

# Your Health Home News

## Welcome to your Integrated Health Home Newsletter

We are your Integrated Health Home (IHH) and we are excited to share our first newsletter with you.

In each newsletter we will share tips for staying healthy and reaching your goals. We will also share fun activities or recipes as well as events around the Siouxland area.

We want this to be your newsletter! If there are things you would like to know more about, please let us know so that we can include it in future mailings.

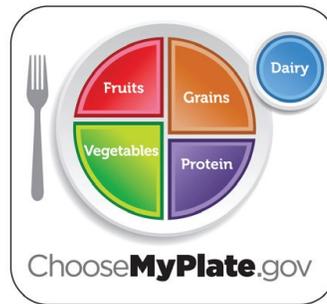
Most of all, we want to thank you for being a member of IHH. We want you to know how important you are to us. We want you to be as healthy as possible!

## 10 tips for making fitness a habit in your life

1. Do a variety of activities you enjoy. And remember, there's no rule that says you have to go to a gym or buy equipment.
2. Commit to another person or find an exercise buddy.
3. Make exercise a priority. Let people know it is important to you.
4. Exercise first thing in the morning. Experts agree that a morning schedule is best.
5. Or, exercise on your way home from work or other activities.
6. Exercise even when you're "too tired." Chances are, you'll feel better after exercising.
7. Log your activity. Write down the things that are important to you. It could be how much time you exercise each day, how many steps you walked, how far you ran or cycled, what you weighed, etc. Some people make a game of it. You may have heard of runners calculating the miles it would take to run from their homes to Boston (home of the famous marathon), figuring how far they run in an average week and setting a target date for "arriving" in Boston.
8. Be aware of all the indicators of progress. It's great when your clothes fit better and you can lift heavier weights or work out longer without getting exhausted. But there are a slew of other progress indicators, such as: Getting a good night's sleep. Thinking more clearly. Having more energy. Realizing your muscles aren't screaming after you've helped a friend move furniture. Seeing your resting heart rate drop over time. Hearing your doctor congratulate you on improved cholesterol, blood pressure, bone density, triglycerides, and blood sugars.
9. Walk -- with a pedometer (or a dog).
10. Reward yourself.

Experts say that making behavior changes is hard, and rewards motivate. So decide on a goal and a reward, and work toward it. You might buy yourself a treat you've wanted after you stick to your fitness plan for one month, or buy new walking shoes when you achieve 5,000 steps a day. Do whatever works for you. (Taken from WebMD)

## Eating Healthy is easier in the summer with places like the Sioux City Farmers Market



### Are you getting the right amount of fruits and vegetables in your diet?

Eating fresh fruit and vegetables that are locally grown is not only good for your body and mind, but it is a great opportunity to meet new people and learn about the food you eat. You can even use your EBT funds. You might even get to enjoy some live music.

The Market is located in the Tyson Events Center Suite Parking Lot located north of TriView Avenue at the corner of TriView Avenue and Pearl Street. The Sioux City Farmers Market will be open Wednesdays and Saturdays from 8am to 1pm May 6-October 31



## Don't forget to keep drinking water, especially as the days get hotter!

## What is Integrated Health?

IHH is a program running in the Siouxland area to address whole health for the mentally ill. As part of a total health process, IHH works to serve the mentally ill to both enhance and extend the life of people who suffer from mental illness. By addressing physical health and wellness, IHH hopes to accomplish long and healthy lives of the mentally ill in the Siouxland area.

**Need crisis care after hours? Call 712.279.2010.**

## A Member Success Story

Robert is a 52-year-old African American male, with a long history of alcoholism, major depression, bipolar disorder, homelessness, renal failure, type II diabetes, heart disease, COPD, and much more. After moving to Sioux City he enrolled with IHH. When he first enrolled he was seeing many different doctors and specialists and none of them were communicating together. With the help of his IHH Nurse Care Manager, Taralyn Tamner, he was able to get a better understanding of his whole health. Taralyn discovered that many of his medications were interacting, negatively effecting his mental health.

Robert now understands the benefits of taking his medications and now manages his prescriptions, has a home health agency that is communicating with his providers, and receives specialty care. Robert still has chronic medical problems, but with the assistance of the IHH and the determination of Taralyn, his Nurse Care Specialist, he is managing them much better.



## Who is on my team?

Care Coordinators: Elaine, Gloria, Kemi, Lynnsey  
Nurse Care Managers: Jim, April, Taralyn  
Peer Support Specialists: Brenda, Lindsey, Ali

## Free Yoga in the Park

Have you ever considered yoga? Thanks to the generous support of UnityPoint Health-Sioux City and a partnership between Sioux City Parks and Rec and the YMCA, a free yoga class will be offered every Saturday morning this summer. (No class on July 4th or 18th).



Classes will be offered at 9AM in the greenspace near the boatramp on the riverfront. Each class will last one hour and is free and open to the public. First-timers welcome! Bring your own yoga mat and a bottle of water.

**Learn about more summer activities at [www.sioux-city.org/parks](http://www.sioux-city.org/parks)**

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## Siouxland Mental Health

Integrated Health Home  
Community Support Services  
205 5th Street  
Sioux City, IA 51101