



Viewpoint

Newsletter

| February 2019 | Horizon Health and Wellness

Message from the CEO

“I have been at Horizon Health and Wellness for about 2 months already and it has been very exciting meeting the staff and hearing about the work we do and the communities we serve. The staff has a lot to be proud of. I have been working closely with our Leadership Team to evaluate how we can improve our quality of care while at the same time lowering expense and improving efficiency. My goal is for Horizon Health and Wellness to be the premier place to go for healthcare and for the company to be as strong financially as we are in quality. Change is always a little unnerving but I am confident that any changes made will move us closer to our goal and the staff as well as the communities that we serve will ultimately benefit.”

Laura Larson-Huffaker, M.C., LPC

Inside This Issue

All About American Heart Month + Diet and Exercise Tips.....P.2

Volunteer Spotlight + Superstition Mountain Music Festival.....P.3

Upcoming Events + Did You Know + Volunteer Opportunities.....P.4

February is American Heart Month

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Steji Koshy, DNP, says visit our primary care providers at Horizon Health and Wellness for regular blood pressure and cholesterol check-ups.



15 Incredibly Heart-Healthy Foods

1. Leafy Green Vegetables (Spinach, Kale, etc.)
2. Whole Grains (Brown Rice, Oats, Quinoa)
3. Berries (Strawberries, Blueberries, Raspberries)
4. Avocados
5. Fatty Fish and Fish Oil (Salmon, Sardines)
6. Walnuts
7. Beans
8. Dark Chocolate
9. Tomatoes
10. Almonds
11. Seeds (Hempseed, Flaxseed, Chia Seeds)
12. Garlic
13. Olive Oil
14. Edamame
15. Green Tea

Exercising For a Healthy Heart

Steji Koshy, DNP, says that excess weight causes your heart to work harder, increasing your risk for heart disease. Regular aerobic exercise (along with a healthy diet) helps control blood pressure, reduces stress and depression, improves cholesterol levels, helps weight loss and maintenance, decreases diabetic blood sugars, increases muscle and bone strength, and helps prevent blood clots. Here are some easy and fun ways you can keep your heart healthy!

- ✓ Walk It Out!
- ✓ Exercise At Home By Climbing Stairs
 - ✓ Go For A Bike Ride
 - ✓ Take A Swim
- ✓ Go For A Spin on the Elliptical Machine
 - ✓ Dance It Out
 - ✓ Chill Out With Tai Chi
- ✓ Stay Fit At Home With Wii Fit (or XBOX)
 - ✓ Make A Splash With Water Aerobics



Volunteer Spotlight: Carolyn Haraksin

Carolyn Haraksin found a way to turn a big move, into a positive thing – by giving her time to others. Carolyn and her husband moved to Arizona last summer from New Jersey. Bored and tired of not knowing anyone, she decided to look for ways to give back to the community on volunteermatch.com. Carolyn prefers volunteer jobs over paid ones because of the increased flexibility and satisfaction, and because she and her husband move around quite a bit. Something that surprised Carolyn when she first started working here was all the different services we provide. She loves that no one is turned away due to their inability to pay. Carolyn wishes more people knew about Horizon Health and Wellness because of the amazing variety of services provided here. Carolyn has a wide array of interests. When she isn't volunteering, she enjoys cooking, scrapbooking, and quilting. Carolyn also loves to golf and take walks with her friends every day. Carolyn also enjoys lazy days with her husband and dog, Georgia, a rescue they got ten years ago. If anyone is thinking of volunteering here at Horizon, Carolyn says there is a place for everyone. Our wonderful volunteer coordinator Gail, will help anyone wanting to give back, find a place where they will be happy using their skill.

GRAB YOUR LAWN CHAIRS AND BLANKETS!..... And come join us for this fun, free, family-friendly event at the Earth Heart Park right here in Apache Junction! (Address: 625 E Plaza Drive) Come enjoy the sense of community and embrace human emotions at its happiest. Enjoy beautiful music and delicious foods from incredible bands and vendors—not to mention free wellness check-ups from our providers. We will see you here bright and early on Saturday March, 9th.

For more information on band line-up or if you are interested in becoming a vendor, visit the website below:

www.superstitionmountainmusicfestival.com

FREE EVENT **SUPERSTITION MOUNTAINS** **FREE EVENT**

20 19

MUSIC FESTIVAL
EARTH HEART PARK

625 EAST PLAZA DRIVE | APACHE JUNCTION AZ 85120

HORIZON HEALTH WELLNESS AND COMMUNITY PARTNERS ARE HOSTING THIS FREE EVENT. RAFFLES WILL BE HELD TO BENEFIT EHP AND AJ FOOD BANK. DONATIONS ARE WELCOME.

SATURDAY MARCH 9 | 10AM - 8PM

FEATURING

BLUEGRASS, COUNTRY, BLUES, ROCK AND JAZZ FROM ACROSS THE VALLEY

VENDORS, FOOD & MODEL RAILROAD DISPLAYS

BRING A BLANKET & CHAIR AND ENJOY THE MUSIC

Horizon Health And Wellness | APACHE FAMILY DENTISTRY | SKY 7

IGWS | APACHE JUNCTION FOOD BANK | Empowerment systems, inc. | Frontier ACE Hardware

Otavo REALTY GROUP | smrba | FARMERS INSURANCE | gbi | BWVA

www.superstitionmountainmusicfestival.com

FOR MORE INFORMATION CONTACT

FRED OBERMEYER 480.203.1796 | MIKE LAMB 480.349.7842 | GUSTAVO MCGREW 480.338.0420

UPCOMING EVENTS



**ARTISIAN
MARKET:**
Saturday March
2nd from 8 AM-
12 PM @ The
Earth Heart
Park



**EARTH DAY:
LADYBUG
PARTY** Saturday
April 6th from
9AM TO 1PM @
The Earth Heart
Park



**YOUTH
MATTERS
FORUM**
Friday April 12th
from 9AM TO
2PM @ Central
Arizona College
(Coolidge, AZ)



**PANCAKE
BREAKFAST
FUNDRAISER**
Saturday April
20th from 7 AM
TO 11 AM @
Prospector Park

DID YOU KNOW...



1. Horizon Health and Wellness (HHW) has integrated behavioral health care locations in eight communities located in three counties in Arizona! (Pinal, Globe, Yuma)
2. HHW provides Medication Assisted Treatment (MAT) for persons struggling with opioid addiction. For more information, contact Lindsey Jones at: Lindsey.Jones@hhwaz.org
3. HHW offers habilitation assistance to persons with Developmental Disabilities in Maricopa, Santa Cruz, Gila and Cochise Counties.

To learn more, visit our website at:

www.hhwaz.org

VOLUNTEER OPPORTUNITIES

- ♥ Are you looking for a fabulous way to spend your day helping others and meeting an awesome team of people?
- ♥ Are you looking to utilize your skills?
- ♥ Are you looking for more fun in your day?



Please contact Gail
Gilmartin, Volunteer
Coordinator at
480-474-5609 or
Gail.Gilmartin@hhwaz.org