

A *free* AIKEN REGIONAL MEDICAL CENTERS  
WOMEN'S HEALTH INITIATIVE

ISSUE 2



SUMMER 2018

# QUARTERLY

## HEALTH TIPS

Get fit as  
a family!

## AUGUST IS

Breastfeeding  
Awareness Month

Meet the lactation consultant at the  
**WOMEN'S LIFECARE CENTER!**

Don't miss out! Join *we* today.

  
*we*  
*Women Enlightened*  
FOR BETTER HEALTH



# welcome

*Women Enlightened*  
FOR BETTER HEALTH

Hello, *we* Ladies!

Summer brings with it sunny days, vacation time, beach trips and delicious fruits and vegetables among many other seasonal highlights. With more daylight hours, it's the perfect opportunity to venture outdoors and prioritize your health by being active and eating well. We've compiled ideas to make meeting your fitness goals a fun time for you and your family. When you commit to fitness and healthy eating with loved ones, it becomes a way to bond and enjoy time together!

During August we recognize National Breastfeeding Awareness Month, which aims to educate people about the benefits of breastfeeding for mom and baby. At the Women's LifeCare Center at Aiken Regional Medical Centers, we have a lactation consultant who is able to provide support to mothers who have questions and need guidance about breastfeeding. You'll meet her and learn about the advantages of breastfeeding in this issue.

On our calendar of events we have the ongoing For Babies' Sake support group for parents to share stories and advice, as well as an upcoming Childbirth Preparation class for those planning to give birth at Aiken Regional. And in August, we have another *we* Orientation for women to learn the benefits of becoming a member. For more information about the *we* program and to sign up for our e-newsletter, visit us online at [aikenregional.com/womenenlightened](http://aikenregional.com/womenenlightened).

No matter what stage you are at in life, know that we're here to support your health and wellness objectives. Have a wonderful summer!

Yours in sisterhood,

**TAMALYN TEEMS**  
DIRECTOR OF MARKETING, AIKEN REGIONAL

*“In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful.”*

—ALICE WALKER,  
WRITER AND ACTIVIST



# *we* CALENDAR OF EVENTS

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## FOR BABIES' SAKE

This monthly support group allows you to connect and share experiences with other new moms. Dads are welcome, too! Become part of a friendly and supportive community. Expert guest speakers will be featured every quarter. The group is free to patients and meets the second Tuesday of every month.

*Time:* 1 p.m. – 2 p.m.

*Location:* ARMC, 2nd floor, Women's LifeCare Center Classroom

**Call 803-641-5703 to register.**

## CHILDBIRTH PREPARATION

Just for ARMC patients, this FREE course helps prepare you for the birth of your child.

*Date:* July 10 & 24 (Tuesdays)

*Time:* 6 p.m. – 9 p.m.

*Location:* ARMC, 6th floor, Classrooms A & B

**Call 800-882-7445 to register.**

## **NEW *we* MEMBER ORIENTATION**

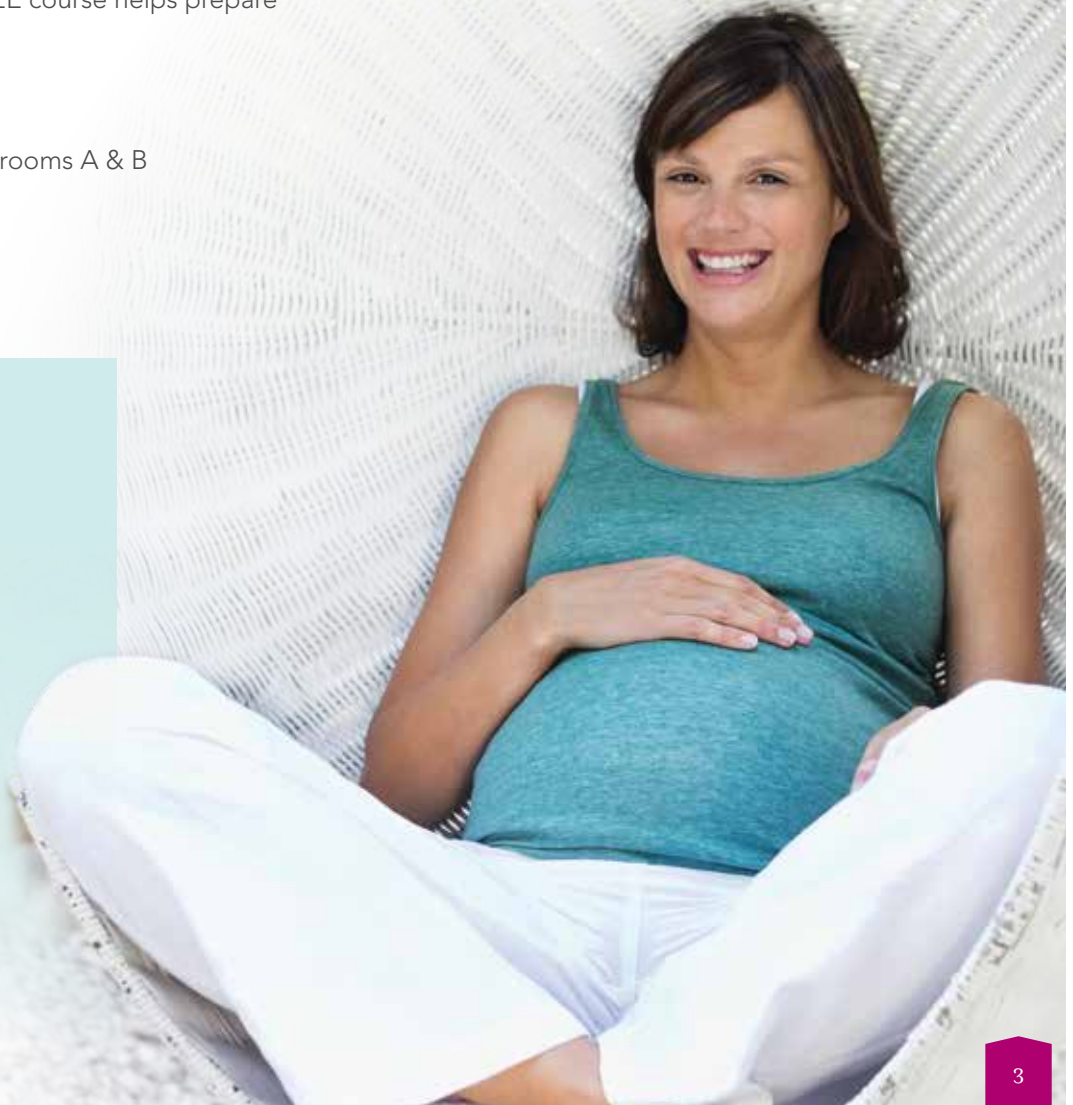
Enjoy lunch and a tour.

*Date:* Thursday, August 2

*Time:* 11 a.m. – 1 p.m.

*Location:* ARMC, 6th floor, Classrooms A & B

**Call 803-641-5886 to register.**





# *Stay fit and healthy* **AS A FAMILY**

Being active as a family makes having a healthy lifestyle less about discipline and more about fun times together! Whether your kids are in high school or still in diapers, you can have family fitness fun with a little effort and creativity. ►





**In honor of Family Health and Fitness Day on June 9, here are some ideas to help you get fit with your family this summer.**

### **Plan a park day**

Round everyone up (pets, too) and head to a park! You can play soccer, ride bikes on a trail, swim at the beach, take the dog for a walk or monkey around on the jungle gym. Choose whatever type of park and activity best suits your family's interests and abilities. Being outside in nature is beneficial for your wellbeing and can be a nice change of pace from your daily routine. Pack water, sunscreen and snacks if you will be outside for a while!

### **Use an activity as a reward**

If your kids bring home good report cards, do all of their chores, finish all of their asparagus at dinner or are brave during their booster shot, treat them to a fun activity like an afternoon at the local pool, a rollerblading outing or a trip to the playground. Rather than using a material reward like food or money, reinforce activity as a treat to teach your kids—and yourself—that fitness is fun.

### **Make healthy food together**

Just like making S'mores in the summer is fun, turn eating healthy into an enjoyable activity! You can prep celery peanut butter logs with raisin "ants" or blend up your own healthy milkshakes with frozen fruits and yogurt for a refreshing

afternoon snack. Prep pizzas at home for a Friday dinner with some vegetable toppings for good measure, or make whole wheat banana pancakes on a lazy Sunday morning. Whatever recipe or snack you choose, by making healthy eating into a fun activity, you'll all want to do it more.

### **Learn something new**

One of the best ways to bond while also being active is to learn something new together. Have you tried kayaking? What about stand-up paddleboarding? Rock climbing? Yoga? Find lessons and go as a family to learn how to do a new activity, which is as stimulating for you physically as it is mentally!

### **Move it rain or shine**

You can still be active even if you're stuck in the house because of rain or a heat wave. Follow an exercise video on TV or the internet that you can do with little ones, or find a hula hoop or jump rope and some space to play indoors. You can play charades, balloon volleyball or put on upbeat music and dance around to break a sweat. Whatever you do, know that even when you can't get out of the house, you can still move it to stay fit together!

**Visit [aikenregional.com/healthyliving](http://aikenregional.com/healthyliving) to find more health tips, fitness ideas and new recipes!**



## **Grilled Turkey Burger**

### **INGREDIENTS**

- 1 Tbsp** olive oil
- 4 cups** white button mushrooms sliced
- 1 onion** chopped
- 3 large** garlic cloves minced
- 1 small** tomato chopped
- 1 slice** of white bread cut into cubes
- 2 eggs**
- 2 Tbsp** chopped fresh basil leaves
- 2 Tbsp** chopped fresh flat-leaf parsley
- 2 lbs** lean ground turkey breast
- 2 Tbsp** fresh lemon juice
- Black pepper** to taste
- 1/8 tsp** salt
- 10 slices reduced-fat** Swiss cheese
- 10 light** whole wheat Kaiser rolls

### **DIRECTIONS**

- 1.** Heat oil over medium heat until hot. Add mushrooms. Cook for 5 minutes.
- 2.** Add onion, garlic, tomato and bread cubes. Cook for 10 minutes.
- 3.** Combine eggs, basil and parsley, and whisk. In a large bowl, combine turkey, egg mixture, mushroom mixture, lemon juice, pepper and salt, and stir.
- 4.** Grill burgers for 6 minutes. Add cheese to each burger, and serve on rolls. Add lettuce, tomato and red onion.

### **NUTRITION FACTS**

**Serving size: 1 burger**

**Per Serving: Calories: 364 Fat: 7g Saturated Fat: 2g Cholesterol: 99mg Sodium: 482mg Carbohydrates: 35g Fiber: 2g Protein: 39g**

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# THE BENEFITS OF *Breastfeeding*

In honor of National Breastfeeding Awareness Month in August, learn about the benefits of breastfeeding and the lactation support services we offer at the Women's LifeCare Center at Aiken Regional Medical Centers.



**Tonya Thomas,  
RN, IBCLC,  
Lactation  
Consultant**

Breastfeeding is as beneficial for moms as it is for their babies. The hormones a woman's body releases while breastfeeding promote emotional bonding for mom and baby, and breastfeeding burns calories to help women lose weight gained during pregnancy. A woman who breastfeeds also lowers her chances of developing breast and ovarian cancer. For babies, breastfeeding reduces the risk of infections, transmits antibodies to their digestive track and promotes brain development\*. In addition to all of these benefits, breast milk is cost-free and has no additives like formula.

Learning about breastfeeding from a professional is valuable because it teaches moms techniques to improve their baby's quality of

feeding and their own comfort. Lactation Consultant Tonya Thomas, RN, IBCLC, educates moms about breastfeeding at the Women's LifeCare Center. Thomas is a board-certified lactation specialist who provides breastfeeding support to moms by teaching breastfeeding education classes, assisting moms with feeding in the hospital, offering outpatient consultations for the community and overseeing breastfeeding support meetings each month.

While breastfeeding may not be right for everyone, Thomas recommends it to anyone who can safely do so because of the many health advantages it offers and the connection it fosters between mother and child. As the only certified lactation consultant at Aiken Regional Medical Centers, Thomas has a busy schedule but finds her work to be rewarding. "Being able to help moms meet their breastfeeding

goals is really great," she says, "Also, helping to initiate that bonding between mom and baby—that is so special."

*\*Source: Office on Women's Health, U.S. Department of Health and Human Services*

## JOIN US! BREASTFEEDING FOR EXPECTANT PARENTS

This free class helps make breastfeeding a positive and successful experience for mother and child. Both parents and support persons may attend.

**Date:** Tuesday, July 10

**Time:** 6 p.m. – 8 p.m.

**Location:** Aiken Regional Medical Centers, 6th floor, Classroom A

**Registration is required.  
Call 800-882-7445.**

# Pearl

## HEALTH INCENTIVE PROGRAM



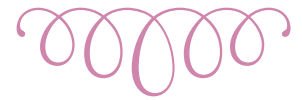
The Pearl Health Incentive Program promotes empowerment and personal responsibility. This program is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers and a complete physicians' listing by specialty. When you become a member of the Pearl Program, you will be given a Pearl Health Incentive Program screening booklet for you to keep track of your health goals. Pearl members will have the opportunity to complete five health services within a year of enrolling in our program.

After completing five of the screenings, tests, physician visits, etc., that are suggested for each health service, document your actions in your screening booklet. Then call the nurse navigator and schedule an appointment to see her with your completed screening booklet. The nurse navigator will give you a certificate of completion, which you may redeem for a genuine pearl.



### PEARL PROGRAM REGISTRATION



NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**.

**Mail to:**

*we* - WOMEN ENLIGHTENED  
FOR BETTER HEALTH

Aiken Regional Medical Centers  
302 University Parkway  
Aiken, SC 29801





BETTER *health.* BETTER *life.*

## Physical Therapy Can Feel *Like a “Miracle”*

Sadie L. Davis felt like she experienced a “miracle” when outpatient physical therapy helped her overcome debilitating back and hip pain.

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*“Hitchcock rehabilitation at Aiken Regional Medical Centers put the joy back in my life.”*

- Sadie L. Davis

HITCHCOCK PHYSICAL, OCCUPATIONAL  
AND SPEECH THERAPY CENTER PATIENT



Hitchcock Physical, Occupational  
and Speech Therapy Center  
at Aiken Regional  
[www.aikenregional.com](http://www.aikenregional.com)

