



One Nineteen

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



Dinner with the Doc

Men's Health Update

August 29

6-7:30 p.m.

Join John Farley, MD, with Birmingham Internal Medicine Associates as he discusses health issues affecting men. Dr. Farley will share which preventative services he recommends. Take advantage of free cholesterol, blood glucose, and blood pressure screenings. Also, hear firsthand from a patient who was inspired to change his lifestyle after a medical crisis. Free, but please register at 408-6550 by noon August 27.

Fitness One Nineteen Hours of Operation

Monday-Friday
5 a.m.-9:30 p.m.

Saturday
7 a.m.-6 p.m.

Sunday
1-5 p.m.

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

Call 408-6544 for the fitness desk.

Empowering Women: An Entertaining and Educational Health and Wellness Event

Women's physical, emotional, and spiritual health will be the focus of the St. Vincent's One Nineteen Empowering Women event on September 7.

The health- and wellness-focused gathering will start with Skin Authority CEO Celeste Hilling's keynote presentation, Coping with Life Transitions and Curveballs. Attendees may then choose from multiple breakout session topics before enjoying a Lunch with the Docs seminar, followed by a Health and Beauty Expo.

The afternoon's Expo will include spa pampering, giveaways, free health screenings, and access to the facility's state-of-the-art fitness area and pool.

The event is not merely a recharging-your-batteries session, says Hilling, the former Compaq Computer Corporation president-turned skin care expert. This YouTube's Beauty Workout Channel host, whose clients include fashion icons, says Empowering Women is much more than a skin-deep beauty consult.

"This is in part about creating a community among women, getting some great ideas, but also getting updated on everything from heart health to overall well-being," Hilling says. "We all want to be Superwoman. The media says you can have it all. But 'having it all' - what does that really mean?"



If you have health and you have love, you do have it all. If you don't have health, you can't enjoy it all. Health is a fundamental building block. Everything else you want to achieve falls away without it."

Sadly, women's heart disease and skin cancer rates continue to accelerate, Hilling says, "because we're the last to care for ourselves."

Encouraging women to take care of themselves as they take care of others is consistent with One Nineteen's mind-body-spirit emphasis and the health system's historic focus on female concerns, says William Johnson, MD, of OB/GYN Associates of Alabama at One Nineteen.

"I think women's health care has always been the heart of what St. Vincent's is all about," says Johnson, referring to the founding of Birmingham's oldest hospital by

the Daughters of Charity. Johnson and Michael Clinton, MD, of Clinton Plastic Surgery Center at One Nineteen will offer their physician-based insights during the event's Lunch with the Docs presentation. Johnson's portion, Hot Topics in Women's Health, will update attendees on women's issues spanning multiple life stages, from pregnancy through hormone replacement therapy.

The Empowering Women event offers attendees an opportunity to consider what comes next in whatever stage they're facing, says Clinton.

"Most of the female patients I see don't think about themselves first. But many of them are reaching a point in their lives when they can take a deep breath and now - for the first time in years - start thinking about their own health. They're already pursuing a healthy diet and exercise. But some are wondering what else they might do - maybe about the prominent scars of a C-section or another concern - to feel good about themselves."

That's why Clinton's Lunch with the Doc topic, Body After Baby/Mommy Makeover will address common questions healthy women might have about a plastic surgery consult.

"For most women there's a real spiritual dimension to it, too," says

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Empowering Women's Fast Facts

- September 7, 9 a.m.-2:30 p.m.
- \$99 mammograms available 8-9 a.m., if pre-scheduled. (Call 408-6450.)
- \$15 registration by September 3
- \$20 day-of-event registration starts at 8:30 a.m.
- \$10 students age 16 and above with ID
- Free childcare (4 months to 6 years) with advanced registration
- Space is limited. Register with Dial-A-Nurse at 939-7878.

Spa One Nineteen

Fitness Member Special

15% Off Body Treatments

Offer valid through
August 31

Call 408-6510 for details.

*Free child care center for
ages 4 months through
6 years.*

Research Today for a Cancer-Free Tomorrow!

We all want to make a difference in someone's life. St. Vincent's One Nineteen is partnering with the American Cancer Society to provide a significant research opportunity. We are hosting the American Cancer Society's Cancer Prevention Study (CPS-3) on October 1. Individuals who enroll in the study will complete a survey about their health history and provide a small blood sample and waist measurement. Study participants will be followed over time via periodic, mailed surveys. Your involvement in CPS-3 will help researchers understand and ultimately determine ways to prevent cancer. Men and women, ages 30-65, who have never been diagnosed with cancer are eligible to participate. To reserve your appointment, visit www.cps3birmingham.org.

Eating Healthy Can be Easy

Healthy Chef To-Go is a program created by Wellness One Nineteen's registered dietitians with the help of Food Studio B to provide low-calorie, organic and locally grown home meals to members and guests of One Nineteen. Meals are made fresh and delivered to One Nineteen two times a week to be picked up and eaten over the following two or three days.

Meals are pre-packaged in microwavable

containers. This is an excellent way to control your calories with satisfying portions at a reasonable price. Consider the cost of groceries and gasoline. It also takes time to plan and make your own healthy meals. Ordering is easy. To receive our weekly menu, contact Donna Sibley at donna.sibley@stvhs.com or 408-6550. You can place your order by e-mail or phone. Try it today!

Kid Fit Fun

This summer's Kid Fit has had a terrific turn out. We invite you to continue this fall with the after-school Kid Fit schedule starting August 19. Generally, the times are Monday through Thursday 3:30–7 p.m. and Saturday 9 a.m.–1 p.m. Fridays will be all swim from 4–6 p.m. We will continue to have all the great kids' classes such as Zumba, Hula-Hoops,

Mrs. Donna's class, and swimming.

We are adding new programs with the kids, so stay tuned for updates. As always, when school is out during the school year for special holidays such as Labor Day or Veteran's Day, we will offer a morning Kid Fit from 8:30-11:30 a.m. Contact Samantha Clayton at 408-6556 if you have any questions or suggestions.

Childcare Has New Hours

Starting August 5, childcare hours will be extended to meet the needs of our members. Here are the new times:

- Sunday 1–5 p.m.
- Monday–Thursday 7:30 a.m.–7:30 p.m.
- Friday 7:30 a.m.–6 p.m.
- Saturday 7:30 a.m.–1 p.m.

Characters for a Cure Breakfast

St. Vincent's One Nineteen is hosting Characters for a Cure Breakfast on Saturday, August 10, at 8:00 and 10:00 a.m. Bring the children and join us for an all-you-can-eat pancake breakfast featuring your favorite Disney characters.

There is a minimum \$15 donation, and all proceeds benefit the American Cancer Society. For tickets or more information, please contact Kristin Berney at kristin.berney@cancer.org or 930-8896.

Alabama Vision & Hearing Center

This summer the Alabama Vision & Hearing Center is sponsoring the Oak Mountain Amphitheatre concert series featuring Luke Bryan, Keith Urban, Lil Wayne, Matchbox Twenty, Lynyrd Skynyrd, Goo Goo Dolls, and others. The staff has had a blast connecting with the crowd to win free VIP seats and Costa del Mar sunglasses. Visit their website for more information about these concerts. When attending, visit their onsite booth for more great giveaways.

The Alabama Vision & Hearing Center is the leading provider of vision and hearing services in the Greystone and Liberty Park areas. They offer a full range of services from exams for glasses and contacts to LASIK and refractive cataract surgery. Schedule your appointment with their experienced doctors at St. Vincent's One Nineteen by calling 991-2021. To receive their special offers, contests, and upcoming events, text VISION to 20566.

New Physician

Welcome to Dr. James Towery with Alabama Cardiovascular Group. He began seeing patients at St. Vincent's One Nineteen on July 29 in Suite 206.

Please call 939-0139 to schedule an appointment.



Being Fit Has Never Been So Easy

At St. Vincent's One Nineteen, we're here to help you look and feel your best.

FIT Club and Teen FIT Club

Starting September 3, Fitness One Nineteen welcomes FIT Club and Teen FIT Club. Through fun skill sessions, work outs, games, and activities, we teach the building blocks of fitness and healthy living in a positive environment. Children learn fundamental physical skills such as push-ups, pull-ups, squats, running, and jumping that lead to improved capacity in life and athletics. Strong kids are happy, healthy, and

confident kids who tackle challenges and learn to enjoy hard work and the many opportunities it provides. Register your child at the fitness desk. \$50/month members and \$75/month nonmembers. Fit Club is for boys and girls 10-12 years old on Tuesdays and Thursdays from 3:45-4:45 p.m. Teen FIT Club is for boys and girls 13-16 years old on Mondays and Wednesdays from 3:45-4:45 p.m.

Triple Threat Training

Box jumps, push-ups, sprints, burpees.... Does this sound like your style? Come try our newly added group exercise Triple Threat Training class! Triple Threat is an hour-long, high-intensity class. It rotates between trainers, so expect to be challenged in different ways depending on the instructor. The class meets on Tuesday and Thursday mornings from 5:30-6:30 a.m. Sign up for each class at the fitness desk as space is limited to 12 per class.



Exercise Tips for Parents with Student Athletes

If there is a track or marked distance at the practice field:

- walk/jog 1/4 mile as quickly as you can
 - 10 squats
 - 10 push-ups
 - 10 sit-ups
- repeat until you accumulate 1-3 miles.

If there is a stadium at the practice field:

- climb steps as fast as you can to the top then recover by walking back down slowly
 - every time you reach the bottom do 1 set of: 10 squats, 10 push-ups, 10 sit-ups
- repeat until you get 5-10 sets

If there is no track or stadium at the practice field:

- In 20 minutes, do as many rounds as possible:
- 10 push-ups
 - 20 sit-ups
 - 30 squats
 - 40 walking lunges (*20 each leg)
- After any of these workouts, spend 10-15 minutes stretching.

Empowering Women – Continued

Clinton. “They struggle with whether they’re too vain, or out of God’s will to pursue this. But we may be able to give them something extra in their lives that works and is low-risk. We’re all about revealing beauty, not creating it.”

During two mid-morning breakout sessions women can learn from Mary Adams, MD, of OB/GYN Associates of Alabama as she offers Ten Tips for Preparing for Pregnancy, while James Towery, MD, of Alabama Cardiovascular Group addresses Women Are Not Small Men: Cardiovascular Risk Reduction.

Other session topics include Senior Master Heather Potter’s instructions on How to Fight Like a Girl: Self-Defense Strategies, and Registered Dietitian Donna Sibley’s tutorial on Cooking Up Better Health in the Kitchen.

The afternoon’s Health and Beauty Expo

will offer make-up consults, chair massages, fitness workouts with swim options, and health screenings ranging from skin cancer evaluations to prescription consultations.

Empowering Women provides not only new information, but a dialogue opportunity, says Hilling. The event will allow women to access support, guidance, and camaraderie while pursuing a healthy lifestyle. Healthier women build healthier communities, she says.

“For the first time in history there are more women in the workforce than men. Statistically, we are propping up our communities and industries, but we forget how to ensure our own health and well-being – so we can be present for those who need us.”

This day-long seminar can introduce women to ongoing resources that boost whole-family health, says Johnson. “I hope this event will help women understand the

bigger picture of what’s offered here at One Nineteen, from therapeutic spa treatments to the fitness facility, and even the \$99 mammograms they can schedule before the sessions start that morning. I hope they leave understanding the comprehensive nature of what’s available here for their long-term health.”

Hilling, who will be visiting One Nineteen from her home base of San Diego, says she feels particularly connected to St. Vincent’s because her grandmother, a registered nurse, once studied to become a Sister with the Daughters of Charity. She believes the St. Vincent’s holistic health tradition applies to every generation of women juggling multiple roles.

“Everyone will walk away with something that makes sense to them, empowering them with the confidence that they can take care of themselves and be a better provider for the people around them.”



St. Vincent's One Nineteen

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onenineteen.com

St. Vincent's One Nineteen is on
Facebook and Twitter!
[facebook.com/StVOneNineteen](https://www.facebook.com/StVOneNineteen)
twitter.com/StVOneNineteen

August 2013 Events Calendar

Here To Serve You

Diane Hughes
Membership Representative

Jay Brock
Aquatics & Activities
Supervisor

Alexis Chimento
Spa Manager

Mandy Cox
Fitness General Manager

Jacqueline Gardner
Health & Wellness Services
Director

Scott Goggins
Service Integration Manager

Shanon Hamilton
Clinical Services Director

Toni King
Clinical Services Manager

Donna Sibley
Registered Dietitian

St. Vincent's One Nineteen Physician Specialties

Asthma and Allergy
Audiology
Cardiology
Dermatology
ENT
Family Practice
Gastroenterology
Internal Medicine
Interventional Pain Management
Neurology
Neurosurgery
Obstetrics/Gynecology
Ophthalmology/Optometry
Orthopedics
Plastic Surgery

COOKING CLASS FOR KIDS WITH DIABETES

August 1, 10 a.m.–1 p.m.
When dealing with diabetes, even adults have difficulty making adjustments to their regular eating routine. But when diabetes rocks a young person's world, food can be a major battle between parent and child. Join Registered Dietitian Donna Sibley in preparing a diabetic-friendly meal and a snack-to-go with your child. Tips for eating will be discussed throughout the class. End the power struggle and allow an expert to teach the basics of eating while learning to cook. \$25 for one parent/one child; \$5 extra for additional family members. Offered quarterly. Minimum of 5 parent/child pairs. Call 408-6550 to register.

CHAPTER ONE NINETEEN

August 6, 7–8 p.m.
Join us for this monthly book club meeting where we will be discussing *The Orphan Master's Son* by Adam Johnson. You may order the book at a 20% discount at 939-7766 and it will be delivered to One Nineteen for your convenience. September's book is *Faith* by Jennifer Haigh. Book club is free but registration is suggested by calling 408-6550.

LIVING HEALTHY–HIDDEN CALORIES

August 8, 11 a.m.–12 p.m.
Hidden fat and calories lurk in many of the foods we eat. This can lead to weight gain and contribute to unhealthy amounts of trans and saturated fats. Attend this Living Healthy class to learn where the hidden fats are and how to read a nutrition label. Free but please register at 408-6550.

MEDICARE EDUCATIONAL MEETING

August 12, 1–3 p.m.
Blue Cross/Blue Shield will conduct a meeting to inform customers of upcoming changes in Medicare

benefits. Open to the public and free of charge, but please register at 1-888-222-6165.
DISCLAIMER: The person discussing Medicare plan options is employed with Blue Cross/Blue Shield of Alabama and will be conducting a sales meeting to present Blue Advantage, Blue Rx, and C Plus. Plan information and applications will be available. Blue Advantage is a Medicare Approved PPO plan. Blue Rx is a Regional Medicare Prescription Drug plan. C Plus is a Medicare Supplement Select Plan B.

BLOOD PRESSURE/BODY MASS INDEX SCREENING

August 13, 8–11:30 a.m.
Every second Tuesday of the month, a representative from Wellness One Nineteen will be screening for blood pressure and BMI in the front entrance. Free.

SAFE AT HOME

August 17, 1–3 p.m.
For boys and girls ages 11 and above who might be home alone or caring for a brother or sister while parents are away. Topics include basic first aid and practicing safe behavior in the home. Call Dial-A-Nurse at 939-7878 to register. \$10/person.

CPR FOR FAMILY AND FRIENDS

August 21, 6–8:30 p.m.
Join us for 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 11 years and older, who want to learn CPR but do not need a course certification card. \$20/person. Please call 939-7878 to register.

CUISINE AT ONE NINETEEN

August 22, 6:30–8 p.m.
Nick Dees, Executive Chef Partner, at Seasons 52 will be our guest chef. Seasons 52 is a fresh grill

offering seasonally inspired dining choices designed to excite and surprise the palate with dishes always less than 475 calories. Enjoy Sonoma Goat Cheese Ravioli in tomato broth, garlic essence, sweet basil, and served with warm bruschetta and Cedar Plank Roasted Salmon and Vegetables; fingerling potatoes, dill-mustard sauce, grilled lemon and finish with a mini-indulgence of Pecan Pie with Vanilla Mousse or Belgian Chocolate Rocky Road. Bring a bottle of wine and a friend and enjoy this evening in a relaxing atmosphere. \$25/person. Call 408-6550 for reservations.

BLOOD CHOLESTEROL & GLUCOSE MONITORING

August 24, 8 a.m.–4:30 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. Results in five minutes with a simple finger stick. Call 408-6550 to register.

COMPREHENSIVE DIABETES EDUCATION

August 30, 9 a.m.–1 p.m.
If you have diabetes or are at risk, this seminar is a must. A physician's referral is required, and pre-assessments given preceding the class date. To register, please call 939-7248.

Coming in September GIRL POWER

**September 22
1–4 p.m., 2–3 p.m.**
A class designed to help girls 8-12 understand and accept the natural changes that occur with early adolescence. The program addresses developing a positive self-image while accepting the physical changes that accompany puberty. For girls and a female adult relative or friend. \$5/girl. Call Dial-A-Nurse at 939-7878 to register.