



# One Nineteen

Physicians • Diagnostics • Physical Therapy • Fitness • Spa • Wellness



### BREAKFAST WITH THE DOC *Understanding Hypertension* April 20, 8:00 a.m.–9:00 a.m.

Please join family practice physician Neil Meadows, M.D., from Birmingham Internal Medicine Associates as he explains the physiology of blood pressure and what happens to the heart when each number is elevated. Enjoy breakfast with Dr. Meadows as he discusses the importance of getting control of your blood pressure. Free program. Blood pressure screenings will be available. Call 408-6550 to register.

Fitness One Nineteen  
**April  
Membership Special**  
First Month's Dues Free  
plus 1/2 Off  
Assessment Fee

**Fitness One Nineteen  
Hours of Operation**  
**Monday–Friday**  
5:00 a.m.–9:30 p.m.  
**Saturday**  
7:00 a.m.–6:00 p.m.  
**Sunday**  
1:00 p.m.–5:00 p.m.

Note: The pool, sauna, and steam room close 15 minutes before the facility closing times.



May 1, 2010  
9:00 a.m.–1:00 p.m.

Join us as St. Vincent's One Nineteen brings the great care we give our patients into the community at our third annual Health & Wellness Festival.

#### Free Health Screenings

- Cholesterol
- Bone Density
- Glucose (Blood Sugar)
- Vision
- Blood Pressure and Heart Rate
- Body Fat
- Grip Strength
- Body Mass Index (BMI)
- Foot Step Pressure

#### Other Events

- Hannah Home Shelby One-Mile Fun Run
- Healthy Cooking Demonstrations
- Meet the Doctors
- Zumba and Spin Class Demos
- \$99 Mammograms
- **Fun For the Kids**
  - Moonwalk
  - Playground
  - Face Painting

### Pilates Reformer: Learn More with Laura

Laura Pickens joined St. Vincent's One Nineteen in January 2007. A Certified RYT 200 Yoga-Fit Instructor, Laura teaches group classes and provides private sessions in Yoga, Pilates on the mat, and now the Pilates Reformer.

Teaching from the heart, she invites you to join her and explore the benefits of Pilates Reformer, and answers some commonly-asked questions.

#### What exactly is Pilates?

Pilates is an exercise regimen which takes a balanced approach so that no muscle group is overworked and the body works efficiently. The Pilates Reformer exercises

utilize special equipment. The focus is on *quality of movement rather than quantity*, which makes one feel invigorated rather than exhausted after a session. The Reformer is the next step, allowing the individual who has been on the mat to expand the range of motion, to broaden and increase flexibility, and to enhance balance and posture.

#### What are some potential benefits of Pilates Reformer?

- Improve strength, flexibility, and balance
- Tone and build long, lean muscles without bulk
- Restore postural alignment



- Create a stronger, more flexible spine

#### What age groups can benefit from Pilates?

Laura encourages all ages, fitness levels, and body conditions to try Pilates. The method is like a bridge between physical fitness and physical therapy, and can be adapted, modified, and customized for individual needs.

#### What's better, mat or

*continued on page 2*



**Prenatal Yoga  
Beginning April 5  
Mondays and Wednesdays  
11:00 a.m. to 12:00 noon**

A time to connect with your baby — safe stretching and strength building yoga exercises to increase energy and stamina. Learn calming relaxation techniques helpful in labor and delivery. There are modifications for each trimester. Doctor's permission required. Bring two bed pillows to class. \$40 fee. Call Dial-A-Nurse at 939-7878 to register.

**Spa One Nineteen  
Fitness Member  
Specials**

**10% Off All Massages**

**Darphin  
Wrinkle Corrective  
Eye Contour Cream  
\$75**

*Offers valid through  
April 30, 2010.*

**Welcome,  
Connie Johnson**

Connie is our new medical esthetician/laser tech. Connie joins us after four years with Birmingham Plastic Surgery Center.

During April — 20% off of all medi-spa services: IPL treatments for laser hair removal, broken capillaries, and hyper pigmentation.

Call Spa One Nineteen at 408-6510 to schedule an appointment.



**LASIK – a great resolution for 2010**

We are thrilled to have Doctors Price Kloess and Andrew Velazquez of the Alabama Vision Center at St. Vincent's One Nineteen Health and Wellness Center. They have the largest LASIK practice in our area and bring comprehensive medical and surgical eye care to our facility.

**Dr. Kloess, is there an ideal time to get LASIK?**

This is probably our busiest "LASIK season". Spring is just around the corner and summer is not far behind. As wonderful as spring is, for people with seasonal eye allergies, it's that dreaded time when they cannot wear contacts. Speaking of summer, imagine how nice it would be to enjoy summer activities without the need for glasses and contacts. This really motivates many people to get LASIK this time of year.

**Please describe the LASIK procedure.**

LASIK is the procedure of choice for reducing or eliminating glasses and contacts. It is a brief, painless outpatient procedure. Mild sedation is given beforehand. Amazingly, most people see well enough to drive a car the next day and return to normal activities.

**I understand there are some new developments in the field of vision correction that takes**

**Pilates - continued**

**equipment Pilates exercises?**

It's not a matter of one being better than another. Great results can be achieved through both Pilates on the mat as well as the Reformer. Laura suggests incorporating both in your workout.

**How do I get started on a Pilates exercise program?**

Try a Pilates on the mat group class; learn the principles behind the discipline. Once you have a better handle on

**the fear out of LASIK. Can you address these?**

*iLASIK* (an all-laser, blade-free technique) is the most advanced technology today and has removed the LASIK "fear factor". As a former flight surgeon, I was not surprised when NASA approved it for astronauts and fighter pilots due to its safety and precision.

**Is LASIK affordable?**

While most people use a credit card or write a check for LASIK, we offer finance plans with payments as low as a few dollars a day that make it affordable for virtually everyone. Vision plans such as VSP, EyeMed, and VCP offer a significant LASIK discount. A smart way to pay for LASIK is through a Medical Savings Account.

**What if I'm not a candidate for LASIK but don't want to wear glasses or contacts?**

We offer several excellent alternatives to LASIK such as Visian Implantable Contact Lenses, Refractive Lens Exchange with bifocal implants (ReSTOR), or procedures similar to LASIK such as PRK or Advanced Surface Ablation. During a complimentary consultation we can determine the best procedure for a given individual. Our website has lots of good information as well: [www.alabamavisioncenter.com](http://www.alabamavisioncenter.com).

**How should I choose my LASIK surgeon?**

Most experts agree that LASIK should be performed by a cornea specialist. Dr. Velazquez and I are Cornea Specialists and have performed thousands of cases. *We were the first to offer iLASIK and are the only center where every iLASIK is performed by a board-certified, fellowship-trained Cornea Specialist.*

**What is the next step if I am interested in LASIK?**

We offer free consultations for those seeking vision correction surgery. Each person is examined by the doctor. Call **205-991-2021** to schedule an appointment. We are also having LASIK seminars at St. Vincent's One Nineteen on Thursday, May 6 at 12:00 noon and 6:00 pm. Call our office for seminar reservations.

**Tired of glasses and contacts?**

**Consider LASIK**

**For a limited time, we are offering exclusive discounts to all St. Vincent's One Nineteen members.**

Call **205-991-2021** to schedule a free consultation with our doctors.

integrating the principles, you may book a private or semi-private Reformer workout with Laura.

**Why are personal training sessions with a Pilates instructor so expensive?**

Pilates is all about body alignment, balance, and flexibility. It is important for someone with a trained eye to assist learners with positioning. Qualified instructors spend hundreds of hours studying the technique,

philosophy, and theory behind each movement. Such instruction represents a considerable investment of time and money. Of course, there is the equipment; this too represents a significant investment by One Nineteen to provide the best.

You are invited to try a one-on-one session and purchase discounted packages. Laura will be happy to explain the options and schedule your first class; call 408-6544.



**CUISINE AT ONE NINETEEN**  
**April 22**

**6:30 p.m. – 8:00 p.m.**

Join us at St. Vincent's One Nineteen as Executive Chef Gray Byrum guides you through the preparation of a wonderful meal from the Greek Islands. The meal will consist of heart healthy foods typical of the popular Mediterranean Cuisine. Bring a bottle of wine and a friend and enjoy the presentation and the tasting. \$25 per person. Call for reservations at 408-6550.

*Somerby at St. Vincent's One Nineteen*

**Dine and Discover**  
**April 8 or April 22**

**11:30 a.m. to 1:30 p.m.**

Join us for a seminar at Somerby at St. Vincent's One Nineteen — the area's premier active adult retirement community — and a taste of our lifestyle. Bring a friend or family member. Space is limited: RSVP to 745-4608.



**Urgent Care Walk-Ins Accepted**

Neil Meadows, M.D., Board Certified Family Practice physician sees urgent care walk-in patients in Suite 300:

**Mondays through Fridays**  
**8:30 a.m. to 11:00 a.m.,**  
**and 2:00 p.m. to 3:30 p.m.**

**For more information or to schedule an appointment, call 995-9909.**

**POETRY POTLUCK**

**April 8**

**6:00 p.m. –**

**7:00 p.m.**

To celebrate National Poetry Month, Kathleen Thompson presents this free program. Besides being passionate about writing prose and poetry, Thompson is also a "foodie." Her chapbook, *The Nights, The Days*, contains dream poems with accompanying journal entries, reflecting a decade of cooking and entertaining in Savannah. If you have a favorite poem that names a food, bring it to share along with a munchie which contains that particular food. (Example: Thompson's poem *Sisters* describes three women cutting corn to freeze. She will bring a corn/black bean salsa.) Visit her blog to see some of her food experiences: [www.wordspinningbykathleen.blogspot.com](http://www.wordspinningbykathleen.blogspot.com). Wine will be provided. Register by calling 408-6550.



**SCALE BACK ALABAMA WEIGH OUT WEEK**

**April 12 – 16**

**7:00 a.m. – 8:00 p.m.**

Scale Back participants: please weigh out this week. For even more success, try one of several weight loss programs available. For more information, call 408-6550.

**OPTIFAST INFORMATION SESSION**

**April 20, 6:00 p.m. – 7:00 p.m.**

Free information session. Registration suggested. Call 408-6550.

**COLLEGE PLANNING RELIEF WORKSHOP**

**April 27 at 6:00 p.m.**

The cost of a college education has skyrocketed, and as a result, many parents

**News Bits**

with college-bound students feel completely overwhelmed. Russ Morgan, Certified Financial Planner, will help you learn to make college more affordable, and help you understand the total cost of college and how you can take the steps to maximize aid qualification. He will dispel myths surrounding the public versus private schools and offer best practices on school selection. Free. Call 408-6550 to register.

**PALETTES, PAINT AND PINOT**

**April 29, 6:00 p.m. – 8:00 p.m.**

Bring a bottle of wine and a friend to this fun class. Artist Meredith Kilgore will lead the group in a work of art that will bring out your creative side. All painting materials included. Please bring a shirt to use as a smock. \$25 per person. Call 408-6550 to register.

**ONE NINETEEN KID FIT CLUB**

One Nineteen Kid Fit Club offers organized group activities and programs that make fitness fun while teaching the concepts of health and wellness. Classes focus on motor-skill development,

recreational games, strength, flexibility, endurance, and education.

Children of members can plug into One Nineteen Kid Fit Club through a family membership or community enrollment. This program is offered to non-members as well for \$5 per child per hour. Tiffany Harris, Fitness Specialist, will lead this class on Mondays and Wednesdays from 4:00 p.m. – 7:30 p.m. and Fridays in the pool from 4:00 p.m. – 6:00 p.m.

**CAMP ONE NINETEEN FOR SUMMER 2010**

We will again offer summer camp for children ages 5–12 at our state-of-the-art fitness facility.

For details, call Kelly Reeves or Mark Lucas at 408-6530.

**KIDS' COOKING CAMP THIS SUMMER**

At our Kid's Cooking Camp your child will learn basic cooking skills for a lifetime of healthy eating.

For dates, times, and details, call 408-6550.

**The Biggest Loser - Progress Report**

The One Nineteen Biggest Loser program is just past the half-way point. Our contestants have shown great determination and consistency. Our leader at the half-way point has lost more than 7% of his total body weight as well as 6% body fat.

So far the teams have completed the Brenda Ladun 8k and an indoor triathlon. Participants have shown great strides in strength and endurance. All of the participants have lost inches and dropped several pant/dress sizes. The contestants are feeling more and more confident in their daily lives. The good habits that have been adopted by the participants are having a positive effect on their families, especially those with children.

We are looking forward to wrapping up this session strong and are very excited about the summer session starting in June, with interviews beginning in April. For more information call 408-6544 or e-mail [119biggestloser@gmail.com](mailto:119biggestloser@gmail.com).





# One Nineteen

Care you can believe in

7191 Cahaba Valley Road  
Birmingham, AL 35242  
408-6600  
onenineteen.com

## Here To Serve You

### Marc Bernier

Physical Therapy Manager

### Jeremy Bullock

Fitness General Manager

### Tracy Cherry

Spa Supervisor

### Beth Cobb

### Alicia King

Membership Representatives

### Mandy Cox

Fitness Supervisor

### Phil Holmes

Wellness Supervisor

### Toni King

Patient Access Supervisor

### Mark Lucas

Aquatics/Recreation Supervisor

### Steven Sims

Director of Clinical Services

## St. Vincent's One Nineteen Physician Specialties

Asthma and Allergy

Cardiology

Dermatology

ENT

Family Practice

Gastroenterology

General Surgery

Internal Medicine

Neurology

Obstetrics/Gynecology

Ophthalmology

Orthopedics

Pain Management

Plastic Surgery

Vascular and Vein

## April 2010 Events Calendar

Focus: Celebrate Earth Day by Turning Off the TV, Reading Poetry, and Becoming Fit

### PREPARING FOR PARENTHOOD Wednesdays, March 31-April 21 6:00 p.m.

Whether this is your first pregnancy or you want a refresher course, this four-class series includes topics such as labor and delivery, options for pain management, C-section/postpartum care, tour of Birth Suites, and newborn care. For information and registration call Dial-a-Nurse at 939-7878. Class size limited. Cost \$60 per couple.

### MOMMY & ME WATER CLASS Tuesdays and Thursdays April 6-29 9:30 a.m.-10:00 a.m.

An introductory class for children 6 months to 3 years and their parents. The instructor will introduce routines that promote water safety and encourage happiness and confidence in the water. Class size limited. Pre-registration required. Free for members; \$80 for non-members. To register, call 408-6530.

### CHAPTER ONE NINETEEN April 6, 7:00 p.m.-8:00 p.m.

At this monthly book club meeting we will discuss *The Reliable Wife* by Robert Goolrick. The book to be reading for May's discussion is *The Blue Cotton Gown* by Patricia Harman. You may order books for a 20% discount at 939-7766 and have them delivered to One Nineteen for your convenience. Book club is free but registration suggested; call 408-6550.

### CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS

April 16, 8:00 a.m.-4:00 p.m. Cholesterol and blood glucose screenings will be held by appointment. The first screening is free for members; \$20 for non-members and repeat visits. A sign-up list is available in the book between the locker rooms, or call 408-6550 to register.

### MY BABY'S FOOD: A DIETITIAN'S GUIDE TO INTRODUCING HEALTHY BABY FOODS

April 17, 10:00 a.m.-11:00 a.m. Join Robbie Lewis, R.D., as she discusses the proper introductions of solid foods, including superfoods, food allergies, and healthy homemade baby foods. Tasty examples will be available. Cost: Free to Preparing for Parenthood class; \$10 per person for others. Free child care available. Call 939-7878 to register.

### SIMPLY GREEN

April 20, 11:00 a.m.-12:00 noon Celebrate Earth Day with St. Vincent's One Nineteen by "going green". Learn fun and frugal ways to create an eco-friendly home. This class incorporates green topics such as: natural beauty, the paperless home, homemade cleaning products, recycling, energy efficiency, plastic reduction, and incorporating green living. Please register for this free program at 408-6551.

### COMPREHENSIVE DIABETES EDUCATION

April 22, 9:00 a.m.-1:00 p.m. If you have diabetes or are at risk, this seminar is a must. A physician's referral is required, and pre-assessments are given preceding the class date. To register, call 939-7248.

### CPR FOR FAMILY AND FRIENDS

April 28, 6:00 p.m.-8:30 p.m. This is a classroom based, practice-while-you watch DVD and instructor-facilitated program on how to perform the basic skills of CPR in adults, children, and infants and how to help an adult, child, or infant who is choking. It is designed for parents, family members, friends, older siblings, and babysitters age 12 and older who want to learn CPR but do not need a course certification card. Call

Dial-A-Nurse at 939-7878 to register. Class size limited. Cost \$20 per person.

### ADULT HULA HOOP

Tuesdays, 5:30 p.m.-6:30 p.m. Learn hula hoop basics and fun fitness dance moves. No hoop experience necessary. Hoops are provided for each class. Free for members; \$15 per class for non-members.

### PRENATAL AQUATICS

Wednesdays and Fridays  
12:45 p.m.-1:30 p.m.  
Wednesdays  
6:30 p.m.-7:15 p.m.

This class is an ideal way to decrease pressure and increase relaxation during pregnancy. Cost is \$40 per month for afternoon classes and \$20 per month for evening classes; open to members and non-members. Child care available. Call Dial-A-Nurse at 939-7878 to register. Class size limited.

### GYMNASTICS

Tuesdays, 10:00 a.m. (3-4 years) and 11:00 a.m. (4-5 years)  
Thursdays, 5:00 p.m. (3-5 years) and 6:00 p.m. (6-9 years)

Head Over Heels Gymnastics teaches gymnastics in a fun, creative, and positive environment. Contact Erin Metzger at 981-2720 to enroll in these 8-week sessions.

We welcome your  
suggestions  
for upcoming class topics!  
Call 408-6550