WEAR RED DAY
February 6, 2015
Be sure to wear red on Friday, February 6, 2015 in support of women's health. 1 in 3 women die each year from heart disease and stroke.

Symptoms of a Heart Attack: Men vs. Women
Did you know that the symptoms of a heart attack are different in men and women?

Most common heart attack symptoms for men and women:
- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes
- Crushing chest pain
- Shortness of breath/difficulty breathing
- Nausea
- Clammy sweats, heart flutters, or paleness
- Feelings of anxiety, fatigue, or weakness
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Stomach/abdominal pain
- Dizziness

Heart attack symptoms - more common in women:
- Pain in the arm (especially left arm), back, neck, abdomen or shoulder blades
- Nausea and/or vomiting
- Jaw Pain
- Light headedness
- Sweating
- Unusual fatigue, sometimes with shortness of breath

If you feel like you are having a heart attack, call 911 immediately or if you have any questions about heart disease, please contact one of our providers at Harper Hospital Medical Clinic: (620)896-7306.

Seasonal Eats—Healthier Sweets for Your Sweet Heart

Chocolate Crepes with Raspberry Sauce
From www.tasteofhome.com
Prep: 25 min. + chilling Cook: 20 min. Yield: 8 servings
1 cup fat-free milk
1/2 cup fat-free evaporated milk
2 egg whites
1 egg
egg all-purpose flour
1/4 cup plus 1/8 cup sugar, divided
1/4 cup baking cocoa
1/2 teaspoon salt
2 1/2 teaspoons cornstarch
1 cup water
4 1/2 cups fresh or frozen raspberries, thawed, divided

Reduced-fat whipped cream in a can
1 teaspoon confections' sugar

1. In a small bowl, combine the milk, evaporated milk, egg whites and egg. Combine the flour, 1/4 cup sugar, cocoa and salt; add to milk mixture and mix well. Cover and refrigerate for 1 hour.
2. In a small saucepan, combine cornstarch and remaining sugar; set aside. Place water and 3 1/2 cups raspberries in a blender; cover and process for 2-3 minutes or until pureed.
3. Strain puree into cornstarch mixture and discard seeds. Bring to a boil; cook and stir for 2 minutes or until thickened. Transfer to a small bowl; refrigerate until chilled.
4. Coat an 8-in. nonstick skillet with cooking spray; heat over medium heat. Stir crepe batter; pour on a scant 3 tablespoons into center of skillet. Lift and tilt pan to coat bottom evenly. Cook until top appears dry; turn and cook 15-20 seconds longer. Remove to a wire rack.
5. Repeat with remaining batter, coating skillet with cooking spray as needed. When cool, stack crepes with waxed paper or paper towels in between.
6. Spread each crepe with 2 tablespoons sauce. Fold each crepe into quarters; place two crepes on each of eight individual plates. Top servings with remaining sauce and 1 tablespoon whipped cream. Garnish with remaining raspberries and sprinkle with confections' sugar.

Chocolate Crepes

Sour Cherry Sorbet
From www.tasteofhome.com
Prep: 10 min. + freezing Yield: 8 servings
3 cups frozen pitted tart cherries
1 1/2 cup white wine or grape juice
1/2 teaspoon almond extract
1/2 teaspoon salt
1. Place cherries in a food processor; cover and process until pureed. Add remaining ingredients; cover and pulse until blended. Transfer puree to a freezer container. Freeze 1 hour or until edges begin to firm; stir. Freeze 2 hours longer or until firm.
2. Just before serving, transfer to a blender food processor; cover and process 2-3 minutes or until smooth.

Flourless Dark Chocolate Cake
From www.tasteofhome.com
Prep: 25 min. Bake: 30 min. + cooling Yield: 12 servings
4 large eggs, separated
8 ounces 63% cocoa dark baking chocolate, coarsely chopped
3 tablespoons butter, cubed
1/2 cup plus 1/4 cup sugar, divided
1 1/2 teaspoons vanilla extract
1 container (2 1/2 ounces) baby food baby food
1 teaspoon dark baking cocoa or baking cocoa
1/2 teaspoon confections' sugar
1. Place egg whites in a small bowl; let stand at room temperature for 30 minutes. Meanwhile, in a small saucepan, melt chocolate and butter over low heat, stirring constantly. Remove from the heat; cool slightly. Coat a 9-in. springform pan with cooking spray. Place pan on a baking sheet; set aside.
2. In a large bowl, beat egg yolks on high speed for 3 minutes or until light and fluffy. Gradually add 1 1/2 cup sugar and vanilla, beating until thick and lemon-colored. Beat in baby food and chocolate mixture.
3. Beat egg whites on medium speed until soft peaks form. Gradually beat in remaining sugar, 1 tablespoon at a time, on high until stiff glossy peaks form; fold into batter.
4. Pour into prepared pan. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out with moist crumbs. Cool on a wire rack for 20 minutes. Carefully run a knife around edge of pan to loosen; remove sides of pan. Cool completely.
5. Sprinkle with cocoa and confections' sugar; refrigerate leftovers.

Happy Presidents’ Day! FEB. 16, 2015

Harper Hospital District #5
Happy Presidents’ Day!
Feb. 16, 2015
Brain Teasers (answers are on the bottom on this page)

1. jobsinjobs
2. try stand
3. abcdefghijklmnopqrstuvwxyz
4. give give give give
get get get get

The Chuckle

Q. What travels around the world but stays in one corner?
   A. A Stamp

Q. What did one pickle say to the other?
   A. You mean a great dill to me.

Q. If you only had one match, and entered a dark room containing an oil lamp, some newspaper, and some kindling wood, which would you light first?
   A. The match

The Rich Benefits of Eating Dark Chocolate!

Do you LOVE chocolate but think it’s unhealthy to eat? Well, it turns out eating chocolate can do more than heal a broken heart. Eating chocolate, in moderation, has healthy benefits. It is important you try to eat dark chocolate for these benefits because milk chocolate packs more sugar and fat, and white chocolate has close to zero health perks. Research shows if you eat two small squares of dark chocolate a day, you can augment your...

- **Brain**: Cocoa antioxidants called polyphenols can help increase blood flow to your noggin, improving smarts and memory. (Countries high in per-capita chocolate consumption produce lots of Nobel Prize Winners—just say’in...)

- **Heart**: Epicatechin, one of the compounds that lends cocoa its bitter taste, can lower blood pressure. Plus two weekly ounces of the dark treat could cut your stroke risk up to 20 percent.

- **Energy**: That same epicatechin can amplify your cells’ mitochondrial function. That’s science-talk for: It may help you have surges of extra energy. On that note, while chocolate does contain some caffeine, that’s not its only buzz factor. The darker the chocolate, the more of the stimulating chemical theobromine it has.

- **Mood**: Ever feel better after eating chocolate? Well, cocoa butter fats can trigger natural endorphins and tiny amounts of anandamide, a marijuana-like brain chemical. **DON’T WORRY**, it’s a happiness lift, not a “high”.

- **Cravings**: Ever feel like you MUST HAVE CHOCOLATE?!?! Eating it can light up your brain’s frontal lobe—a.k.a. its reward center—similar to how addictive drugs can, leaving your body screaming for more and more.

- **Weight Loss**: Now for the best news ever: Research has found that regular chocolate eaters were slimmer than those who abstained altogether. Just don’t plow through your sweet stash all at once. Next time you crave chocolate, think about grabbing a handful of dark chocolate covered almonds as you can get added benefits from the almonds. It’s okay, enjoy your chocolate and don’t feel guilty about eating it.

The above information was supported by http://www.womenshealthmag.com/nutrition/dark-chocolate-benefits?oid=878850

LOVE
Looking into the future...

Harper, Anthony Exploring Partnership in New Model of Health Care Delivery

The Harper and Anthony Hospital Boards have announced that they are working together to create a new model of health care delivery for Harper County and the surrounding area - one that will ensure access to high quality, cost-effective care for years to come.

Their shared vision was brought about by an unprecedented offer by a benefactor with longstanding and ongoing ties to Harper County to serve as the lead private donor.

"Both our communities are blessed with generous and passionate staffs and community members. This support has allowed us to individually raise capital improvements and pursue big dreams," said Martha Hadsall, Anthony Medical Center board member.

"But with this new opportunity, our dreams for our hospitals and communities have grown significantly larger."

Lisa Mathes, Harper Hospital board member, concurs, "this opportunity to help create long-term, sustainable rural health care services goes beyond any of our wildest dreams."

In light of this opportunity, the Anthony Hospital Board has elected to defer action on its ER expansion project for 90 days while an independent comprehensive health care analysis is conducted at no cost to the county or hospitals.

A work group, led by two hospital boards, will coordinate a newly developed coalition of local, state, and national experts assigned to the project, which includes Cerner, a health care technology company; Via Christi Health; Kansas Hospital Association; National Rural Health Association; United Methodist Health Ministry Fund; and two nationally known health care consulting firms.

"Today with information and medical technologies, it is possible to design a rural system with access to almost all of the care standards and specialty skills of a large national integrated health system - a system that helps right decisions to be made with the right skills at the right time," wrote Neal Patterson Foundation trustee, in his proposal to the hospital boards. "Simply speaking, lives will be saved and more health care will stay in the community, which brings real economic benefits to the community." It was Patterson’s passionate proposal that led both boards to begin to think collectively and reshape their plans accordingly.

Both boards are committed to the goal of preserving Harper County's access to quality care with a financially sustainable model that preserves the health of our patients and the economic health of our entire region.

Respecting Anthony Medical Center's planned ER expansion, the Patterson Foundation, which is the private donor, has agreed to reimburse any lost funding and expenses should the analysis findings not support a new model.

"So it is a win-win situation," said Jan Lanie, Anthony Medical Center board member. "We will either proceed with the ER expansion or a new model of close-to-home care."

Kimberly Schrant, Harper Hospital board member, added, "It's the biggest stocking stuffer this country has ever received. Both boards believe this once-in-a-lifetime opportunity to develop a new model for health care delivery will positively impact our county for generations to come."

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February Meals at Harper Senior Center

Meals can be eaten in, picked up, or delivered. Only the main dish is listed here. Sides are included.

- Mon., Feb 2: Beef & Noodles
- Tues., Feb 3: Chicken w/ Supreme Sauce
- Wed., Feb 4: Country Fried Steak
- Thurs., Feb 5: Pork Chop & Dressing
- Fri., Feb 6: Meatloaf
- Mon., Feb 9: Fried Chicken
- Tues., Feb 10: Tator Tot Casserole
- Wed., Feb 11: Spaghetti
- Thurs., Feb 12: Beef Tips Over Rice
- Fri., Feb 13: Hamburger Vegetable Soup
- Mon., Feb 16 (Presidents' Day—CLOSED)
- Tues., Feb 17: Pot Roast
- Wed., Feb 18: Chili
- Thurs., Feb 19: Bistro Cheeseburger
- Fri., Feb 20: Chicken & Noodles
- Mon., Feb 23: Taco Salad
- Tues., Feb 24: Spanish Meatballs
- Wed., Feb 25: Pepper Steak
- Thurs., Feb 26: Ham & Beans
- Fri., Feb 27: Chicken Tetrazzini

Join us at the Harper Senior Center, 821 Central. Call Sherri at 896-2063 at least a day in advance to order your meal made for you by the dietary staff at HHD5. Menus are subject to change without notice.

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Chair Fitness Class Offered at Harper Senior Center

Last Tuesday of the Month 12:30pm

The Harper Wellness Center offers a Senior Chair Fitness class. Join the fun, right after lunch at the Harper Senior Center!
Dick Aldis, RPA-C
Chuck Caddy, RPA-C
Stan Wedman, RPA-C
Christy Winter, RPA-C
Joel Weninger, APRN

What does RPA-C stand for?
Registered Physician Assistant Certified

What does APRN stand for?
Advanced Practice Registered Nurse

Physician Assistant vs. Advanced Practical Nurse—What’s the Difference?

In the early 1960s, medical professionals became concerned about an increasing shortage of family physicians. The concept of physician extenders was one of the solutions developed in response to the shortage. The first physician assistant program trained experienced Navy corpsman to perform many physicians’ tasks under the supervision of a doctor. Programs for registered nurses led to the creation of a group called advanced practice nurses, which includes nurse practitioners, certified nurse midwives, clinical nurse specialists and certified registered nurse anesthetists.

Education

Physician assistants and advanced practice nurses, also called PAs and APNs, both start their education with a bachelor’s degree. PAs usually have a baccalaureate in science, while the APN is more likely to have a baccalaureate in nursing. Each then enters a two-year master’s program to learn the advanced functions of a physician extender, such as medical assessment and diagnosis, medical treatments and the management of injuries, acute or chronic diseases. APNs may also go on for a nursing doctorate, which takes an additional three or four years.

Duties and Professional Roles

PAs and APNs both practice medicine. Each state determines the scope of practice for physician assistants and may limit or expand their roles in various ways. Individual states also determine the amount and kind of supervision a PA or APN must have from a physician. Generally, however, physician assistants perform such tasks as physical assessments and provide health teaching or counseling. A PA or APN may diagnose and treat common health problems such as diabetes or high blood pressure, prescribe medications, order and interpret diagnostic tests. The above information was provided by http://work.chron.com/physician-assistant-vs-advanced-practice-nurse-12526.html.

Here at Harper Hospital, we have a team of providers ready to serve your healthcare needs. If you would like to make an appointment call the Medical Clinic at (620)896-7306 or the Hospital at (620)896-7324.
Resolutions, Treadmills and Hearts


Is January moving as fast for you as it is for me? WOW where has the month gone? And are you still on track with your New Year’s resolutions? OK, I will back off the questions, but let’s do talk about one of the resolutions many of us made. That would be getting more activity so we can get our bodies, especially our hearts healthier. With February upon us I cannot realistically talk about health and fitness, including weight loss, without mentioning our hearts. I have heard a lot of buzz lately from individuals that received Fitbits or similar ‘gadgets’ for Christmas in 2014. What do you do with it? My guess is that many of you use it as you get on a treadmill, elliptical cross trainer, or perhaps walk outside when the days are nice. These electronic gadgets are great for monitoring our activeness and hopefully helping to motivate us to continue to be active to our desired level. But these gadgets don’t do the workout or even really help with a workout. Let’s talk further about the treadmill, which many of us have chosen as our ‘tool’ of choice to help us with our fitness workouts.

Treadmill workouts are a great way to lose weight and cardio exercise, yes, that means a heart workout. To get the most out of treadmill walking, avoiding some common mistakes is essential. Proper walking form and posture are important in preventing pain and strain as well as helping you to walk smoother and faster.

Mistake 1: Getting onto the Treadmill
This may seem like unnecessary advice, but we have had gym users who have been injured simply by trying to step onto a moving treadmill belt, or by being surprised by the jerk of the treadmill belt as it comes to life when they are standing on it. Begin by standing with one foot on each side of the treadmill, start it slowly, step on, and slowly increase your speed. In order to achieve greater fitness, your workouts need to vary by intensity, duration, and frequency.

Mistake 2: Holding onto the Handrail or Console
When you first use a treadmill, you may want the assurance of holding onto the handrails for stability, but that is not a natural way to walk or run. Learn to let go of the handrails, even if it means walking or running at a slower pace for a few sessions.

Mistake 3: Hunching Shoulders and Looking Down
Treadmill entertainment can contribute to bad posture habits. If you need entertainment when on the treadmill, position your video or reading material so you are looking straight ahead, not down or up.

Mistake 4: Leaning Forward
Leaning forward is a walking mistake that some walking coaches used to encourage. But proper walking posture is upright, not leaning forward or backward.

Mistake 5: Over striding
Over striding is a habit many of us have had for a lifetime. When you over stride, your front heel is hitting the ground far in front of your body. Many of us do this in an attempt to walk faster.

Mistake 6: Not Using Your Feet
The right way to take a walking step is to strike with the heel in front but the rest of the forward foot slightly off the ground, then rolling through the step from heel to toe.

Mistake 7: Not Using Your Arms
Your arms are the key to a great walking workout. The secret is that your legs only move as fast as your arms do. To speed up your legs, first speed up your arm motion and they will follow.

Mistake 8: Not Knowing Your Treadmill Features
There are two things you must know about any treadmill you are going to use - how to turn it on and how to turn it off. By the way do you know how to use the safety shut off feature that will automatically make the treadmill turn off if you have the safety clip attached to you and you fall?

Mistake 9: Going Too Fast
Go only as fast as you can go and still maintain good walking posture and form.

Mistake 10: Not Challenging Yourself
In order to achieve greater fitness, your workouts need to vary by intensity, duration, and frequency. I realize that walking on a treadmill seems like a simple thing to do but keep in mind the suggestions presented here will help with your level of fitness, including weight loss, and when good body form is adhered to our bodies will feel and respond better.

For a more complete listing and explanation of these suggestions stop into the Harper Wellness Center and talk to Karen, Emily, Dana or Taylor. If you have questions call the Wellness Center at 620-896-7324, ext. 318 and leave a message if no one answers. We will get back with you as soon as we can.

Harper Wellness Center February 2015 Outlook

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<td>10:50 am Better Balance Class</td>
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Step Interval

March 3 – April 9
Tuesdays and Thursday
5:30 pm
Harper Wellness Center Aerobics Room
Free for Harper Wellness Center Members
$25 for non-members
Call (620) 896-7324 Ext 318 for more information or to sign up.

Core Stretch and Strengthen

Wellness World Continued

Join the Wellness Center Now!
The monthly prices are as follows (most classes included):
- Single $25
- Single Senior (55+) $18
- Couple $40
- Senior Couple $30
- Family $45

Hours: Mon—Fri 5:30am to 8:00pm, Sat 9:00am to Noon
Staff: Karen Oller-Director, Emily Schilickau, Dana Davidson and Taylor Jacobs

Wellness World News from the Harper Wellness Center

Abide at it, not down or up.