

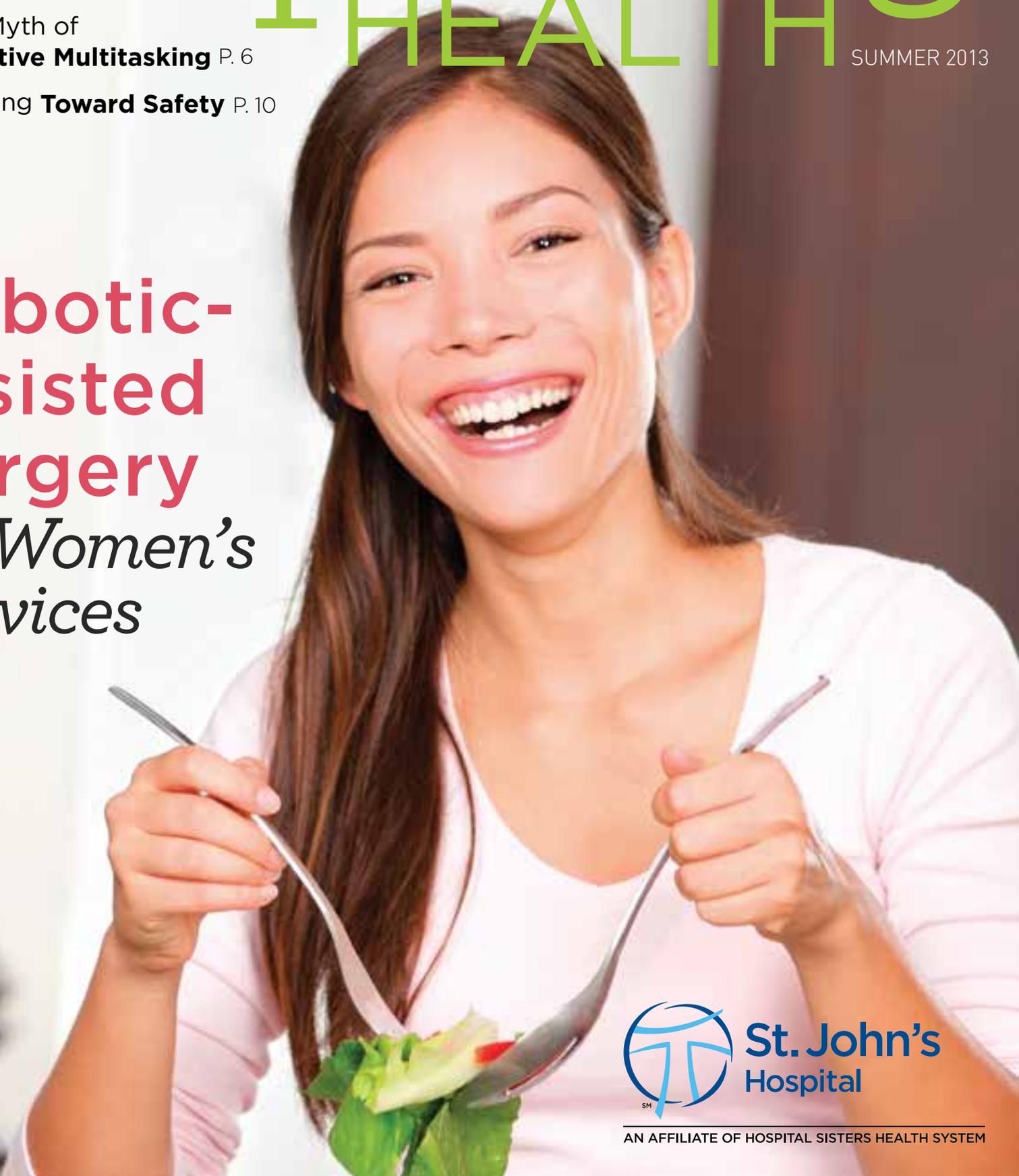
inspiring HEALTH

SUMMER 2013

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P. 12



**St. John's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM



THE MISSION OF
HOSPITAL SISTERS
HEALTH SYSTEM

To reveal
and embody
Christ's
healing love
for all people
through our
high quality
Franciscan
health care
ministry



Focus on **YOUR HEALTH** This Summer

Dear Friends,

The warmth of summer makes many of us want to head outside to enjoy nature's beauty and get active. Summer can also bring dangers, though, including injuries caused by physical activity and the outdoors. In this issue, our goal is to provide you with the information you need to stay safe *and* healthy.

If you love to strap on your running shoes and hit the pavement when the weather warms up, turn to page 10 for a guide to runners' safety. If the pool is more your speed, an article on page 11 provides basic tips for keeping your family safe near water. Also on page 11, we offer an article about lightning strikes and how to stay safe when bad weather strikes.

The mind-body balance is vitally important, but between work, family life, church and errands, we often attempt to do too much. Our feature article on page 6 offers startling facts about multitasking, as well as a guide to enhancing productivity by staying focused.

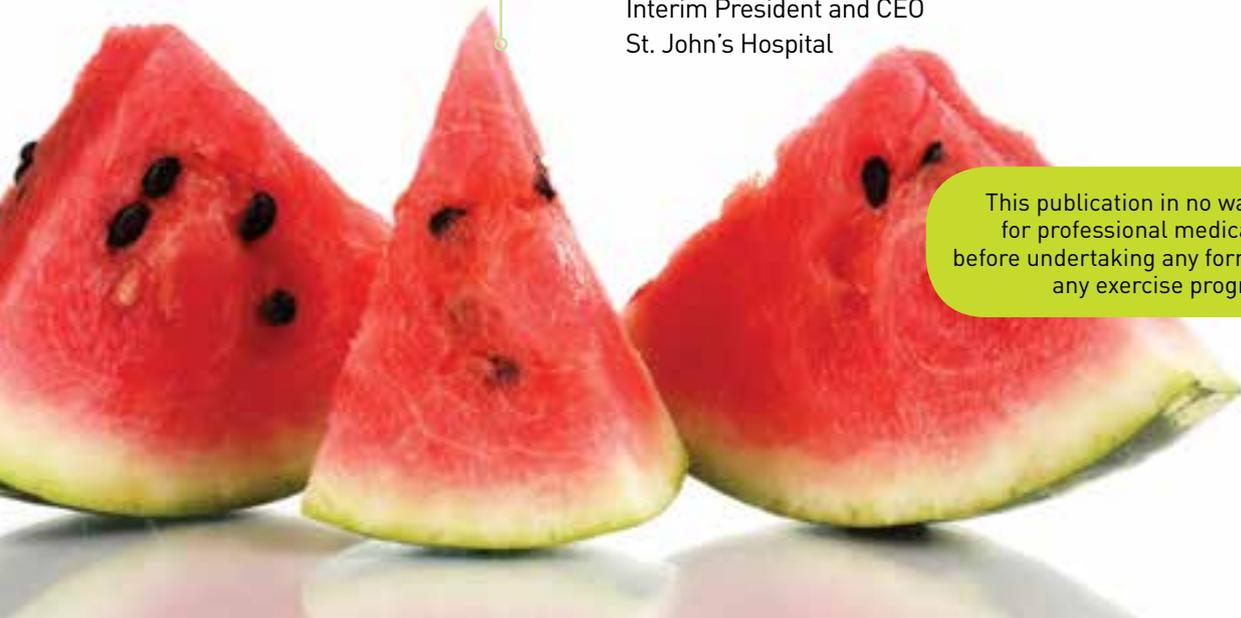
In this issue, you can also read about Mission Outreach (page 3), the calorie count in common summer goodies (page 14) and a recipe for a healthier burger (page 15).

We hope you enjoy this issue of *Inspiring Health*.



Larry Schumacher,
Interim President and CEO
St. John's Hospital

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.





Sorting to Save Lives—and the Planet

VOLUNTEERS WITH HOSPITAL SISTERS MISSION OUTREACH TOUCH THE LIVES OF PEOPLE BEYOND ILLINOIS BY SORTING DONATED MEDICAL SUPPLIES THAT ARE SHIPPED TO HEALTH CARE ORGANIZATIONS THROUGHOUT THE DEVELOPING WORLD.

Founded in Springfield, Ill., in 2002 by the Hospital Sisters of St. Francis, Mission Outreach's work emulates St. Francis of Assisi's service to the poor

and stewardship of the environment. More than 50 hospitals and 18 multispecialty clinics in Illinois and Wisconsin donate medical supplies that might otherwise end up in landfills to Mission Outreach, which sorts and prepares them for distribution around the globe.

"The collection of medical supplies and equipment from hospital partners saves so many things from landfills," says Courtney Adams, public relations and development manager at Mission Outreach. "The vast majority of items we receive are usable, but because of U.S. standards aren't able to be reused in our hospitals. We are able to repurpose those items."

BOXING UP HOPE

Processing the vast amount of supplies Mission Outreach receives would be a nearly impossible task without a dedicated team of volunteers, most of whom organize items as part of a three-step sorting system:

- Volunteers in Chicago sort supplies by expiration date during the preliminary sort. Unexpired items are sent to Springfield.
- During the first sort, volunteers in Springfield group items by category—all bandages into one bucket, for example.
- Volunteers in Springfield and Chicago further subdivide categories in the second sort by, for example, grouping bandages of different sizes.

"We would not be the organization we are without our volunteers," Adams says. "So many volunteers tell me they would love to go to Haiti or Tanzania to help in person, but that's impossible for most of them. Serving with Mission Outreach allows them to make a meaningful impact in the world without leaving their community."

- For information about volunteer opportunities at Mission Outreach's main office in Springfield, call Jill Wright at (217) 525-8843, ext. 195. Volunteers must be at least 13 years old. No medical experience is necessary.



In 2012, Hospital Sisters Mission Outreach volunteers in Springfield and Chicago donated **25,934 HOURS OF SERVICE** to the organization and packed **30,000 boxes** of medical supplies valued at **\$5.8 million**.

A New DEVELOPMENT

ST. JOHN'S HOSPITAL is proud to welcome Beverly Neisler, CFRE, as chief development officer. She joined St. John's in March after serving for 10 years as the vice president for advancement at Sacred Heart-Griffin High School.

In the role of chief development officer, Neisler oversees and manages Friends of St. John's, which is the fundraising arm of all charitable support for St. John's Hospital, St. John's Children's Hospital and St. John's College of Nursing.

"Bev's fund development experience and leadership skills will be indispensable to St. John's as we raise funds in support of new facilities, state-of-the-art technology and leading-edge programs that continue our mission to provide inspired care," says Dave Olejniczak, COO of St. John's.

Neisler has held leadership roles in fundraising for more than 20 years. In addition to her role at SHG, she also has served at Memorial Medical Center and Lincoln Land Community College. She and her husband, Joe, and their two children live in Pawnee.



ST. JOHN'S CHILDREN'S HOSPITAL

INVITES YOU TO BE A
Miracle Maker!

WHETHER YOU'RE SEARCHING for a rewarding and special way to spend your time or looking for ways to renew your commitment to children, the patients and families at St. John's Children's Hospital need you. That's why we want you to be part of the Miracle Makers volunteer group! There are many exciting volunteer opportunities at St. John's Children's Hospital.

Some of the events/activities you can assist with include:

- * Dance Marathon
- * Design/layout
- * Half-marathon relay
- * IHOP Pancake Day
- * Kidsfest
- * Mailings—stuff envelopes, general office assistance, make phone calls to donors
- * A Midsummer's Night Dream
- * Miracle Soiree
- * Phone-a-thon
- * Radiothon
- * Tin Man Regatta
- * Trivia Night



To join or get more information, visit www.cmnspringfield.org.



St. John's Opens New 8th Floor of RENOVATED PATIENT TOWER

ST. JOHN'S HOSPITAL will open the second of four renovated patient floors this summer. The new 8th floor is specially designed to meet the needs of patients with neurological issues.

The new area is a 20-bed neurology unit for general neurology or intermediate-care neurology patients. Two beds are dedicated as our epilepsy monitoring unit, providing 24-hour video electroencephalogram (EEG) capability.

The other 24 beds will be our intermediate care (IMC) unit, providing care to our trauma patients as well as other general and IMC patients.

All newly renovated floors feature spacious, private patient rooms that were designed with the input of clinical staff, patients and families. In addition, office space, lounges and a serenity room are available on each floor. Construction is currently occurring on the 7th floor, and demolition will begin on the 6th floor following the opening of the new neuro unit.

PAVILION ATRIUM CONSTRUCTION TO BEGIN SOON

OVER THE NEXT nine to 10 months, St. John's Hospital will construct a new Pavilion lobby.

Patients and visitors can access the Pavilion from the east via a temporary entrance. This temporary entrance is wheelchair-accessible and has a push-pad auto door opener with an after-hours keypad.

The Mason Street parking ramp will continue to be accessible from the 2nd floor of the Pavilion.



Debunking the Busy Myth

TRUE OR FALSE:
THE MORE YOU
DO, THE MORE
PRODUCTIVE
YOU ARE.

LET US CALL it the Busy Myth—a tendency to equate busyness with productivity. Our fast-paced, hyper-connected world encourages this kind of thinking and doing. But were we designed to live this way?

TRAIN THE BODY, CALM THE MIND

The mind and body are intimately connected. Here are three ways to use this connection to reduce mental stress:

- 1. FLEX.** Physical exercise is an ideal way to channel stress toward a positive end. Being active releases endorphins—the “feel-good” hormones—and minimizes the production of stress hormones such as cortisol.
- 2. STRETCH.** Muscle stretches are important, but don't forget about fascial training. The myofascial net wraps around your body and contains countless nerves, blood vessels and sensory receptors. Releasing this connective tissue can help melt away the physical aches and pains that stress can cause. To stretch the fascia in your arm, place your palm, with fingers pointing down, against a wall and gently push into the wall with your body. Lightly hold this stretch for two minutes.
- 3. RELAX.** Techniques such as Yoga and breathing exercises help many people stay relaxed and focused.

JACK OF ALL TRADES

The supermom who works full-time, keeps her house in perfect order and never forgets to pay a bill; the hardworking husband who clocks 60-hour workweeks and still finds time to take the kids to soccer practice. We admire these kinds of people, who seem to have an effortless ability to multitask. The problem is that most of us are not wired to do many things simultaneously. While nearly all of us engage in multitasking, research shows only 2 percent of us can do it effectively. For the other 98 percent of us, a 2012 *Harvard Business Review* study found that multitasking causes as much as a 40 percent drop in productivity and a 10 percent drop in IQ.

Why is this? In 2008, researchers from Emory University and the University of Minnesota found that different tasks require different mindsets, and people do a better job when they do as much as possible in one mindset before switching gears. People who multitask—which requires switching mindsets quickly and frequently—experience more mental exhaustion than those who do not. This exhaustion can lead to sloppiness, forgetfulness and inefficiency.

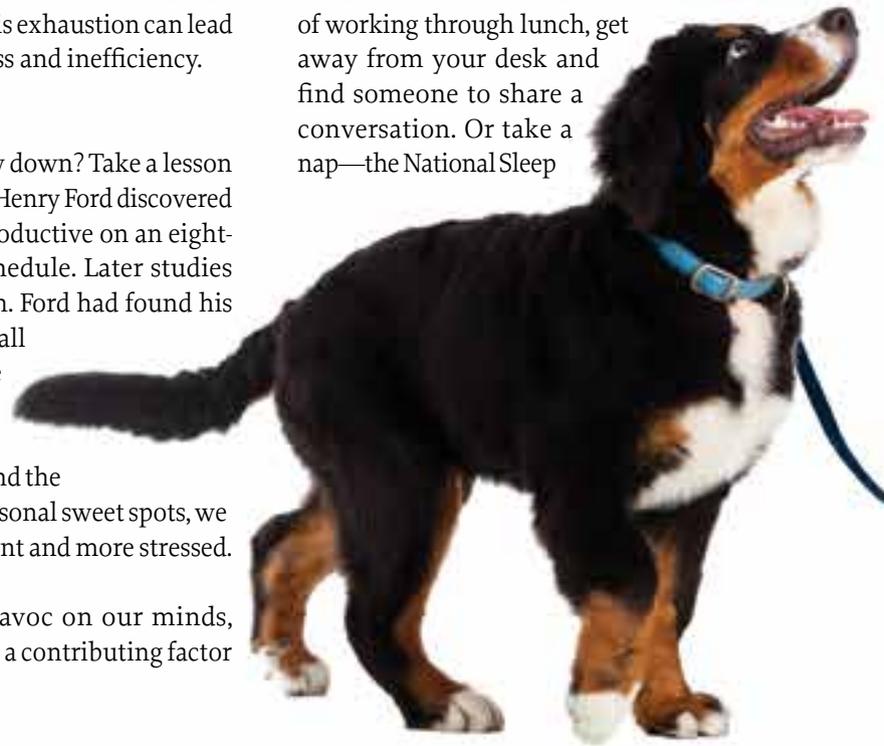
WORK SMART

Still not convinced to slow down? Take a lesson from history. In the 1920s, Henry Ford discovered his workers were most productive on an eight-hour, five-day-a-week schedule. Later studies confirmed his observation. Ford had found his workers' “sweet spot.” We all have this sweet spot—the highest ratio of energy input to productive output. When we go beyond the boundaries of our own personal sweet spots, we start to become less efficient and more stressed.

This stress can wreak havoc on our minds, bodies and spirits. Stress is a contributing factor

to depression, heart disease, sleep disorders and weight gain, just to name a few conditions. The Busy Myth perpetuates this cycle of work and stress. Here are a few ways to break the cycle:

- * **FOCUS ON ONE TASK AT A TIME.** Ever tried folding laundry while cooking dinner? It probably resulted in a kitchen full of smoke. Instead of multitasking, create to-do lists and prioritize tasks. What do you need to get done now? What can wait until later? Doing one thing really well is more rewarding than doing five things poorly.
- * **SCHEDULE REGULAR BREAKS.** Studies show taking regular two-minute breaks increases productivity by more than 11 percent. Breaking for as little as 30 seconds can improve mental acuity by 13 percent. Stand up, stretch, refill your water bottle, or just close your eyes and breathe deeply for a minute.
- * **DON'T LOSE YOUR LUNCH.** Only one in three Americans take a lunch break. Instead of working through lunch, get away from your desk and find someone to share a conversation. Or take a nap—the National Sleep





Foundation reports that naps between 20 and 30 minutes in length help keep you alert and improve both mood and performance.

* **FIND YOUR BALANCE.** A wise preacher once said that enjoying the fruit of your labor is a gift from God. Achieving a healthy work-life balance involves the ability to unplug from your work mindset when you leave work. It may also require getting out of your home environment when household chores become too much.

➤ The Center for Living at St. John's offers classes to help prevent and manage stress. Our team takes care of the mind and body. Visit us at www.prairieheart.com/cfl.

“ An intricate balance exists between the mind, body and spirit. When our natural limitations are disregarded for the sake of productivity, we pay the price of not only physical fatigue, but also emotional frailty. ”

—Kimberly Luz, MS, CHES, director of the St. John's Center for Living





Your Journey

TO A HEALTHY WEIGHT

EVERY YEAR, ABOUT 100,000 AMERICANS CHOOSE BARIATRIC (WEIGHT-LOSS) SURGERY TO HELP THEM LOSE WEIGHT. IS WEIGHT-LOSS SURGERY SOMETHING YOU HAVE BEEN THINKING ABOUT? THE CENTER FOR METABOLIC AND WEIGHT LOSS SURGERY MAY BE ABLE TO HELP.



FOR LISA CRAWFORD,

a registered nurse, bariatric surgery was the tool that helped her lose weight and gain a healthier lifestyle. After years of battling her weight and trying one weight-loss tactic after another (some with success, but she would soon gain it back), Lisa underwent bariatric surgery on March 22, 2011. Since then, Lisa has lost 200 pounds.

"I'm not tired all the time anymore," she says. "And I do things I couldn't before—like go shopping or to the zoo. It's no longer difficult to walk, and even work is easier because I'm in better shape."

MEETING WITH THE SURGEON

Weight-loss surgery candidates have a body mass index (BMI) of 40

or higher, or 35 or higher with at least one obesity-related health problem such as sleep apnea or diabetes. Before surgery, all candidates undergo a screening process to prepare physically and mentally for the transformation.

Sajida Ahad, MD, a board-certified general surgeon and obesity

“Obesity is a complex disease that requires a comprehensive team of specialists to treat it. But the leader of this team must be the patient. Our job is simply to do everything we can to make the team leader—the patient—successful.”

—Sajida Ahad, MD, medical director of the Center for Metabolic and Weight Loss Surgery and assistant professor of general surgery at SIU School of Medicine

medicine specialist, is the medical director of the Center for Metabolic and Weight Loss Surgery at St. John's and assistant professor of general surgery at SIU School of Medicine. Dr. Ahad meets with candidates to discuss which weight-loss surgical option is best for each individual. St. John's offers LAP-BAND® surgery, Roux-en-Y gastric bypass, sleeve gastrectomy and duodenal switch.

During this same initial visit, candidates also meet with each member of the weight-loss team, which includes a patient coordinator, a psychologist, a dietitian and a nurse.

AFTER THE SURGERY

For Lisa, the entire weight-loss surgery process was successful. Not only did her procedure go smoothly without complications, but within weeks her weight also began to decline.

"Dr. Ahad and the staff were very helpful," Lisa explains. "The support group especially was a big part of making me

ourney

T AND ENJOY A HEALTHIER FUTURE. IS
LOSS SURGERY AT ST. JOHN'S HOSPITAL

feel comfortable. They also taught me how to eat again. I learned how to make the needed changes to my diet and control my portions. They also helped me understand the role exercise plays and why it is vital for good health.”

THE ADDED BENEFITS

After successful weight-loss surgery and a sustained change in eating and exercise habits, patients often experience lower cholesterol and blood pressure levels. Conditions such as sleep apnea and Type 2 diabetes may go away completely. Patients look good, but—more importantly—feel good.

“I did this for my health,” Lisa adds. “I’m now off all my blood pressure medications. Before surgery, I couldn’t even walk a block. Now I’m able to do the things I enjoy. If I could advise someone who is a candidate for the surgery and considering it, I would say be sure you’re ready for it and then do it. I wish I had done it 10 years ago.”

➤ What will your weight-loss journey look like? Take the first step by attending our upcoming informational seminar Monday, July 22. To register, call the Center for Metabolic and Weight Loss Surgery at (217) 757-6979.



Weight-loss surgery is about more than losing weight. It can **improve or eliminate** hypertension, high cholesterol, sleep apnea, gastric reflux disease and Type 2 diabetes. Surgical weight loss may also **lower your risk** for heart disease, stroke, pancreatitis, gout, nonalcoholic fatty liver disease and certain cancers.

MEET OUR MEDICAL DIRECTOR

Sajida Ahad, MD, is central Illinois' only fellowship-trained surgeon who is board certified in obesity medicine. Dr. Ahad first encountered bariatric surgery during her surgical residency at the Mayo Clinic in Rochester, Minn., and was impassioned by the high level of motivation she saw in bariatric patients. She says seeing that motivation turn into life-changing results is the most rewarding part of her job.

“When I see former patients outside my clinic, I often don’t recognize them,” Dr. Ahad says. “They look and feel healthier, happier and more energetic. I’m privileged to be a part of that transformation.”

Safe Strides

WARM, SUNNY DAYS MAY MAKE YOU WANT TO TIE ON YOUR RUNNING SHOES. AS YOU SWING INTO YOUR SUMMER STRIDE, BE SURE YOU'RE RUNNING SAFELY.

FOCUS ON FOOTWEAR

Runners can spend hours debating the merits of one shoe over another. Essentially, the choice of running shoes comes down to what feels right, whether it is a minimalist "toe" shoe or a heavier model.

Most runners do not need padded shoes; however, runners weighing more than 225 pounds should consider cushioned soles to reduce impact on their feet.

Work with a professional experienced in fitting running shoes, especially for your first pair.

MYTH BUSTER

“ There is no evidence that running causes osteoarthritis. However, once osteoarthritis develops in your knee or hip, consider cross-training or adding non weight-bearing exercise. ”

—Brett Western, MD, St. John's AthletiCare

Typically, injuries occur when runners are just starting to train, returning from injury, or increasing intensity or duration. Common running injuries include *Achilles tendinitis*, which is pain in the tendon attached at the back of the heel; *stress fractures*, which are tiny cracks in shin and foot bones; and *shin splints*, which are pains along the front or inside of the shin.

All of these injuries are treated with rest and a slow return to running. However, many overuse injuries can be avoided in the first place. Follow these tips:

1. As you increase the intensity of your run, focus on increasing speed *or* distance—not both at the same time. Increase your intensity no more than 10 percent in one week.
2. Use muscle-building exercises, especially those that improve core and hip strength, to enhance stability and protect your legs.
3. Whenever you feel pain, stop running. Rest a few days and start again slowly. If you feel pain again, stop running and consult a medical provider.

STRESSED STRIDES

One source of stress injury to runners who log many miles is an asymmetrical stride caused by road camber—the slight slope on the side of the road. The solution? Try to run on designated running paths or other surfaces without a sloped surface.

To learn more about how the AthletiCare team can prevent and treat running-related injuries, call (217) 744-PLAY (7529).





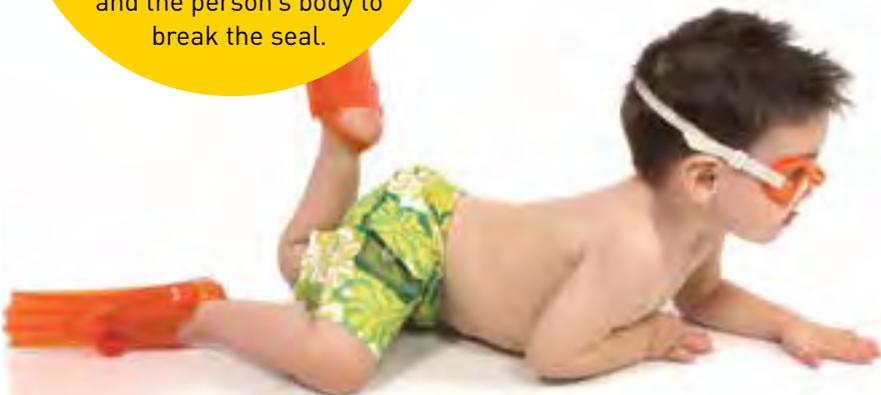
Splish-
splash...
SAFELY!

Sadly, six children in Illinois drowned last summer—the eighth highest number in the United States, according to the Consumer Product Safety Commission. To help your family swim safely this summer, follow these safety tips:

- * **LEARN LIFESAVING SKILLS.** Teach family members cardiopulmonary resuscitation (CPR) and the basics of swimming.
- * **KEEP KIDS WITHIN AN ARM'S LENGTH.** No matter how well your children swim, no child age 10 or younger should swim without close adult supervision. Those older than age 10 should always have a partner when swimming.
- * **PUT UP BARRIERS.** Install isolation fencing with a self-latching gate around in-ground pools. Cover above-ground pools and remove ladders. Empty portable pools after every use.
- * **BE READY TO RESPOND.** Keep a phone by the pool at all times. If you discover a drowning victim, call 911 and begin CPR right away.

POOL DRAIN DANGER

The powerful suction of a pool drain can trap a child. Mark the pump's cut-off switch. If someone becomes trapped, stop the pump immediately. Don't pull the person away—pry a hand between the drain and the person's body to break the seal.



A Shocking Situation

No Charge!

Do not be afraid to help a lightning strike victim—contrary to popular belief, the person's body does not hold an electrical charge.

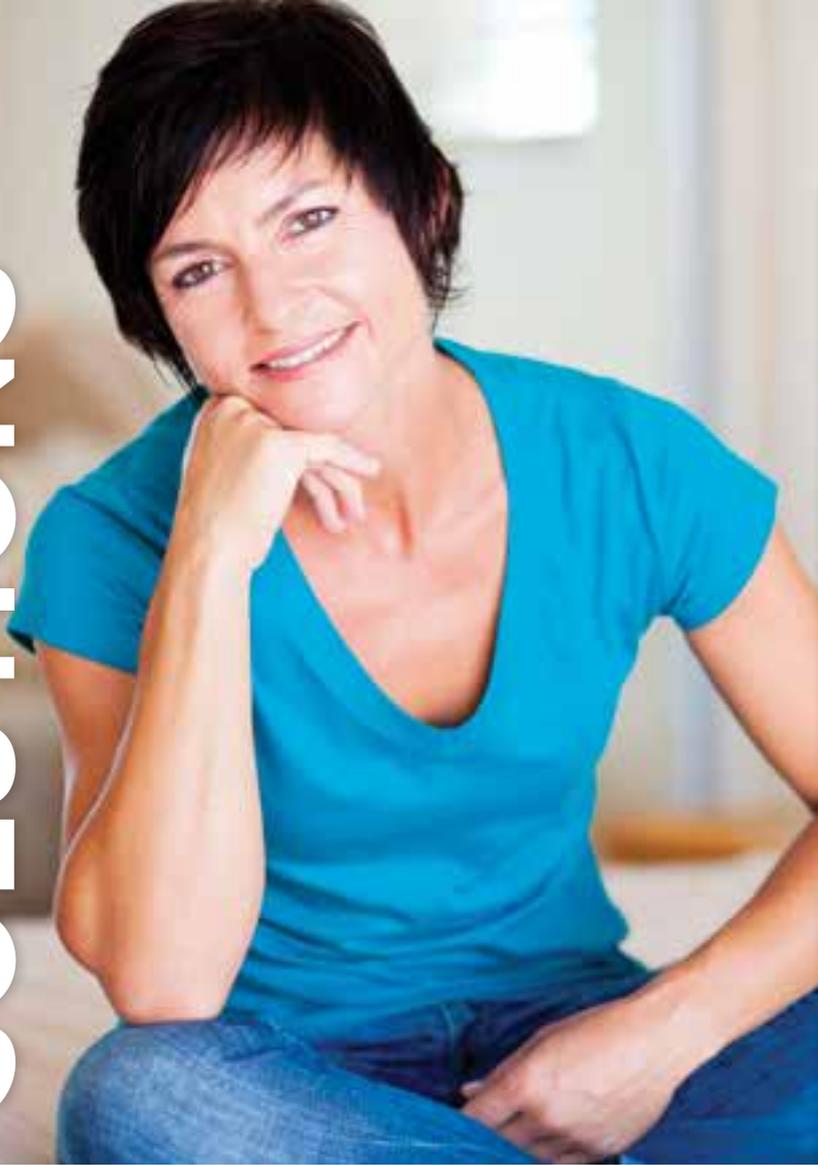
Call 911 immediately. If the person has no pulse or is not breathing, start cardiopulmonary resuscitation (CPR) right away. Early assistance can help save a victim's life.

The flat terrain of Illinois offers spectacular views of lightning—unfortunately, it may also increase your chances of being struck. According to the Illinois Emergency Management Agency (IEMA), of the 23 million cloud-to-ground lightning strikes in the United States every year, nearly 800,000 take place in Illinois.

The IEMA warns that most lightning fatalities and injuries happen at outdoor events such as baseball games and golf outings. To avoid being struck by lightning during storms:

- Promptly take shelter in a building or car, not under trees.
- Stay away from anything wet or metal, including structures and fences.
- Minimize contact with the ground by squatting low or standing on the balls of your feet. Do not lie flat.

ADVANCED SURGICAL SOLUTIONS



MY DOCTOR, THE ROBOT?

Though the term “robotic surgery” suggests visions of mechanical men making medical decisions, the da Vinci® Surgical System is entirely at the surgeon’s command.

Seated at a console, the surgeon remotely operates the system’s four robotic arms using a small set of master controls. One arm is equipped with a highly sensitive camera, while the others are outfitted with surgical instruments, such as a knife, suturing needle or scissors. The surgeon guides the instruments into a patient’s body through small incisions. The camera produces a magnified three-dimensional image, which the surgeon views on a high-definition monitor.

The robotic equipment offers a number of advantages over conventional open or laparoscopic surgery. The camera provides realistic depth perception and a wide field of view, making it easier to take a good look at tiny details. The robotic instruments are jointed and flexible like a surgeon’s hands and wrists, making it easier to manipulate tissues and perform delicate, precise movements.

AFTER NINE YEARS AND MORE THAN 1,000 SURGICAL PROCEDURES, THE DA VINCI® SURGICAL SYSTEM CONTINUES TO HELP PATIENTS AT ST. JOHN’S HOSPITAL EXPERIENCE FASTER RECOVERY TIMES AND MINIMAL SCARRING. THESE BENEFITS ARE ESPECIALLY HELPFUL FOR WOMEN UNDERGOING UROGYNECOLOGICAL SURGERY.

SIU SCHOOL OF MEDICINE physicians at St. John’s, including Erica Nelson, MD; Sohail Siddique, MD; Laurent Brard, MD, PhD; and J. Ricardo Loret de Mola, MD, use robotic-assisted surgery for women’s services.

“Robotic-assisted surgery offers numerous benefits for a procedure such as a complex hysterectomy,” Dr. Nelson says. “They include a smaller abdominal incision, faster recovery, shorter hospital stay, and less pain medication and other medication requirements.”

Dr. Siddique uses the da Vinci system for

urogynecology. Dr. Siddique says that in addition to the advantage of a smaller, less painful incision, the laparoscopic procedure takes the same amount of time as an open procedure.

Women with gynecologic cancers also benefit from robotic-assisted surgery, according to Dr. Brard. For complex procedures or those that require organ removal, robotic-assisted surgery offers less bleeding and scarring, reduced pain, shorter hospital stay, quicker recovery, and earlier return to normal activity.

Dr. Loret de Mola employs robotic-assisted

surgery to preserve fertility and treat endometriosis. The da Vinci provides improved precision to dissect all the reproductive organs in order to perform complex procedures.

“The visualization [enlargement of images and 3-D] and control allow me to operate on delicate organs such as the ovaries and fallopian tubes while minimizing trauma and improving outcomes,” Dr. Loret de Mola says.

➤ To learn more about St. John’s robotic surgery capabilities for women’s services, visit www.st-johns.org/davinci.



Buffy Lael, RN, with Day Hospital patient Krista Zindel

PEDIATRIC DAY HOSPITAL

ST. JOHN'S CHILDREN'S Hospital (SJCH) offers a Pediatric Day Hospital for patients who need sedation team services and infusion services such as blood products, chemotherapy, IV medications, central line draws and hydration therapy.

Using a family-centered approach to care for patients, a team of pediatric registered nurses, specially trained in sedation and critical care, works in collaboration with child life specialists to provide compassionate care. Centralized scheduling also works to accommodate parents' work schedules to be more patient-family friendly.

SJCH's Pediatric Day Hospital nurse Buffy Lael, RN, says the Day Hospital is necessary for patient comfort and convenience, as well as to avoid using inpatient beds for outpatient care. The patient and family are able to meet multiple medical needs in one visit. And because pediatric subspecialists and physicians are located on the same floor, the Pediatric Day Hospital can provide fast and effective coordinated care.

"We see the same patients regularly," says Lael. "As a result, we can really build relationships with the patients and families we serve."

AthletiCare® Celebrates 15 Years

LAUNCHED IN 1998 as the sports medicine program of St. John's Hospital, AthletiCare provides area athletes and active individuals with injury care as well as sport-specific training, fitness and performance enhancement, injury prevention, and rehabilitation services—all in the same facility. AthletiCare continues to lead the way with the most comprehensive sports medicine services available and has expanded since its inception with four new locations to serve the local and regional area.

Our team of sports medicine specialists includes orthopaedic and podiatric surgeons, family practice sports medicine specialists, podiatrists, certified and licensed athletic trainers, physical therapists, occupational therapists, and an exercise specialist. These individuals provide the most advanced training, prevention and rehabilitation programs available, including:

- * aquatic therapy
- * athletic training
- * occupational and hand therapy
- * performance enhancement
- * physical therapy
- * physician services
- * specialty services (including edema management, vestibular dysfunction, McKenzie spine therapy, pelvic floor dysfunction and management of incontinence)

➤ AthletiCare has expanded to offer services in locations convenient for the needs of the community and can now be found in Decatur, Litchfield, Rochester, on the campus of Sacred Heart-Griffin High School, and on South 6th Street (next to FitClub South). To learn more, call (217) 744-7529 (PLAY) or visit www.AthletiCare.com.





HOW MANY Calories Are in That?

SUMMER IS A TIME TO RELAX WITH FAMILY AND FRIENDS. WHILE YOU CATCH UP AT A WEEKEND BARBECUE OR LOUNGE BY THE POOL, THE LAST THING ON YOUR MIND MIGHT BE HOW MANY CALORIES ARE IN THAT YUMMY SNACK OR COOL BEVERAGE.

Test your knowledge to see if you can determine which summertime favorite is better for your health.

- **FUNNEL CAKE OR COTTON CANDY?** Amusement park treats are steeped in calories. Cotton candy is the lighter choice with 220 calories. That funnel cake has 760 calories—and that's not counting the whipped cream or strawberry glaze. If you are chowing down on either, consider splitting with a friend or family member.
- **HOT DOG OR CHEESEBURGER?** If you are grilling out this summer, consider this: A cheeseburger with all the fixings is 543 calories, while a simple hot dog with ketchup and mustard is 310 calories. If you foresee lots of cookouts in your future, be smart, substituting lean, white meat-only ground turkey or lean ground beef. Consider offering skinless chicken breasts, lean pork or fish for additional options. Limit intake of hot dogs due to fat and salt content. Grab whole-wheat buns before heading to the picnic or campsite.
- **KETTLECORN OR CURLY FRIES?** Both offer savory, crunchy delight, but the sweeter option here—kettlecorn—is actually easier on your waistline, clocking in at 120 calories. Curly fries are much heavier, racking up 424 calories. Craving fries? Slice potatoes thinly, sprinkle with olive oil and herbs of your choice, then bake in the oven until crispy.
- **LEMONADE OR FRUIT-INFUSED WATER?** Both are refreshing on a hot summer day, but a 13.5-ounce bottle of lemonade has 202 calories, whereas a pitcher of water with fresh fruit slices or water with a sugar-free drink mix could have fewer than 100. If you're making lemonade at home, skip the sugar and use a sugar-free sweetener such as stevia.
- **POPCORN OR RED LICORICE?** Everyone loves to head to the movies. Just stay away from the super-sized popcorn pail—you could be consuming more than 1,000 calories. Share a pack of red licorice instead. Four pieces have only 160 calories. Still want the savory crunch of popcorn? Split a small container of popcorn without butter.

* Please note: calorie counts are approximate.

Grill a Better **BURGER**

Get creative with toppings, too—a dollop of guacamole or grilled mushrooms are great starting points. Serve alongside a cold bean or cucumber salad dressed in vinaigrette instead of mayo-based cole slaw or potato salad.

INGREDIENTS

- 3 pounds ground turkey
- ¼ cup seasoned breadcrumbs
- 2 egg whites, lightly beaten
- ¼ cup chopped fresh parsley
- 1 clove garlic, peeled and minced
- ¼ teaspoon black pepper

DIRECTIONS

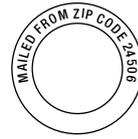
1. Mix all ingredients evenly in a large bowl. Portion meat mixture into 12 patties.
2. Grill or prepare on the stove top, cooking over medium heat. Use a meat thermometer to make sure the burgers reach 180 degrees.

BURGERS ARE A MAINSTAY OF PICNICS, BARBECUES AND COOKOUTS FROM EARLY SPRING TO LATE SUMMER. TRY THESE TASTY TURKEY BURGERS WITHOUT THE EXTRA SIDE OF GUILT. SERVE WITH WHOLE-GRAIN BUNS OR EVEN TRY PITA BREAD.

NUTRITIONAL INFORMATION (PER BURGER PATTY)

Servings:	12	Carbohydrates:	1.9g
Calories:	280	Protein:	32g
Total fat:	15.1g	<i>Source: allrecipes.com</i>	
Cholesterol:	116mg		
Sodium:	175g		





“ We want participants in Center for Living retreats at Chiara Center to learn to better care for themselves in a busy world. Health is about more than physical fitness—it’s about mental, spiritual and social wellness. Individuals may not have control over all of their circumstances, but they can control how they respond to them. ”

—Kimberly Luz, MS, CHES, director of community outreach at St. John’s Hospital

RETREAT TO SERENITY

YOU LONG TO UNLOCK THE BEST VERSION OF YOURSELF—WHETHER IT IS BECOMING MORE RESILIENT AND POSITIVE-THINKING OR RAISING YOUR SPIRITUAL AWARENESS. WHY NOT GET AWAY FOR A DAY TO FOCUS YOUR MIND, BODY AND SPIRIT ON YOUR GOALS?

Each year, typically in spring and fall, the Center for Living at Prairie Heart Institute at St. John’s Hospital offers two themed retreats at Chiara Center, a Springfield spiritual haven opened six years ago by the Hospital Sisters of St. Francis. The tranquil grounds and inspiring architecture of Chiara Center provide the perfect backdrop for quiet contemplation, relaxation and learning skills that help participants improve their health and quality of life by understanding the connection between mind and body.

“Some of the retreat activities include gentle yoga, written exercises, and partner and group discussions,” says Bridget Rolens, MA,

BSOT, mind-body skills instructor at the Center for Living and primary facilitator of the Center’s retreats. “Every retreat includes a long lunch break during which participants are free to wander the grounds or visit some of Chiara Center’s beautiful buildings. Our complex world of work, family and community gives us little time for ‘being’—simply pausing, relaxing and focusing on the spirit. Retreats are times for doing just that.”

Feeling renewed and refocused, you will return to everyday life with a fresh perspective—and, hopefully, newfound appreciation for its many blessings.

➤ To register for an upcoming Center for Living retreat at Chiara Center, visit www.prairieheart.com/cfl or call (217) 544-LIVE (5483). Retreat dates are July 20 and October 5.

