

# WHAT'S NEW AT LPCCN?



## INSIDE THIS ISSUE:

<i>Spotlight</i>	1
<i>Quick &amp; Easy Recipe</i>	2
<i>Live Your Life Well</i>	2
<i>Program Updates</i>	3
<i>Getting to Know Us</i>	3
<i>Health Tip</i>	4

## MANY THANKS TO OUR BOARD MEMBERS!



**November 17, 2011**

**Join the Celebration!**

**2011 National Rural**

**Health Day**

**Celebrating the**

**Power of Rural!**

“We make **Healthcare** in Wyoming, Orleans and Genesee County communities a **Local** priority.”



## 2011-2012 LPCCN BOARD MEMBERS

Lake Plains Community Care Network is a 501©(3) organization which operates as a not-for-profit publicly owned entity governed by a voluntary Board of Directors. Our Board members come from the upstate Western New York counties of Orleans, Genesee, and Wyoming. Local representation on the Board includes, business leaders, governmental officials, health care practitioners, and hospitals.

Listed below is our Lake Plains Community Care Network Board Officers and members:

### LPCCN Officers:

Jay A. Gsell, Chair; County Manager for Genesee County

Jim Sinner, Vice Chair; CEO-Medina Memorial Hospital

Betty Lapp, Treasurer; Former Director of Nursing Studies, Genesee Community College

Linnea Aina, Secretary; Former Chief Clinical Officer; Wyoming County Community Hospital

### Members:

Linnea Aina-Former Chief Clinical Officer, Wyoming County Community Hospital

Alan Barcomb-Family Physician in Oakfield, NY

David Fisher-CEO-Oak Orchard Community Health Center, Inc.

Randy Garney-Genesee County Public Health Director

Jay Gsell-County Manager for Genesee County

Betty Lapp-Former Director of Nursing Studies, Genesee Community College

Paul Pettit-Public Health Director, Orleans County Health Department

Mark Schoell-CEO, United Memorial Medical Center

James Sinner-CEO, Medina Memorial Hospital

Lorienda Smith-Former Managed Care Coordinator, Orleans County Department of Social Services

Kenneth L. Oakley, PhD FACHE; DEO, Lake Plains Community Care Network, Inc. and Western New York Rural Area Health Education Center

## Sweet Potato Casserole

<http://myrecipes.com/recipe>

**SERVES:** 6 to 8 servings

### Ingredients

- 4 1/2 lbs sweet potatoes
- 1 cup sugar
- 1/4 cup milk
- 1/2 cup butter, softened
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 1/4 cups cornflakes cereal, crushed
- 1/4 cup chopped pecans
- 1 tbsp brown sugar
- 1 tbsp butter, melted
- 1 1/2 cups miniature marshmallows

### Preparation

1. Bake sweet potatoes at 400 degrees for about 1 hour or until tender. Cool, peel, & mash potatoes
2. Beat mashed sweet potatoes, sugar, & next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11x7 inch baking dish.
3. Combine cornflakes cereal and next 3 ingredients in a small bowl. Sprinkle diagonally over casserole in rows 2 inches apart.
4. Bake at 350 degrees for 30 minutes. Remove from oven; let stand 10 minutes. Sprinkle alternate rows with marshmallows; bake 10 additional minutes. Let stand 10 minutes before serving.



## 9 Tips to Fall Asleep Faster

[abcnews.go.com/health](http://abcnews.go.com/health)



Due to too much stress and our very busy minds, many Americans have trouble falling asleep. Here are 9 tips to help you fall asleep faster:

1. **Count Backwards from 300 by 3s.** The most common reason people have trouble falling asleep is that they cannot turn off their mind. One distraction technique is telling people to count backwards from 300 by 3s. It is so mathematically complicated that you can't do anything else and so boring that you are asleep fast. Another suggestion is to use a worry journal which is where you write down the problems you are thinking about on one side of a piece of paper and a solution to each problem on the other.
2. **Reduce Caffeine Intake.** Try to be caffeine-free by 2 pm. Most people are not aware that caffeine has a half life of up to eight hours and can affect not only falling asleep, but the quality of sleep you get.
3. **Take A Hot Bath.** Take a hot bath 60 to 75 minutes before bed. The water should be warmer than 100 degrees Fahrenheit and a soak in it over 20 minutes is best.
4. **No Exercising 4 Hours Before Bed.** Although exercise is great for sleep it is not beneficial near bedtime as it hard for the body to wind down after doing it.
5. **Comfortable Bed.** Sometimes just investing in a newer mattress can help with improving your sleep. Also, rotating a new mattress every few months helps to keep the wear on it even.
6. **Sleep in a Cool Room.** People sleep best when their room temperature is between 65 and 75 degrees fahrenheit and the bed's surface is between 82 and 86 degrees fahrenheit.
7. **Do Not Eat Hours Before Bed.** Our body was not made to digest food lying down. It was meant to digest food sitting or standing.



*Picture of  
Sweet Potato Casserole  
YUMMY!*

## PROGRAM UPDATES

### Practice Enhancement-P2 Collaborative of WNY, Inc. by Linda Franke

#### HEAL 10/Patient Centered Medical Home

We are presently working in 11 practices covering all three counties. 4 sites have met all the Must Pass elements in the Patient Centered Medical Home requirements, and we anticipate that 3 more will meet the Must Pass requirements in September. Several practices are hoping to submit to NCQA for Patient Centered Medical Home recognition this fall.

#### Beacon Grant

Our BEACON registries have been set up in 3 practices and reports have been run in all these sites to assist in meeting Quality improvement goals.

#### Meaningful Use

Meaningful Use work is well underway and only 1 more Security and Risk Assessment needs to be done in our practices! We are currently working on developing policy manuals for this aspect of the project. Several practices are planning to attest in September and October.

### Consumer Engagement Associate-P2 Collaborative of WNY, Inc. by Christi Hayden

The Living Healthy Program is winding down for the year. We will have one workshop in Warsaw in October and a Leader Training for the program in November. Then we'll have a short break for the holiday's and resume classes after the first of the year. If you are an organization that needs in-service trainings or lunch and learns for staff, contact me about the My Health Counts program. The My Health Counts program empowers individuals to take a more active role in their health care, and work as part of a team with health care providers. A 10, 30, or 60 minute version is available.

Want to learn more about what Western New Yorker's are saying about the future of health care? The One Friday, Four Futures presentation is available, and discusses the results of several community conversations that took place around WNY. For more info on consumer engagement contact Christi at [chayden@lakeplains.org](mailto:chayden@lakeplains.org) or call **(585) 345-6110**.

### The "MOLST" Program

The Medical Orders for Life Sustaining Treatment form was created by the Community-wide End of Life Palliative Care Initiative to provide a single document that would function as an actionable medical order and could transition with patient through all health care settings. To learn more information or obtain a MOLST form please contact Charlotte Crawford at (585) 345-6110 or email her at [ccrawford@lakeplains.org](mailto:ccrawford@lakeplains.org).

### 2011 Big Lakes Fall EMS Class Schedule

**Pump, Fluid, Container**- October 12, 2011, 6-10 pm at the Genesee County Fire Training Center

**PEPP**- October 17, 19, 24, & 26th, 2011, 5:45-10 pm at LPCCN Offices (see the EMS website for details)

**GOPe**- December 14, 2011, 6-10 pm at the Genesee County Fire Training Center

To inquire or register for any course, including CPR and First Aid, please call

### Getting to know "US"

Lake Plains Community Care Network is comprised of eleven wonderful employees, including our CEO, Kenneth Oakley.

In order to make you more comfortable with us, we've decided to give you the opportunity to "Get to know us." Each quarter, a different employee will be featured with a photo and a small article telling you a little bit about themselves. This month, our featured employee is:

#### **Cheryl McDonald**

Cheryl McDonald is our newest staff member here at LPCCN. She started in June of 2011 and is a part-time Facilitated Enroller. Cheryl resides in Oakfield, NY with her family and her dog, Roscoe.

Cheryl assists our clients with the application process necessary to apply for various NYS health insurance programs. This includes duties such as fielding questions from clients, scheduling appointments, and ensuring that all the appropriate paperwork is included with each application submitted.

Although Cheryl has a variety of interests and hobbies, some of her favorites are jet skiing, boating, and going to football games.

Cheryl enjoys her role here; with a variety of duties, as well as working for an organization that provides such a great service, she takes great pleasure in what she does.



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## Health Tip: Healthy New York

Source: <http://www.ins.state.ny.us/website2/hny>



The Health Care Reform Act of 2000 introduced a program entitled “**Health NY**” which promotes access to quality health care by providing comprehensive health insurance to those citizens who need it most.

The **Healthy NY** program is designed to assist small business owners in providing their employees and their employees’ families with the health insurance they need or deserve. In addition, uninsured sole proprietors and workers whose employers do not provide health insurance may also purchase comprehensive coverage directly through the Healthy NY program.

All HMOs in New York State offer the streamlined, yet comprehensive **Healthy NY** health insurance benefit packages to eligible businesses and individuals. Healthy NY includes health benefits that cover essential health needs including inpatient and outpatient hospital services, physician services, maternity care, preventative health services, diagnostic and x-ray services, and emergency services. Applicants may now choose a benefit package with a limited prescription drug benefit or a benefit package without a prescription drug benefit.

Although **Healthy NY** is available to small employers, sole proprietors, and uninsured working individuals, each group has its own set of eligibility criteria and participation rules. It is suggested that before using the site referenced above that you first determine which category you fall into based upon your own personal circumstance. Once you have identified your category, you may then proceed to the appropriate heading to review the applicable rules and criteria.

**LPCCN has a website available at [www.lakeplains.org](http://www.lakeplains.org).**

At our website you will find general information about our non-profit organization, as well as future events, seminars, and grants that we are coordinating or promoting. In addition our website offers information about income qualifying health insurance, prescription discount cards, and many related links to assist you in information gathering. Please feel free to use our website as an additional source of Internet communication!