

Katie Johnson: Good morning, and welcome to “Apple A Day,” Lake Region Health Care’s health and wellness segment, where we feature news and information you can use to live a healthier lifestyle. I’m Katie Johnson, your host, and my guest today is Karen Wulfekuhle. Karen is no stranger to our show. She helps with many of the special events that happen, particularly at the cancer center, in her role in social services there, and is an integral part of our Living Well series team, and is here to talk with us today about two special Living Well education sessions that are coming up. Good morning, Karen.

Karen Wulfekuhle: Good morning, thanks, Katie.

Katie Johnson: Thanks for joining me. We have two weeks in a row of opportunities for our listeners to join in and learn some great tips through our Living Well series. We have our regular monthly Living Well series, first of all, that we’re going to talk about, coming up next week, on Monday, April 17th. It is the Monday night monthly session of Living Well, which we’ve been working on focusing on all seven dimensions of wellness. This one is going to be especially interesting, because it’s going to focus on financial wellness. Tell us what you have planned.

Karen Wulfekuhle: Great, we have two very familiar names for our community that are going to be joining us on Monday night. One of them is Nick Heydt, from the Pemberton Law Office, and then the other guest speaker is Gail Childs, one of our very own Edward Jones representatives and financial advisor.

Together, the two of them are going to provide our community with a real nice program. One side of that is going to talk about estate planning, preparation, different features like that, maybe some formations of family trusts, and then the other side of that would be more related to the fiscal side, taking a look at reaching your long-term goals, finding out what kind of maybe influences that are unfolding right now for us, as we take a look at preparing for some of those financial goals, especially in the state of our country right now.

Katie Johnson: Right, so with the state of the economy the way that it is, and when we think about finances, I don’t know that that’s something we immediately tie to our health, but we all know that’s what we spend a lot of our time doing, is either working to make money or working to make enough money to spend some time doing things that we like to do when we’re not working. Our finances are an important part of our overall well-being, and it’s important to pay attention to that.

Karen Wulfekuhle: Absolutely. Do you know, when you were referencing that, I just was thinking about something. You know, we spend so much time ... We do. We work, to go ahead and make a living. We plan and we prepare, but it’s very hard for people to discuss or start or have those conversations about, “What if my health changes and I can’t get to that place?” In my role at the cancer center, often times we’ve had this conversation with my peers, too. Something that would change the outlook of that; maybe it’s a chronic disease, maybe it’s that of a cancer diagnosis, heaven

forbid.

Often times, and this is so real, our patients will, before they think about whether or not they're going to survive that diagnosis, their first thought is whether or not they can afford to do what they're doing. The whole goal of planning ahead, working, maybe securing some of these resources for later in life, and yet again hopefully we could offer you some education as a guest, to have some of those conversations.

Again, they're difficult. They are difficult to have, and because we don't ... They're uncomfortable. The words sometimes don't all come into place, but here again, we have a ... There's a lot of community-based resources that could help with those words, and some of those talking points, and that are so important for your family.

I think we just start off those conversations by just being very real. What is important to you? Families, and it could be your given family, it can be your chosen family, whoever it is that's going to help you continue to manage this, both while you're living well, and if you were in a position where you needed to have some added support.

Katie Johnson: Right, and like anything else, knowledge is power. When it comes to these difficult conversations, this is exactly what this course is designed to do, is give you that framework, give you that knowledge, give you those tools and talking points, and to think about what we're planning ahead for, and what we do want.

I wanted to mention too that Sunday is National Health Care Decisions day, and we talk a lot about the importance of advanced directives when we talk about planning ahead as well. Those resources will be available on Monday night at the Living Well series, also.

Karen Wulfekuhle: Absolutely. We will have actually copies of health care directives there. We provide health care education, or excuse me, health care directive education here at Lake Region Health Care. Deb Forstner, our chaplain, is leading a community initiative with education related to health care directives. Again, a lot of good resources, a lot of good information always at these Living Well series. If you run into a problem, or maybe you're not able to join us, always, always call Lake Region Health Care, get pointed in the right direction. There's a lot of information here for everyone.

Katie Johnson: Right, and again, the Living Well series is the third Monday of every month, so that's why this coming Monday, the 17th, is the night that we'll focus on financial health with Nick Heydt and Gail Childs. We also have a special event, kind of an extra bonus series event coming up at the cancer center the following week. That has to do with something we're all much more comfortable with, and that's food.

Karen Wulfekuhle: Absolutely, April 25th, 5:30, we're going to have a session called Cooking with Cancer. Our very own Kristy Norenberg, one of our registered dietitians, and then

Lynn Remsberg, who is one of our production coordinators here in the kitchen, are going to join us. They're going to lead a brief session over at the cancer center, from 5:30 to 7, thinking outside the box; offering recipes and different ideas to boost your nutritional status through food, and just kind of take you through a walk, so to speak, a food walk.

We will have actually wonderful recipe books and different things like that available for folks. Some of our staff will be there, too. Food during cancer is tricky, period. You could be nauseated. There could be all of this new medication. Food with chronic disease is tricky.

Join us, anyway. If you would like to have some more information just related to how to manage some of these things, come. Kristy and Lynn, both excellent resources for dietary needs and concerns across our continuum of care. Cooking with Cancer is just one opportunity for folks to join us. We will have some samples. We're going to actually have some powered-up potatoes, and pumpkin spice oatmeal jars; two kind of neat little things that you can add to your repertoire at home.

Katie Johnson: Yum, that all sounds great. Again, let's just remind our listeners of the two different events, and the dates and times, and then how they can get more information.

Karen Wulfekuhle: Absolutely, so first, April 17th, next Monday, we're going to begin at 5:30, which is actually over in the main clinic lobby. We'll serve a light meal, and then our speakers will begin just around six o'clock or so. We will conclude at seven, so join us for Nick Heydt and Gail Childs, as they visit with us about financial health. Then, following that, April 25th, which is a Tuesday evening, 5:30, over at the cancer care and research center, we're going to be having a session from 5:30 to 7 called Cooking with Cancer; both really great opportunities.

Katie Johnson: If you'd like more information, both of those events are on our Website at LRHC.org, under the "education and events." You can give a call to our Living Well series RSVP line, which is 736-8699, or shoot us an e-mail, LivingWell@LRHC.org, with your questions or your RSVP. If you aren't able to RSVP, please don't let that stop you from showing up. We'd love to see you, either on the 17th for financial health, or on the 25th for Cooking with Cancer. Karen Wulfekuhle, social services at our cancer care and research center, and our guest today on "Apple A Day," inviting you to join us for both of those events. Thanks for being here today, Karen.

Karen Wulfekuhle: Thank you so much.

Karen Wulfekuhle:

Katie Johnson: Karen Wulfekuhle and Katie Johnson on "Apple A Day," reminding you that there is so much to do here. Stay healthy for it. Have a great day.