

long term care
connection

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things to know
**Caring for
mental health**

At Mercy Care Plan Long-Term Care (ALTCS), we serve the needs of our members.

Our commitment to providing mental health and substance abuse services starts with the belief that mental and physical health are connected.

When we help members with stress or emotional issues, we can help prevent or improve physical illnesses caused by these problems.

We are proud of our strong network of providers in mental health, substance abuse and crisis intervention.

To get a referral for our services or for more information, contact your case manager.



not get the oxygen and nutrients it needs to stay alive. Brain cells start to die.

But the sooner a stroke is treated, the less damage may be done. And that means a better chance of recovery.

Learn the stroke signs listed below. And help your

- loved ones learn them too.
- Sudden numbness or weakness of the face, arm or leg—especially if it happens on just one side of the body
 - Sudden confusion, trouble talking or difficulty understanding
 - Sudden trouble seeing in one or both eyes
 - A sudden, severe headache for no known reason

If you notice these signs in someone, get help. Call 911 right away.

Sources: National Stroke Association; National Institute of Neurological Disorders

Learn the signs of stroke

It's a list that could save a life. And it's a list everyone should take time to learn.

The list gives the warning signs of a stroke. It's important to know the signs because when a stroke happens, a person needs help right away.

During a stroke the brain does

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staying healthy



Visit the Muhammad Ali Parkinson Center

If you have Parkinson's disease (PD) or know someone who does, then you need to know about the Muhammad Ali Parkinson Center.

● The **Resource Center** offers free educational materials, support and resources. A library of books and videos is available. There is also a computer to use to find health information on the Internet.

- **Education programs** are held at several places in the Valley. PD 101 is a four-week class that explains PD and how to live with it from day to day. PD 202 goes into more detail.
- **Caregiver classes** are available.
- **Recreation classes** are held at many places in the Valley. Classes like "The Art of Moving" are exercise programs designed especially for people with PD.

They use tai chi, water exercises and yoga.

● The **interdisciplinary assessment clinic** offers in-depth assessments by physical, occupational and speech therapists and a social worker. People leave with suggestions, programs and referrals for follow-up care if needed.

● The **Ali Care** program improves the quality of life for people with PD who have limited or no health insurance or no financial resources to pay for care.

● **Support groups** are held in the Phoenix area.

● The **Parkinson Registry** asks people with PD to fill out a confidential survey about their experiences living with PD. Questions ask about medications, symptoms, sleeping patterns, exercise routines, quality of life and other issues. Responses are part of a research database.

For more information about classes and fees, call **(602) 406-4931** or visit the Web site at www.maprc.com.

AskMe3™ Good questions for good health

Every time you talk to your doctor or pharmacist, use the AskMe3 questions to better understand your health.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

The A1C of diabetes

When you have diabetes, you need to test your blood sugar at home.

But you also need to have an A1C test at your doctor's office at least twice a year.

The A1C is a test that measures your average blood sugar over the past three months.

It's the best way to see how

your treatment plan is working.

The A1C test is quick and easy. The lab checks a sample of blood from your finger or arm.

The more sugar you have in your blood, the higher your A1C reading will be.

For most people with diabetes, a good A1C is less than 7.

If your number is higher than 8, ask your doctor what you can do to lower it.

Sources: American Diabetes Association; National Institutes of Health

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Information in LONG TERM CARE CONNECTION comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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www.mercycareplan.com

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