Sept. 13, 20, 27 — 1-2:30 p.m.**

This three-week virtual workshop is designed to improve your physical, emotional and spiritual well-being. It includes information on nutrition; meal planning; stress management; and developing an exercise plan, to form healthy habits for life.

### Pain PATH (Personal Action Toward Health)

**Thursdays, Aug. 12-Sept. 23 — 10 a.m.-noon**

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 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.

### Kidney PATH (Personal Action Toward Health)

**Wednesdays, July 21-Sept. 15 — 1-3 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.

## Your financial health

### Your credit score and why you should improve it

Your credit score is a number that represents a person's creditworthiness. It indicates the likelihood of whether money will be repaid to the lender.

Fair or not, those with fewer resources can often be required to pay more for the same product or service. This is particularly true in the finance and insurance (F&I) realm. The reason behind this is the differing level of risk being absorbed by the lender, credit card issuer or insurance company.

Similarly, even for those with nearly identical resources, F&I pricing can vary widely, due to still differing credit scores. One's track record, or character, matters.

### The four C's of credit

- Character — payment history
- Capital — money
- Capacity — ability to repay; other obligations
- Collateral — assets

While one's capital, capacity and collateral levels can be difficult to exert direct influence over in the near-term, the character aspect, as measured by one's payment history including on-time performance, is not only more controllable, but also represents the most heavily weighted element in the credit scoring formula.

Again, fair or not, the impact of one's credit score extends to a broad spectrum of everyday life. Beyond



interest rates on loans and credit cards, credit score can affect pricing on insurance premiums (due to perceived risk of frequent or fraudulent claim activity) and car leases (reflecting risk of late payment or non-payment), as well as security deposit requirements on apartment rentals and utility accounts. In some states, your credit report can even be used by employers in their hiring decisions.

### Proactive steps to improve your credit score

- Check your credit report for any incorrect items that should be disputed. (free copy available yearly at [annualcreditreport.com](https://annualcreditreport.com))
- Make payments in full and on time, every time.
- Maintain a gap between your level of credit usage vs. your credit limit.

**Note:** Editorial content intended for informational purposes only. Consult a professional to learn what specific actions may be right for you.

## 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](https://getsetup.io)**

## Sheet pan Hawaiian chicken with summer vegetables

Serves 4

### Ingredients

24 ounces boneless skinless chicken breasts (4 thick breasts)  
 1/3 cup barbeque sauce  
 juice of 1 lime  
 3/4 teaspoon chili powder, divided (or smoked paprika)  
 1 red bell pepper  
 1 green bell pepper  
 1 red onion  
 1 small zucchini  
 1 large carrot  
 3 cups fresh pineapple chunks  
 1 Tablespoon olive oil  
 1/4 teaspoon salt

### Instructions

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat your oven to 350°F.
3. Add the chicken breasts to a large resealable plastic bag. (Do not rinse raw poultry or meat.) To the bag, add the BBQ sauce, 1/2 tsp. chili powder and lime juice. Seal the bag and squish around until the chicken is well coated. Set the bag in a shallow pan and place on the bottom shelf of the refrigerator. Allow to marinate for 30-60 minutes. Do not reuse marinades used on raw meat.
4. Wash hands with soap and water for at least 20 seconds after handling uncooked meat.
5. Gently rub red pepper, green pepper and onion under cold running water.
6. On a clean cutting board, chop the pineapple, onions and peppers into large chunks. Slice the zucchini into half-inch slices. Peel the carrot, cut it lengthwise and then into half-inch chunks. Add everything to a large bowl with the olive oil, 1/4 tsp. chili powder and salt. Toss until the veggies and pineapple are well coated.
7. Add the veggies and pineapple to a sheet pan that has been sprayed with non-stick spray. Create 4 openings with the veggies for the chicken breasts.
8. Remove the chicken from the refrigerator and nestle the chicken into the openings on the sheet pan. Wash hands with soap and water for at least 20 seconds.
9. Bake at 350°F for 30-40 minutes, until the internal temperature of the chicken reaches 165°F on a food thermometer. (Bake time will depend on the thickness of the chicken breasts.)
10. Serve immediately. Refrigerate any leftovers within 2 hours.

**Note:** You can substitute 1 20-ounce can pineapple slices or tidbits for the fresh pineapple.

## Nutrition Facts

4 servings per recipe

Serving size

1/4 of recipe

Amount per serving

**Calories**

**318**

% Daily Value\*

**Total Fat** 6 g **10%**

Saturated Fat 1 g **3%**

Trans Fat 0 g

**Cholesterol** 90 mg **30%**

**Sodium** 578 mg **24%**

**Total Carbohydrate** 34 g **11%**

Dietary Fiber 5 g **10%**

Total Sugars 24 g

Includes 8 g Added Sugars **16%**

**Protein** 37 g

Vitamin D 0 mcg 0%

Calcium 40 mg 4%

Iron 1 mg 4%

Potassium 448 mg 13%

\*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.



Southeast Michigan Community Health  
28000 Dequindre  
Warren, MI 48092



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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.

## Reflection

### Keep at it.

You won't always get it right on the first attempt, or the fourth, or the fifth. But that's no reason to give up. Reaffirm your commitment, and keep at it. Learn from what didn't work, and transform that knowledge into a strategy that does work. Achievement is not easy, not necessarily simple, not always straightforward. Yet you can keep at it, and you can figure it out.

If it's important to you, then it's worth your effort, and your persistence. Keep at it, and draw upon the strength, the wisdom and the skills you've spent your life building.

The easy problems were solved a long time ago. You're fortunate to be faced with the more stubborn challenges that lead to the most valuable rewards.

This is your great opportunity to keep at it. Your best work is ready to be done, and your highest success waiting to be claimed.

— Ralph Marston

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**Do not become discouraged in doing good, for in due time we will reap, if we do not become weary. — Galatians 6:9**

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