

CENTER PIECE

Edition 1:5— Oct., Nov., Dec. 2009

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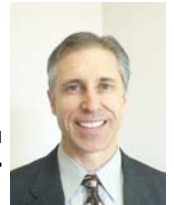
Director's Cut

Our first annual VINO for Vitality event, benefiting the Center was a wonderful success. The jazz performers provided by Neil Bowens and Rising Sun Productions were outstanding. We need to thank our sponsors Outsourcing Solutions, HCA Virginia - Richmond Market, Superior Document Service, Hilton Garden Inn - Downtown, Williamsburg Winery and Vineyard and Bon Secours Health System. Through your support and the support of the more than 100 participants, we raised valuable dollars to prevent strokes and heart attacks in our patients and in our community. On behalf of the board, our volunteers, our patients and our staff, we thank all those participants for being a part of VINO for Vitality and we are already excited looking to next year's event.



Mrs. And Dr. Wayne Key and George Evans at VINO for Vitality

-Dave Baldwin
Executive Director



Doctor's Orders

Education Desk

With changing schedules, added stress and holiday parties, the holiday season can prove challenging for diabetics. Here are a few tips to help you stay on track during the holiday season:

Plan ahead - long lines at stores and extended visits with family and friends can put your regular eating patterns on hold. Keep healthy snacks with you to help keep your blood sugar stable.

De-stress - Stress can send your blood sugar out of control. Take time to rest and de-stress. Sit down and put your feet up (which is good for foot health also).

Load up on the healthy foods and get moving - the holidays do not have to be a time to pack on the pounds. Eat more whole grains and fresh produce and less of the sugary treats to keep your weight in check. Adding a few more minutes on your daily walk will also help.

Protect yourself - increased contact with people (at crowded stores and holiday parties) increases your contact with germs. Remember to get your flu shot and wash your hands frequently.

- Dr. Dan Carl
Volunteer Medical Director



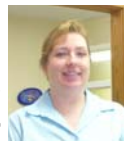
We have some exciting things planned for the end of the year.

October is Patient Information and Education Month. We are filling the calendar with additional classes on nutrition, weight loss, exercise, and smoking cessation. We are also kicking off the American Heart Association's Search Your Heart Program. This is a 9 session program that teaches the individuals to how to lower their risk for heart disease and stroke.

November is American Diabetes Month. Classes will be taught on all aspects of diabetes management. It is also the Great American Smokeout. We are encouraging all smokers to choose this date as their quit date. Join us for smoking cessation classes prior to the 19th so we can help you prepare.

Have any ideas on classes or want to volunteer your time? Give us a call.

-Melanie Barthlow
Education Coordinator



Nutritional tip: Simple changes to your recipes can make a big difference. Don't want to change your traditional holiday recipes? Reduce the amount of calories, fat, cholesterol, and sodium by eating smaller portion sizes. Fill the gap with healthy whole grains, fruits, and vegetables.

Center Faces

More pictures from VINO for Vitality!



Touching hearts. Saving lives.
1200 W. Cary St.
P.O. Box 5039
Richmond, VA 23220
(804) 359-9375 / (804) 359-2635



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Ask the PharmD

Q: Should I get a flu shot?

A: Getting the flu can be problematic for anyone. But for people with diabetes or other chronic health problems, the flu can be especially dangerous. Beyond aches and pains, the flu for diabetics can lead to longer illness, hospitalization or even death. This is because uncontrolled diabetes can make the immune system more vulnerable and make it harder to fight off severe cases of the flu.

Every person with diabetes should talk to their doctor about having a flu shot. Although flu vaccines cannot guarantee 100% protection, they do make it harder to contract the flu for a period of about 6 months. It is also a good idea for people living with diabetes or who spend a lot of time with diabetics receive a flu shot. This provides even more protection against catching the flu as you are not as likely to get the flu if you are not around people with it.

September is the best time for diabetics to get the flu shot because it takes about two weeks to take effect. You should not get the flu shot if you have a cold or other respiratory illness and should wait until you are healthy again before having your flu shot. Do not get a flu shot if you are allergic to eggs. Finally, if you are diabetic, you should also ask your doctor if you need the pneumonia shot as well. Remember, you can not get the flu from the vaccine.

-Dr. Cole Kildow
PharmD.



We are excited about our second annual Holiday Jazz Brunch coming in December. Great jazz and great food makes for a great holiday. So take a break from the usual holiday stresses and join us. Information will be available soon.

Kitchen Care

Home-style turkey soup

Dietitian's tip: Use the turkey leftovers from a holiday meal or family gathering to make a hearty turkey soup. To limit the sodium content, this recipe uses reduced-sodium chicken broth and unsalted canned tomatoes.

Serves 10

Ingredients

1 turkey carcass
4 cups water
8 cups reduced-sodium chicken broth
4 large onions, 1 quartered and 3 chopped
1 cup diced rutabaga or turnip, peeled
1 cup chopped celery
4 carrots, peeled and cut into thin strips
1/4 cup chopped fresh parsley
1/4 teaspoon dried thyme
1 bay leaf
1/2 teaspoon ground black pepper
1/4 cup pearl barley
1 can (14 ounces) unsalted tomatoes
1 can (16 ounces) white beans, rinsed and drained
1/2 pound leftover light turkey meat, cut into bite-size chunks



Directions

In a large stockpot, combine the turkey carcass, water, broth and quartered onion. Bring to a boil over high heat. Reduce heat, cover and simmer for 1 hour.

Strain the mixture, discarding the carcass and onion. Chill the liquid in the refrigerator — overnight, if possible — and skim off the fat from the broth's surface.

Return the liquid to the stockpot. Add the remaining ingredients to the broth mixture. Bring to a simmer and cook, covered, for about 1 hour.

Ladle into individual bowls and serve immediately.