



Rhode Island's free resource for health care information and mental health and addiction services

www.RInetworkofcare.com

Rhode Island Network of Care for Behavioral Health provides valuable information to those in Rhode Island struggling with mental health and addiction issues either personally or within their families. This extensive website provides access to information, advocacy and other resources to empower consumers and their families to make the best, most informed decisions possible regarding needed care in their lives.

In This Issue

[Fun Ideas to Stay in Shape and Keep Warm and Safe Until Spring](#)

[Economic Downturn is Affecting Our Eating Habits](#)

[Quiz: What is Your Stress Level?](#)

[A Blood Test can Predict Your Risk of Dementia](#)

[A Resource for Learning about Medical Tests and Examinations](#)

[FREE Fun Event for Children](#)

[Partner Spotlight](#)

MILK MAY PREVENT

Fun Ideas to Stay in Shape and Keep Warm and Safe Until Spring

For many of us it's been a long winter, and we can't wait until the nice weather comes along to brighten our day. Not to worry - Spring is on its way; and in the interim, there's lots of fun things that you and your family can do to stay healthy.



Learn about some [fun ideas](#) for you and your family.

Economic Downturn is Affecting Our Eating Habits

Does stress cause you to over-eat, or are you skipping meals to stay on your limited budget? You are not alone. Health professionals believe that economic hardship has triggered unhealthy attempts to cope with stress. Some are intentionally skipping meals while others are compulsively overeating. Read the article, "[Economic Downturn Ups Anxiety Levels, Triggers Food Disorders](#)," dated February 27, 2009.

Find a number of helpful [support groups](#) to address your specific needs.

ALZHEIMERS

Read how much milk experts are suggesting you drink daily and how recent studies are showing it can keep your brain healthy.

[FULL ARTICLE](#)

 [Forward to a Friend](#)

Community Voices

"The Rhode Island Network of Care for Behavioral Health is a great resource for families, individuals, and service providers to obtain the information they need. This web site provides access to articles and interactive options that engage readers, and provides opportunities to have their voices heard on a variety of health and behavioral health issues."

Matthew B. Cox
Executive Director
[RI Parent Information Network](#)

Quiz: What is Your Stress Level?

Short-term (acute) stress can keep you awake at night and make you feel irritable and edgy. High stress levels over a long period of time (chronic stress) can cause serious health problems such as [high blood pressure](#), and it can weaken your [immune system](#) and make it difficult for your body to fight disease. Stress is linked to health conditions such as [depression](#), [heart disease](#), and [asthma](#). Are you at risk?

Find your [stress level](#).

A Blood Test can Predict Your Risk of Dementia

Frontotemporal lobe dementia (FTD) strikes people at an earlier age. After Alzheimer's disease, FTD is the form of dementia that occurs most frequently in patients younger than 65. Scientists have now developed a simple blood test to tell you your prospects for the early detection of dementia.

To learn more, [click here](#). If you have additional questions or concerns, consult your healthcare provider.

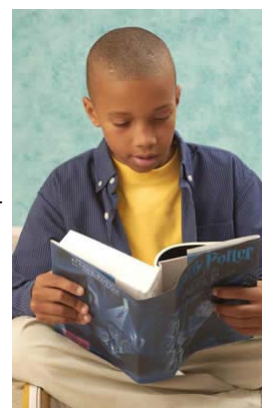
A Resource for Learning about Medical Tests and Examinations

The RINOC library provides information on medical tests and examinations that your physicians might prescribe for you. If you are interested in learning more about a specific medical test, its potential side effects and test results, [click here](#).

Then simply enter the name of the test and click submit to access helpful information along with any available pictures or diagrams.

Free Fun Event for Children

Reach Out and Read RI (RORRI) and the Rhode Island Parent Information Network (RIPIN) have joined together to plan a fun-filled, free family event on April 26, 2009. RORRI's goal is to make literacy promotion a standard part of pediatric primary care. RIPIN seeks to inform, empower, and educate all families to be equal partners in advocacy for the education, health, and socio-economic well being of children. You and your family are invited to join in the wonderful activities planned for this day.



To learn more, please visit the Community Announcements section on our [homepage](#).



Partner Spotlight

The Rhode Island Parent Information Network (RIPIN) is a non-profit helping organization that works with thousands of Rhode Islanders each year. RIPIN's mission is to help individuals become their own best advocate by providing information, support, and education.

The RIPIN programs, which focus on health and education issues, are available statewide through a toll-free Resource Center and through more than 40 satellite locations across the state. RIPIN staff mentor others as they seek to navigate services and systems in health/medical clinics and hospitals, family-serving nonprofit organizations, state agencies like the RI Department of Health and the RI Department of Human Services, schools, and community agencies. Common topics include health insurance, health and educational support services, special education, parent/individuals involvement, peer-to-peer support groups, transitions to and from health settings and school, and many more.

To learn more, visit our [partner page](#) and click on "Rhode Island Parent Information Network."

We welcome feedback on the RINOC newsletter. Please [click here](#) to share your comments. Thank you.

The contents of this newsletter are for informational purposes only. RINOC and its founding partners do not endorse any of the newsletter content and do not intend to provide medical advice, diagnosis or treatment.