



Hospitality

AUTUMN 2019
CLINICAL UPDATE

at St. Barnabas Medical Center

Nutrition is Key to Overall Wellness

Healthy eating is one of the simpler ways to prevent the onset of disease. By making smart food choices, you can help protect yourself from major health risks—including heart disease, hypertension [high blood pressure], type 2 diabetes, osteoporosis, and certain types of cancer.

Every day we hear about new trends and what we should and shouldn't be eating. So how do you know where to start? Here are some basic tried and true nutrition tips to help keep your family healthy and happy:

Protein

Adding more protein to your diet can help you feel fuller, longer. Protein acts as a building block for bones, blood, cartilage, muscles and skin. When picking your protein, look for lean cuts of meat, fish and poultry. If you're a vegetarian, but still want to reap the benefits of protein, try alternate sources such as beans, hummus, lentils, nut butters, soybeans, soy products or quinoa.

Eat Your Veggies

If you're looking for a way to feel satisfied without adding calories to your plate, eat more veggies! Fresh or steamed veggies are your best bet. Consider drizzling your vegetables with extra virgin olive oil and either sautéing or roasting them for a savory, satisfying side.

continued on page 2 →



Take advantage of the exceptional healthcare services offered at St. Barnabas Medical Center.



**ST. BARNABAS
MEDICAL CENTER**

5830 Meridian Rd · Gibsonia, PA 15044
724-443-7231 · StBarnabasMedical.com

Hospitality at St. Barnabas Medical Center

AUTUMN 2019

Nutrition is Key to Overall Wellness [continued]

Be a Meal Planner

Get organized. Plan a week's worth of meals. It will not only give you peace of mind, but you'll know that you're preparing foods that meet your family's nutritional needs. Find your recipes, create a shopping list and do as much preparation as you can ahead of time. While it may seem like a lot of work, you'll see how easy it is and how delicious your meals will taste.

Following these basic tips can help your family stay healthy and happy!

If you want to learn more about nutrition and how to create a healthier diet for you and your family visit the St Barnabas Resource Center online at StBarnabasHealthSystem.com/tag/nutrition-and-fitness. *

Start the school year with a healthy smile!



Call 724-444-4727
to schedule an
appointment today!



ST. BARNABAS DENTAL

Caring is Our Calling



Recognized as a leader in the health care community, Emily Baehr, BNS, RN, Director of Hospice Services at St. Barnabas, has been appointed to serve as a My Hospice Ambassador. She was appointed by the National Hospice and Palliative Care Organization [NHPCO] and its affiliate the Hospice Action Network [HAN].

"My Hospice Ambassadors are proven operators in the field and staunch hospice and palliative care



supporters who have been chosen because of their ability to eloquently articulate the value of hospice and palliative

care. They are committed to providing quality care for patients and families at the end of life," said NHPCO CEO and President Edo Banach.

Emily will work to establish and maintain relationships with Members of Congress to enhance awareness of hospice and palliative care policy care issues and develop a network of hospice and palliative care advocates.

For more information about St. Barnabas Hospice Service, please call 724-444-5541 or visit StBarnabasHealthsystem.com. *

National Hospice and Palliative Care
Organization
Member



Four Reasons to Get a Flu Shot This Year

If you're on the fence about getting a flu shot, here is some information that just might change your mind. Influenza is a very serious illness that can lead to hospitalization and, in serious cases, even death. The Centers for Disease Control and Prevention [CDC] is recommending that everyone, six months of age and older, get vaccinated.

1

Forget the myth.

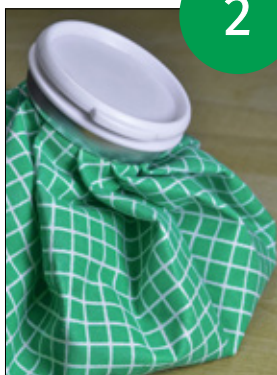
You can't get the flu from a flu shot. Once a person is vaccinated, it will take about two weeks for the antibodies to develop in the body and protect against the flu.



2

Save your sick days.

Although the occasional day off of work is nice, it's never enjoyable when you're home sick with the flu. So protect yourself and your coworkers from the flu and save those paid time off days for something that you actually enjoy!



3

Protect little ones.

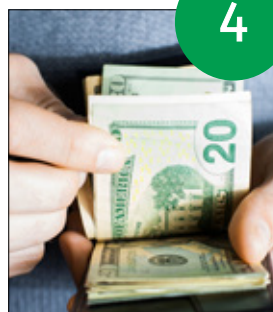
Babies under six months aren't able to get a flu shot, which makes them more susceptible to becoming ill. That's why it's important for parents and those who are around infants to get vaccinated in order to protect these children from getting the flu.



4

It's likely to be FREE.

Most insurance providers cover the cost of flu shots. Before you get a flu shot, check with your insurance provider to be sure that vaccinations are covered under your policy.



If you are in need of getting a flu shot, the St. Barnabas Medical Center is offering vaccinations with no appointments necessary from 8:30 AM to 4:30 PM Monday through Friday. *

Positive results with one-on-one therapy seven days a week!



When you are recovering from a fall, surgery or hospital stay, St. Barnabas is here to help.

Exceptional inpatient rehabilitation and skilled care services are offered at our Gibsonia and Valencia locations. In-home services are available through St. Barnabas Home Care.

- Relief of pain and fatigue
- Improved circulation
- Reduced anxiety and stress
- Muscle relaxation
- Increased range of motion

For more information call 724-444-5587. *



ST. BARNABAS HEALTH SYSTEM

5850 Meridian Road · Gibsonia, PA 15044

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Calendar of Events

SEPT-
DEC
2019

WALK-IN FLU SHOTS
St. Barnabas Medical Center
8:30 AM to 4:30 PM
Monday through Friday

7
OCT

MEMORY CAFÉ
The Arbors III
2:00 PM to 3:30 PM



Save The Date



ST. BARNABAS CHARITIES
EXCLUSIVE EVENT



Saturday, October 19, 2019
IL PIZZAIOLO

701 Warrendale Village Dr
Warrendale, PA 15086

StBarnabasCharities.com
724-625-3770

Presenting Sponsor

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