



## Exercise Partners Share Healthy Goals

by Cathy Rasmussen, RN, Community Health Director

In honor of Mother's Day, we'd like to profile two mother-daughter exercise partners who support each other in a healthy lifestyle habit. Keep up the great work!

### Lorraine and Ann: Exercising for Energy and Health

Lorraine Hesketh and daughter Ann Arnett, Salem Exercise Program participants



#### How often do you exercise?

We both exercise together at least three times per week. Then we each try to exercise at least one day more, and Ann sometimes two days more each week. We've exercised together for five months.

#### What's your secret to sticking with your program?

We go right from work to exercise. We bring clothes to either change at the exercise facility or change at work.

#### What are the biggest benefits of regular exercise for you?

We both feel so much more energized! Lorraine says, "Now I often feel like playing with the dog or kids when I get home after working out and my husband noticed my improved mood."

#### What's your exercise goal?

Our goal is really to be healthy – not losing weight necessarily. We both have lost weight and inches, but feel it's not the most important thing to us.

#### What's your favorite kind of exercise?

Lorraine says, "What I like best

about the Curves for Women program is that it's fast and not boring, and it keeps you moving. I don't really like to lift weights. This you can do at your own pace." Ann adds, "We feel really comfortable exercising here because the people there are all different sizes and are not major exercisers." Our favorite machine is the leg adductor.

#### Exercising partners:

Ann says, "Working out together helps us because if I have to go to make sure she goes, then I'll go, and I know that if I don't go, she won't go, so I go! Lorraine adds, "We both really enjoy spending time together to visit and to make plans."

#### Additional Comments:

Lorraine says, "Thanks for the opportunity to be part of the diabetes exercise program." Ann concludes, "Exercising regularly is better than I thought it would be!"

### Nora and Miranda: Getting Moore Strong!

Nora Moore and daughter Miranda Strong, Eugene Exercise Program participants



#### How often do you exercise?

We've been exercising together since November 2002. Nora exercises 1<sup>1/2</sup> hours

three times per week, and Miranda exercises 1<sup>1/2</sup> hours four times per week.

#### What's your secret to sticking with your program?

We exercise first thing in the morning before work, so we don't have time to talk ourselves out of exercising by the end of the day. We also reschedule ahead of time if one of us, for some reason, is unable to make it during our regular workout days.

#### What are the biggest benefits of regular exercise for you?

We both feel our biggest benefits are feeling stronger and building more lean muscle tone.

#### What's your exercise goal?

We both have a goal to increase lean muscle tone and strength

through sticking with our regular exercise schedule.

#### What's your favorite kind of exercise?

Nora enjoys the weight machines for the arms, chest, and legs. Miranda says, "I don't have one particular favorite. I like our regular routine of Stairmaster, EFX, and then hitting the weights."

#### Exercising partners:

We both feel encouraged to exercise together through the support we give to each other to be healthier and fit. It also helps that we both happen to have mutual exercise goals, which offers encouragement through shared progress.

## Mother, Daughter, Sister, Wife – Make Mammograms a Habit for Life

Simply being a woman and getting older puts you at some risk of breast cancer. Mammograms are still the best method currently available to detect breast cancer early. They can detect cancers that cannot be found in other ways.

Early detection means more treatment options and better outcomes. Women should have their first mammogram between ages 35 and 40

or earlier if there's a history of breast cancer in the family. Mammograms for women over age 40 should be done every year or by recommendation of your health care provider.

You are so important to your family and your community. Please remember to take time to care for your health!

*This message brought to you by the Breast and Cervical Cancer Program.*

## Health Department Complies with New Patient Privacy Rules

by Erin Kirk, Administrative/Quality Improvement Coordinator

New federal regulations mandating the protection of health information and patient privacy by all health care organizations went into effect April 14, 2003. The Siletz Tribal Health Department is mandated to comply with these new privacy regulations by the Health Insurance Portability and Accountability Act (HIPAA) of 1996 that gives patients more control over how their health information is used.

The Health Department is dedicated to protecting your health information

and has made great strides to comply with the new regulations. Medical Support Supervisor Beverly Baumgardt is our designated privacy officer.

If you're a patient of the clinic or recipient of Contract Health Services, you'll receive written notice of the Health Department's privacy practices. It'll help you understand your rights and our responsibilities. Expect to receive this notice at your next clinic visit or by mail.