



MONTHLY NEWSLETTER

December 2021

FITNESS FOCUS

BEYOND THE MIRROR

Part 1 - Volunteering

We are surrounded by messaging that tells us we need to be better, look better, act better. We look in the mirror (or at our photos) and don't like what we see. The dissatisfaction caused by an unhealthy focus on the Self and comparison to others can become a contributing factor in depression and other mental health problems.

One antidote to this unhealthy and pervasive cultural self-focus is to turn away from the mirror and find a way to serve others.

Research has shown that volunteering has many health benefits. Here are three.

#1- Improving physical and mental health.

Volunteer activities keep people moving and thinking at the same time, reduce stress and increase positive, relaxed feelings by releasing the feel-good hormone dopamine.

#2 – Providing a sense of purpose and teaching valuable skills.

Volunteering gives a sense of purpose, especially when serving in an area that is meaningful to the volunteer.

#3 – Nurturing new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests (kt)

See this Mayo Clinic **ARTICLE** published 09/16/21 to learn more about the benefits of volunteering.

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HEALTH TIP



PERSPECTIVE AND MENTAL HEALTH—HOW FULL IS YOUR GLASS?

Mental health is a complex subject that has many components which fall into three different but interdependent categories – physical-hormonal, mental-cognitive, and social-emotional. Improvement in one area can positively affect the other areas.

A simple and free technique to improve the mental-cognitive component of mental health is to “flip” one's perspective from a half-empty glass (pessimistic) to a half-full glass (optimistic), e.g. re-frame “I hate the rain and can't wait until it stops” to “I am grateful to have shelter from the rain”. Keeping a “gratitude journal” can be helpful.

The benefits of choosing an optimistic perspective go beyond words. Research shows that optimism contributes to better relationships and social interactions which then leads to the release of “feel good” hormones such as serotonin and dopamine. Alternatively, the anxiety and fear associated with pessimism negatively impacts relationships and raises the stress hormones cortisol and adrenaline. These last two hormones are important to physical survival when in danger or under real stress, but their continual presence can hinder the release of the “feel good” hormones.

A note of caution on optimism – some feel that a person can be too “optimistic” and deny the presence of very real threats which may then put themselves (and possibly others) at increased risk. This “toxic optimism” can also have unwanted health consequences. As with many things, balance is important. So– how full is your glass?



DOCTOR'S NOTE

COVID AND MENTAL HEALTH

By Dr. Bartholomew

December is mental health awareness month. This is a fitting topic as we head into the second winter with Covid-19 on our plates. I wrote about this topic back in February 2021 as we were seeing in our patients and ourselves that the stress of a pandemic added to the long winter months was affecting our mental health. For this year's mental health awareness focus, I want us to be more proactive than reactive!

* Self-Validate- If struggling, the first step is to validate the feelings of anxiousness or depressed mood. It sounds cliché, but we really are living in unprecedented times and the stress is palpable.

* Self-Care- I know we also sound like a broken record at times with our recommendations for exercise, but getting outside for a walk in the fresh air, getting some exercise, “getting away” to your hobbies and interests...these activities can all “flip” a mood. Caring for yourself first can equip you to better handle the stress of daily responsibilities and the self-sacrifice required to care for others.

* Self-Refer- Lastly, if these feelings are starting to interfere with your everyday life activities such as your ability to sleep, your ability to feel joy, your relationships with family, friends, and coworkers...then it may be time to seek help. Reach out to a friend. Reach out to your church leaders. Seek out a mental health counselor.

And – as always – please reach out to your doctor here at 307Health to discuss your health concerns or questions. He can work with you on a plan toward better health.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



307HEALTH OFFERS TO CHANGE OUT YOUR FURNACE FILTER

Christmas spirit is in the air – and so is dust and pollen. We will be putting together an afternoon in January to help persons living in the local area with the changing of their furnace air filter. If you are a single mom or elderly or would like help with changing your furnace air filter for other reasons...please call and let us know.

“Why?” you may ask. Read on. In May of 2020 we had written a short piece about changing the filters in the forced air heating & cooling systems in our houses. Powell homes can get very dusty due to the occasional wind kicking up fine dust from the fields and high desert terrain. Besides hiding behind those picture frames, this dust accumulates in the filters in our forced air units. These filters should be changed every one to six months depending upon the quality of the filters and the presence of pets and dander in the house. Changing out the filter not only helps to reduce wear and tear on the heating and air-conditioning system, but also decreases energy use.

For our health, removing indoor dust, dander, and other allergens from the circulating air will decrease allergy and asthma symptoms. As part of looking after your health and safety, we want to support you in your efforts to address this issue in your home. Additionally, we are sincerely motivated to help and we believe we would appreciate the same offer should we need it someday. “Do unto others as you would have others do unto you.” (dwb)

FLU SHOTS STILL AVAILABLE

The 2021-2022 flu season is starting to show up and it is not too late to get your flu shot. If this is on your “to do” list, now is a good time to get it checked off. A flu shot is quick and easy at 307Health – just give us a call during business hours and ask for a flu shot appointment with Nurse Amanda. It only takes a few minutes and could save you a lot of scheduling and work headaches should you contract influenza. (kt)



MEMBER SERVICES FOCUS

REQUESTING PRESCRIPTION REFILLS

A popular benefit available to 307Health members is access to a wholesale prescription medication fill-service. This service is directly supervised and managed by your doctor who literally fills your medication requests himself. Medication refill requests are typically completed and ready for pick-up by 9 am on the day following receipt of the refill request.

Medication requests can be submitted directly to your doctor's unsecured access email address or access phone number via text, or by phoning our office with a verbal request. All 307Health phone numbers are tied to a secure voice mail service that allows callers to leave a voice message anytime. Requests submitted after-hours will be picked-up on the next business day. Unless you tell us you need a same-day medication refill, please plan to pick-up your order after 9 am of the day following receipt of your request.

When submitting your request, please provide the specific name(s) of the medication(s) to be filled and let us know if it is the same as last fill or if you would like a change in dosing or quantity. Providing this specific detail in your request is preferred over more general requests such as “all my medications” or “my heart medication” or “the last one I got – not sure of the name”. Providing this level of detail when ordering medication is shown to reduce medication errors and better protects your health information when talking with our front desk receptionist. (kt)

MARKETPLACE NAVIGATORS HELP FIND HEALTH INSURANCE

ENROLL WYOMING offers specially trained, federally certified, local Navigators throughout Wyoming to help you understand the Affordable Care Health Insurance Marketplace, review coverage options with you and help you enroll in the plan of your choice. Visit the website or call 2-1-1 to reach a certified Navigator. (kt)

**COVID INFORMATION
And RESOURCES**

**OMICRON VARIANT
PRESENCE CONFIRMED
IN WYOMING**

By The Wyoming Dept of Health
12/17/2021

As the COVID-19 pandemic continues, at least one case involving the newer omicron variant has been confirmed within the state, according to the Wyoming Department of Health (WDH).

Lab sequencing has confirmed an Albany County adult with recent domestic travel is infected with the omicron variant of COVID-19. Confirmation is pending for a second Albany County adult presumed to also be infected with the omicron variant. Both cases were initially identified by a University of Wyoming laboratory with WDH involved with confirmation.

“With the quick spread of this variant across the nation, including within some of our neighbor states, we are not surprised with this result and expect there are other cases within Wyoming that haven't yet been identified,” said Dr. Alexia Harrist, state health officer and state epidemiologist with WDH.

Harrist said there is much still to learn about omicron and its potential impact over time, but she is concerned about how easily and quickly the variant appears to be transmitted between people.

“We continued to encourage vaccination, including recommended booster doses, as the best and most effective strategy to counter COVID-19,” Harrist said.

All COVID-19 vaccine doses, including boosters, continue to be offered at no cost.

More information from WDH about vaccination recommendations and resources in Wyoming can be found **HERE- WYO Dept of Health.**

(kt)