On-Site Flu Shots
A convenience to keep your work force up and running

If your company is interested in providing on-site flu shots to your employees, Corporate Medical Services would love to hear from you!

Corporate Medical Services (CMS) can administer the flu vaccine on-site at your facility in a secure and comfortable environment. CMS will begin scheduling flu shot clinics between the end of September and December 15th. Providing the vaccine and taking everyday precautions can help protect your employees. If you would like to know more, or to schedule an on-site flu clinic at your facility, please call 260-724-2145 X13040.

Meet the New Providers for Adams Medical Group
To schedule an appointment with our new providers, or set up a MyChart account, call 1-833-724-DOCS (3627)
Tasty Tips for Eating Healthy at Work

Important for brain and body function

- Pack food and beverages for the week ahead. An hour spent on Sunday getting organized will save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

- Stock up on nutrition. Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and certain microwavable entrees.

- Pack lunch while you cook dinner. Cook once and eat twice. When you cook, make an extra serving or two and pack your lunch as you clean up the evening meal.

- Take advantage of convenience. Supermarkets feature an amazing array of single-serve healthy options – perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

- Add nutrition to your commute. Pack a string cheese, a squeezable yogurt, an apple, or a bag of grape tomatoes for the car.

- Pump up with protein power. For long-lasting brain and body power, add some protein with nuts, seeds, soy nuts, yogurt, milk, jerky and nutrition bars.

- Pump up with protein power. For long-lasting brain and body power, add some protein with nuts, seeds, soy nuts, yogurt, milk, jerky and nutrition bars.

- Switch to a fruit dish. Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or jar filled with different, delicious dried fruits like mango, pine apple, apricots, plums, and raisins.

- Drink your health. Staying well hydrated helps you think more clearly, improves your mood and reduces mindless munching.

- Treat yourself well. When it's time to eat, give yourself a real break. Stop working, stop rushing, and give yourself a few minutes to savor what you are eating.

Loaded with Lycopene

The cheery red color comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and diabetes as part of a healthy lifestyle. Watermelon has more of this nutrient than any other fruit or veggie -- even tomatoes. To load up on lycopene, choose a melon with bright red flesh rather than yellow or orange. And the riper, the better. Also, seedless melon tends to have more lycopene than those with seeds.
Ergonomic Considerations Affected by Covid-19

Workplace Adaptations

Wearing of masks and protective eyewear:
- Can limit peripheral vision which can lead to eye strain and neck strain.
- Limits vision of lower work surfaces, causing need for increased neck flexion which can lead to neck strain.

Increased use of hand sanitizers:
- Placement at work stations should be within reach to avoid repeated reaching which can lead to shoulder strain.

Addition of plexiglass barriers to work areas:
- Barriers can cause glare from lights, leading to eye strain and neck strain.
- Can limit workers ability to hear, leading to postural changes and neck strain.
- Not enough room to reach under or around, leading to postural changes, back or shoulder strain. Employee noted to reach around the edge of this barrier to return change to a customer. Repeated reaching can lead to shoulder fatigue or strain.

If you are experiencing any of these types of strains it is important to make adjustments at your work station or talk with your supervisor if needed. Also, if you want to discuss details further, please call Paul Knell, PTA at Adams Rehabilitation at 260-724-2145 x11031.

Working from a Home Office...Things to Consider

- Lacking ergonomic desk chair can lead to poor sitting posture which can lead to back pain.
- Lacking proper lighting can lead to eye strain and eventually neck strain.
- Improper desk setup could lead to increased reaching for items leading to shoulder strain.
- Use of laptop computers that sit lower can cause use of poor posture and neck or back strain.
- Use of laptop computers that are not supported on a solid surface will likely lack wrist support and awkward postures of the wrist.
- Working from home can increase distractions and noise that affect concentration and productivity.
- Working alone at home can make it harder to remember to take walk, stretch, or standing breaks to allow recovery from working postures.
Importance of Taking Care of Mental Health in the Workplace

by Baldemar Silva, MSW, LCSW...Manager of Behavioral Health

When it comes to taking care of your mental health in the workplace, it is important to understand burnout, signs and symptoms, and how to prevent it, understand your rights as a person, and recognizing our cognitive distortions. Sometimes we forget that we are human and need time to take care of ourselves. We want to help others before helping ourselves. We tend to be more compassionate to others versus ourselves and this is why it is important to understand our basic rights.

**What are the signs and Symptoms of Burnout and how to prevent it?**

**Signs/Symptoms of Burnout:**
- Being easily triggered, which can bring unwanted feelings.
- Feeling constantly overwhelmed
- Feeling numb about your work
- Checking emails as soon as you wake up
- Experiencing tension headaches, stomach aches
- Taking frustrations out on others

**Preventing Burnout**
- Remember your purpose—your “why” for entering the field.
- Take a mental health day and ask yourself, “What is truly important in my life?”
- Set boundaries and set goals on the most important tasks?
- Know when enough is enough.
- When engaging in negative self-talk, practice positive thinking to challenge your inner-critic.
  - Keep track of all statements and behavior through by keeping tracking of them in a journal or a notepad.
- Always restate your true purpose, practice self-care and remember— you come first.

**Recognize our rights as an employee during times of stress, remember we have the right to:**
- Say no without feeling guilty
- Be treated with respect
- Make your needs as important as others
- Acting your mistakes and failures
- Have the right to not meet others’ unreasonable expectations of self.

**It is also important to challenge cognitive distortions. Cognitive distortions increase the likelihood of developing depression or anxiety.**
- Learn to accept uncertainty, focus on what will happen versus what could happen.
- Stick to the facts and focus on what you know is true in your current moment.
- Avoid thinking all or nothing, life is not black and white, there are other solutions to problems that we cannot see while in crisis or burnt out. Not all individuals who are testing positive with covid will require a vent, but on the other end, I don't need to follow standard precautions because I am not a child or the elderly.
- We roll with the changes and focus on what we can control versus what we do not have control of.
Some Simple Ways to Relieve Some Stress

<table>
<thead>
<tr>
<th>Watch a sunrise</th>
<th>Listen to a cat purring</th>
<th>Go barefoot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sing a song</td>
<td>Go to the beach</td>
<td>Whistle</td>
</tr>
<tr>
<td>Hike in the woods</td>
<td>Blow bubbles</td>
<td>Focus on the positive</td>
</tr>
<tr>
<td>Give a hug</td>
<td>Ask for help</td>
<td>Tell a joke</td>
</tr>
<tr>
<td>Listen to music</td>
<td>Take a walk</td>
<td>Paddle a canoe</td>
</tr>
<tr>
<td>Dance</td>
<td>Meditate</td>
<td>Play with a dog</td>
</tr>
<tr>
<td>Have a cup of tea</td>
<td>Complete something</td>
<td>Lie in the sunshine</td>
</tr>
<tr>
<td>Take a break</td>
<td>Play with a child</td>
<td>Talk to a friend</td>
</tr>
<tr>
<td>Throw a ball</td>
<td>Hum a tune</td>
<td>Take a deep breath</td>
</tr>
<tr>
<td>Keep a journal</td>
<td>Play a drum</td>
<td>Write a poem</td>
</tr>
<tr>
<td>Get up early</td>
<td>Prioritize</td>
<td>Practice patience</td>
</tr>
<tr>
<td>Stroke a pet</td>
<td>Read some fiction</td>
<td>Do Tai Chi</td>
</tr>
<tr>
<td>Lend a hand</td>
<td>Have an idle chat</td>
<td>Sit still</td>
</tr>
<tr>
<td>Plant a flower</td>
<td>Indulge a “guilty pleasure”</td>
<td>See a movie</td>
</tr>
<tr>
<td>Get a massage</td>
<td>Watch fish swim</td>
<td>Set limits</td>
</tr>
<tr>
<td>Play a sport</td>
<td>Say “No”</td>
<td>Paint a picture</td>
</tr>
<tr>
<td>Walk in the rain</td>
<td>Take a country drive</td>
<td>Enjoy a reverie</td>
</tr>
<tr>
<td>Take a bubble bath</td>
<td>Go to bed on time</td>
<td>Walk a labyrinth</td>
</tr>
<tr>
<td>Ask for what you need</td>
<td>Make love</td>
<td>Write a letter</td>
</tr>
<tr>
<td>Watch a fire or candle burn</td>
<td>Stretch</td>
<td>Take a nap</td>
</tr>
<tr>
<td>Give a compliment</td>
<td>Smile</td>
<td>Feed birds and squirrels</td>
</tr>
<tr>
<td>Take some photos</td>
<td>Sleep in</td>
<td>Pull some weeds</td>
</tr>
<tr>
<td>Make a list</td>
<td>Clean something</td>
<td>Run in the park</td>
</tr>
<tr>
<td>Say a prayer</td>
<td>Arrange flowers</td>
<td>Eat some chocolate</td>
</tr>
<tr>
<td>Tell a story</td>
<td>Do a puzzle</td>
<td>Practice kindness</td>
</tr>
<tr>
<td>Focus on your senses</td>
<td>Laugh out loud</td>
<td>Watch a sunset</td>
</tr>
</tbody>
</table>
The Healing Power of Regenerative Medicine

Imagine life without chronic joint pain. Now imagine achieving this without surgery.

Regenerative Medicine makes this a reality by using your own body’s cells to heal damaged tissues, tendons, ligaments, cartilage, spinal discs, and bones. Regenerative therapies are a spectrum of cutting edge therapeutic techniques used to help naturally treat the cause of a painful condition rather than masking the symptoms. Regenerative therapies stimulate and accelerate your own body’s natural ability to heal itself. Two of the most effective regenerative therapies include “biologic cell therapy” and “platelet rich plasma injections”.

Biologic Cell Therapy
These cells are obtained from the patient’s own tissue. These concentrated “stem cells” are then injected into the patient’s damaged tendon or joint. Stem cells are immature cells, which allow them to develop into another type of cell that is required to repair or replace damaged tissue. Biologic cell therapy can repair tissues that are too damaged to heal on their own. These cells can stimulate the formation of cartilage, tendon ligaments, bone, and fibrous connective tissues.

Platelet Rich Plasma
Platelet Rich Plasma (PRP) therapy utilizes platelets taken from the patient’s own blood to rebuild damaged tendons or cartilage. Platelets normally circulate within the bloodstream and are responsible for blood clotting and initiating a healing response in an acute injury. Many acute injuries do not heal adequately and can lead to chronic pain and loss of function of the injured area. PRP therapy allows us to harvest the patient’s own platelets and re-inject those platelets into the site of the injury to initiate healing and improvement of function. This is typically done under image guidance such as ultrasound and/or fluoroscopy.

The Result
As a result, the damaged tissue may begin to heal. PRP has been shown to be successful in not only relieving pain but also in jump-starting the healing process.
The Procedure
Injections are done either in Dr. Kinne’s office or in Ambulatory Services at Adams Memorial Hospital and take about an hour. Patients return home the same day and are often able to work the following day.

Find Out If You Are A Candidate
Call Dr. Kinne’s team at 260-724-2145 x11203 (select option 2 for nursing)

When Your Mental Health is Just as Important as Your Physical Health

Alicia Elliott NP, specializes in mental health, and is passionate about providing care that is respectful of and responsive to individual patient needs and values. It is important to her to make patients her partners. Alicia is a Board Certified Psychiatric Mental Health Clinical Nurse Specialist with over 38 years of experience in psychiatric care, with her focus being on integrated care.

For Behavioral Health, Alicia will be providing medication management for ages 18 and over.

Adams Memorial Hospital’s Behavioral Health is the area’s leading expert in keeping your mind as healthy as your body. After all, nothing is more important than your health! Alicia's office is located in Adams Medical Group Decatur in the Adams Medical Complex building at 1100 Mercer Avenue in Decatur.

To schedule an appointment, call 260-728-3906
If you are looking for a provider, signing up for MYChart is a convenient option to help select a family medicine provider. MyChart’s intended use is to coordinate medical care with your personal provider, and not for work-related injuries.