

*Northeast Missouri*

# Community Health ADVOCATES



## American Lung Association Promotes *Freedom from Smoking*

Quitting smoking is tough, but it's worth the effort. The good news is that you don't have to do it alone. The American Lung Association (ALA) offers a variety of smoking cessation programs to help you quit.

ALA is offering a new way to stop smoking through its [Freedom From Smoking®](#); online smoking cessation clinic, which can be accessed day or night, seven days a week, on any schedule a smoker chooses. Logon at [www.lungusa.org](http://www.lungusa.org) for details and registration information.

ALA also offers a telephone HelpLine that provides FREE Counseling with registered nurses, respiratory therapists and quit smoking specialists. Call 1-800-LUNGUSA.

Those who prefer face-to-face support, may benefit from Freedom From Smoking cessation clinics throughout north-east Missouri. Contact Mandy Herleth at 660-665-6419 or [mherleth@lungmo.org](mailto:mherleth@lungmo.org) for clinic locations and questions regarding smoking cessation programs or lung health.

The mission of the American Lung Association® is to prevent lung disease and promote lung health.

## Self-Help Treatment Program for Women Using Alcohol

A **no cost** self-help treatment program is being evaluated at the University of Missouri-Columbia Sinclair School of Nursing. The program is designed to help women in rural areas of Missouri learn to drink alcohol in moderation or discontinue consumption. No travel is required. To be eligible, individuals must be at least 18 years old, able to use the worldwide web, and must not be using illegal drugs or participating in an inpatient or outpatient treatment program. For further information, visit <http://selfhelp.missouri.edu> or call Deborah Finfgeld Connett at 877-833-3701 or 573-884-7255; 8a.m. - 5p.m.

### Medicare Part D

In the November edition of *Community Health Advocates*, we emphasized that new **Medicare Part D** (prescription drug program) enrollments are being taken between **November 15 and December 31, 2006, with coverage to begin January 1, 2007**. Current enrollees can use this same period to evaluate their plan as well. People getting ready to enroll in a plan should:

- ◆ make sure the medications they need are covered;
- ◆ check with their regular pharmacy to make sure it participates in the plan; and
- ◆ if needed, consider paying a slightly higher premium each month for a better benefit plan in order to avoid falling into the donut hole of having to pay 100% on medications for several months of the year.



**CareLink**

### CareLink - Linking Communities to Services

117 N. Potter Avenue  
Kirksville, MO 63501  
660-665-3455 or  
877-539-2227 toll-free

*This publication is made possible with funding provided in part by the Missouri Foundation for Health. The Foundation is a philanthropic organization whose mission is to improve the health of the people in the communities it serves.*

## Missouri Women's Council Pink Plate

You can help increase breast cancer awareness as well as provide much needed funds for breast cancer services by displaying the official Missouri Women's Council Pink Plate on your vehicle.

Funds raised through the sales of the Breast Cancer Awareness License Plate are designated for the sole purpose of providing breast cancer services, including but not limited to screening, treatment, staging, and follow-up services. You can participate by making a tax-deductible donation of \$25 or more to the Friends of the Missouri Women's Council by sending a check to Pink Plate, PO Box 1684, Jefferson City, Missouri 65102, along with a completed application. A one year license is \$25 or \$50 for a two year license renewal.



The application for the Breast Cancer Awareness Pink Plate is now available at [www.womenscouncil.org](http://www.womenscouncil.org).

### Can't afford a needed mammogram or bone density screening?

**Northeast Regional Medical Center**, in partnership with CareLink, is conducting a limited number of **FREE** mammograms and bone density screenings. The screenings are available to patients who do not have insurance or coverage for these services. A physician's order is required. For more information contact the CareLink Referral Coordinator at **665-3455** or **877-539-2227**



## Family health histories may motivate behavior change

Family gatherings are a great time to catch up on family news and information. They can also provide a good opportunity to learn about your family's health history. Mapping your family's medical history and creating a medical family tree can help you identify some health risks you may face in the years ahead and help you plan for them.

Because many diseases have a heredity component, a family history of high blood pressure, diabetes, some cancers, certain psychiatric disorders and other genetic inheritances can increase your chances of developing the same condition. But whether you'll end up with these conditions also depends on your health habits and the environment in which you live.

Knowing you're at risk for certain diseases can motivate you to change any unhealthy behaviors. Your family's medical history may provide the best look into your future.

To view a video on "How to Complete a Family Health History" and download a "Family Health History" form go to the Missouri Department of Health and Senior Services web page <http://www.dhss.mo.gov/FamilyHistory/>. A Spanish version of a family health history is available on the Internet at <https://familyhistory.hhs.gov/spanish/index.cfm>.

Exercise now  
for Good Health



### Area Aquatics Classes

**Kirkville** - Kirkville Aquatics Center; 627-1224  
**LaPlata** - Depot Inn & Suites; 332-4669  
**Macon** - Long Branch YMCA; 385-1818

### Arthritis (PACE) & Exercise Classes

**Brookfield** Senior Center — Mon, Wed, & Fri 9:00am  
**Clarence** Care Center (Fri 10:00am)  
**Edina** Methodist Church (Mon 10:00am)  
**Kirkville** ATSU-Thompson Campus Center (Tues-Thurs 9:30am)  
**Kirkville** St. Andrews Apartments (Mon & Fri 10:15am)  
**Kirkville** Heights (Mon & Thurs 1:00pm)  
**Macon**— First Christian Church (Tues 11:00am)  
**Novelty** Community Center (Tues 10:00 & Fri 9:00am)  
**Unionville** - Putnam Co. Care Center (Thurs 9:30am)