

Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • SPRING 2016

No, I won't eat it!

5 ways to make fruits and veggies more appealing to kids

DO YOUR PICKY eaters turn up their noses at everything from A (apricots) to Z (zucchini)? If so, here are some homespun strategies for transforming young fruit and veggie haters into more adventurous (and healthier) food lovers.

1. Plant seeds for change. Picky eaters may be more enthusiastic about food they've grown themselves. Start them off with tomatoes or green peppers in pots. Clipping herbs from their own window garden might help change your yuck brigade into garnishing gourmets.

2. Organize a field trip. Visit a farmers market, where the farmers themselves can help kids choose the best cantaloupe or the tenderest butter lettuce.

Next stop: an ethnic grocery store. Savor the aromas, and have kids name the shapes and colors of the exotic fruits and veggies.



3. Raise the bar. Kids are more apt to eat something they've created themselves. So set up a family meal bar—a countertop buffet with bowls of sautéed or fresh veggies and all the other fixings for nutritious, build-your-own burritos, stuffed potatoes, salads or sandwiches.

4. Hide in plain view. Slip kale into smoothies, puree peaches to make a sauce for baked chicken or layer spinach into lasagna.

5. Name that food. Try boosting menu appeal through rebranding. Anyone up for snowballs (cauliflower), giant raisins (prunes) or spare spears (asparagus)?

Whip up a new veggie dish with your child's help, and name it after your young chef. The next thing you know, you may get regular requests for Josh's Posh Squash, Avery's Savory Yams or Eileen's Silly Beans.

In the end, the more involved kids are—choosing recipes, shopping, peeling vegetables, stirring pots—the more likely they are to try new foods. And cooking together might help create habits for a lifetime of healthy eating.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; U.S. Department of Agriculture

You said

"The nursing staff has been absolutely amazing through our stay here. They went above and beyond everything to make sure we were comfortable and had everything we needed. Thank you so much!"

— P.M.

Save the date!
Our Spring Fiesta
is on its way.
Mark your calendar
for Friday, April 22.

Manchester Memorial Hospital
210 Marie Langdon Drive
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Hospital news



Manchester Memorial Hospital Goes Red for Women's Heart Health

On February 5, employees, volunteers, physicians and friends at Manchester Memorial Hospital donned their red apparel for the National Wear Red Day in order to raise heart disease awareness in women.

Nationally recognized quality

MEMORIAL HOME HEALTH and Martin County Home

Health (a branch of Memorial Home Health), two of Manchester Memorial Hospital's Kentucky Home Health offices, received 4.5-star ratings on their Quality of Patient Care Star Rating Scorecard by the Centers for Medicare & Medicaid Services (CMS), which is on a 5.0 star scale.

Mingo-Wayne, Preferred Choice (a branch of Mingo-Wayne), and Preferred Home Health, three of Manchester Memorial Hospital's West Virginia Home Health offices, also received 4-star ratings.

This rating was earned by delivering exceptional care in at least five of the following nine outcome areas between October 1, 2014, and September 30, 2015:

- Timely initiation of care
- Drug education on all medications
- Improvement in shortness of breath



- Influenza immunization received for current flu season
- Improvement in ambulation
- Improvement in bed transferring
- Improvement in bathing
- Improvement in pain

interfering with activity

- Acute care hospitalization

The Quality of Patient Care Star Rating is based on OASIS assessments and Medicare claims data. Its intent is to help consumers compare the quality and safety of care they should expect from healthcare providers. There are over 10,500 Medicare-certified agencies, according to the National Association for Home Care & Hospice. Memorial, Martin County, Mingo-Wayne and Preferred Home Health each outperformed the national median on eight of nine outcome measures.

How to reconstruct your recipes

Do your meals need a makeover? Should you start revitalizing your recipes?

Eating healthfully each day may seem like a daunting challenge, but there are many substitutions you can make in recipes to help you lower fat or sodium, decrease sugars, or add vitamins or minerals. Try out some of the simple changes below.



Replace each egg in your recipe with $\frac{1}{4}$ cup of egg substitute. You'll reduce fat and still get a tasty result.

When baking, try substituting $\frac{1}{2}$ cup of applesauce for 1 cup of oil, margarine or butter. This healthy trade-off lowers fat in muffins and quick breads, like banana bread.

Preparing pancakes? Switch out the maple syrup, and serve up some strawberries for a vitamin-packed start to the day.

Using brown rice instead of white is an easy way to boost your daily fiber intake and get some extra potassium and magnesium in your diet.

Iceberg lettuce may be low in calories, but it is also low in nutrients. For a healthier choice in your salad, opt for nutrient-rich greens, such as spinach, watercress or arugula.

Shake off the urge to add salt to your food. Consider healthy substitutions such as balsamic vinegar, herbs or spices.

Leave fruit-flavored yogurts—and their added sugars—on the shelf. Instead reach for a bowl of plain yogurt, and add a sprinkling of nuts and dried fruit.

Sources: Academy of Nutrition and Dietetics; American Institute for Cancer Research; National Institutes of Health



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SIGN UP FOR our *CREATION Health* e-zine. Why? Why not? By signing up for our *CREATION Health* e-zine, you get free tips and recipes for a healthy lifestyle, along with all the latest on the news, events and contests at Manchester Memorial Hospital twice a week. So if you're looking to add a new recipe to your cookbook or want to know the when and where for free health screenings, this is the newsletter for you!

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Make the decision to quit smoking today!

Call our Community Outreach Coordinator at (606) 598-1095 for more information on how you can achieve **FREEDOM from Smoking[®]**!

2016 Course Dates

April 7 - May 19

July 7 - August 18

October 6 - November 17



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Allergy answers

Q What's the difference between a food allergy and a food intolerance?

A A food intolerance affects the digestive system. It can make you feel bad. A food allergy involves the immune system. In some cases, it can be fatal.

Food intolerances occur when digestive organs are unable to break down a certain type of food or drink.

For instance, people with lactose intolerance can't digest the natural sugar

in milk. For them, drinking milk can mean cramps, bloating and diarrhea.

But when people allergic to milk drink even a sip, their body mistakenly identifies a protein in the milk as a harmful invader. Defense chemicals kick in, setting off a cascade of events that can end with an allergic reaction. Symptoms may include:

- Hives, itchy skin or a rash
- Vomiting or diarrhea
- Itchy eyes or a runny nose
- Swelling of the tongue or throat

- Wheezing, sneezing or trouble breathing

Anaphylaxis—the most serious reaction—affects several parts of the body at once. Without immediate treatment, it can be fatal.

The only way to avoid a reaction is to completely avoid the foods that trigger them. Besides milk, common allergy-causing foods include eggs, peanuts, soy, wheat, tree nuts and fish.

Talk to your doctor if you think something in your diet is causing problems.



Spaghetti with turkey sauce

Makes 6 servings.

Ingredients

Nonstick cooking spray

- 1 pound ground turkey
- 1 can (28 ounces) tomatoes, cut up, juice reserved
- 1 cup finely chopped sweet green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- Black pepper, to taste (optional)
- 1 pound spaghetti noodles

Directions

- › Start heating 2 quarts unsalted water so it will be boiling when you are ready to cook the noodles.
- › Coat a large skillet with nonstick spray. Preheat the skillet over high heat. Add turkey, and cook for 5 minutes, until brown. Drain fat.
- › Stir in tomatoes (with juice), green pepper, onion, garlic, oregano and black pepper (if using).
- › Bring to a boil; reduce heat to low; cover; and simmer for 15 minutes, stirring occasionally.
- › Remove cover, and simmer for 15 minutes more.
- › While the sauce simmers, cook the spaghetti according to package directions. Drain the noodles well.
- › Serve sauce over the cooked noodles.

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or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us Please write to:

Patient Satisfaction
 Manchester Memorial Hospital
 210 Marie Langdon Drive
 Manchester, KY 40962
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Nutrition information

Serving size: 1 cup noodles, ¾ cup sauce. Amount per serving: 330 calories, 5g total fat (1g saturated fat), 280mg sodium.

Source: Adapted from National Institutes of Health