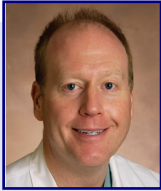




One Nineteen

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



Breakfast with the Doc

Are You Heart Healthy?

February 19
7:45–8:30 a.m.

Heart disease is the number one killer among men and women. Its symptoms can be difficult to detect. Join Byron Jones, MD, with Alabama Cardiovascular Group at St. Vincent's One Nineteen as he shares risk factors and prevention techniques of heart disease. Bring your questions and enjoy a heart-healthy breakfast. Please call 408-6550 by February 18 at noon to register for this free seminar.

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 times.

Call 408-6544 for the fitness desk.

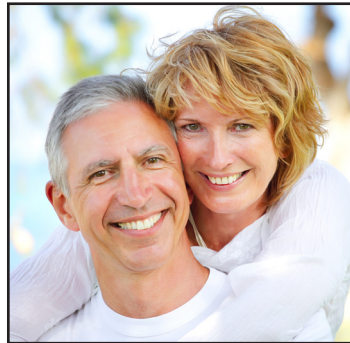
It's not flowers and candy... ...but Heart Day is still a great gift

Close your eyes and imagine the perfect Valentine's Day gift. Okay, so you didn't imagine an EKG, lipid profile, blood pressure screening, basic metabolic profile, and a snazzy t-shirt. But that's the truly "heartfelt" gift given again this year by St. Vincent's Health System.

Heart Day, an annual event held this year on February 16 at St. Vincent's One Nineteen, is a quick and easy way for participants to be screened for symptoms of heart disease. The effort is supported by cardiologists like Byron Jones, MD, with Alabama Cardiovascular Group at One Nineteen. Jones and his colleagues want to ensure everyone enjoys another V-day next year.

Offering four heart tests for \$40 – which accountant-types figure at a nearly 90 percent discount – is not only a seasonal gift to area residents, but an extension of the system's faith-based mission to build a healthier community.

Physicians know that busy adults may not otherwise devote the time and \$350 to get screened if they don't have symptoms. And, that's the problem – heart disease doesn't always present easily detected symptoms. Thus, physicians urge patients to get



screened.

"These are worthwhile tests," says Jones. Each year One Nineteen's Heart Day screenings identify patients with previously undetected risks, allowing them to pursue life-extending treatment and make lifestyle changes that can leave them healthier than before.

Which individuals should consider participating in Heart Day? "I would say people should start thinking about it after age 40, though if they have risk factors, such as diabetes, high blood pressure, smoking, or a family history of early onset heart disease, they might participate when younger," Jones says.

Jones will read the EKGs of every One Nineteen participant. An EKG is an electrical test that can indicate an array of concerns, from coronary artery disease to

potassium problems. Although a valuable screening tool, an EKG is not a definitive diagnostic test. Some coronary disease can hide behind normal EKGs.

That's why Heart Day also includes lipid profile screenings, measuring cholesterol and triglycerides. Measuring cholesterol means assessing high-density lipoprotein (HDL) along with low-density lipoprotein (LDL). HDL is the "good" cholesterol that helps take excess fats to the liver, where they are broken down. LDL is the "bad" cholesterol that can form plaque, narrowing arteries and blocking blood flow. A 40 level of HDL is considered adequate, though 60 or more is best. LDL levels should be kept below 100.

Heart Day's hypertension screenings are also essential, Jones says, since the disease affects multiple organs, including the brain, kidneys, and heart.

"The fourth test, a basic metabolic profile, gives an idea of what your kidney function is, and the electrolytes in your blood and blood glucose. It offers an even better picture of how healthy the blood is."

What happens if those four

Continue on page 3



Show your heart some love with St. Vincent's Heart Day.

4 Heart Tests \$40, February 16

stvheartday.com

St. Vincent's Health System | (205) 939-7878

Quick & Healthy Meals

February 4, 11, 18 and
March 4
11 a.m.–12 p.m.

Are you faced with the age-old question every evening, "What's for Dinner?" Join Donna Sibley, R.D., as she leads you through a month of menus. Each week, she will demonstrate the ease of putting meals on the table, and you will have the opportunity to taste them before you make them and include them as part of your permanent month of meals.

At month's end, you will leave with a calendar of meals, complete with shopping lists, recipe cards, and cooking tips. This program is good for those who have weight concerns (all recipes are analyzed), and for those who just need some fresh ideas. If you have a problem getting organized when it comes to food, this course is for you! Call 408-6550 for more information or to register. Minimum 5 participants. Costs \$130.

Spa One Nineteen

Fitness Member Special

15% off Body Treatments

Offer Valid Through February 28

Call 408-6510 for details.

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

Your Opinion Matters!

Please take our online survey.

Help us make your experience at Fitness One Nineteen or Spa One Nineteen even better. Now through March 31, everyone who completes our brief survey will be entered into a drawing to win a \$100 gift card. Please take the survey at www.onenineteen.com/surveys.

Healthy Chef To-Go

St. Vincent's Wellness One Nineteen is proud to offer a new healthy prepared meal program for your health and convenience. You know that prepared meals from the grocery store are often loaded with salt and void of taste, but we are working with Chef Sean Butler of Food Studio B to bring you flavorful, fresh food from local farmers, so convenient that all you have to do is heat before you eat.

Chef Butler has developed a menu high in taste and nutrition, and he will be here so you can taste them before we kick off the meal program. Please join him in the Fitness Center February 4 from 10:30 a.m.-12 p.m. for lunch fare and on February 5 from 6:30-8 a.m. for breakfast as well as 5-6:30 p.m. for dinner fare. Meal sales will begin in February.



Nutrition Services

A Registered Dietitian is available to assist you in your New Year's goals to eat healthier. You can enroll for one session to get you started or a series of sessions for more information, encouragement, and accountability.

You may feel your metabolism is at rock bottom. If that's the case, there is a metabolism test that can show you how many calories your body needs.



months of the year to assist you with learning about tasty, healthy meals you can serve your family. A month of meals, as well as laminated recipes, is given to you in an organized format to make healthy eating easier.

Free informational seminars are given monthly to guide you to be healthier. Take advantage of the sessions to learn vital information and to stay on track. See the green and purple brochures around the facility or call 408-6550 for more information.

Cooking/meal planning classes are offered certain

• News Bits •

Refer a Friend

Help a friend get healthier in 2013! Refer a friend to Fitness One Nineteen and receive a \$100 voucher. Tell them to mention your name when they join.

Just Tri It

Look for the First Annual Mini Indoor Tri in April 2013. Swim, bike, and run to the finish line. You can compete individually or with a team. Details coming soon.

Spring Break Camp

We will offer Spring Break Camp March 18-22 from 7:30 a.m.–5:30 p.m. Cost will be \$30/day for members \$35/day for non-members. Discounted rates if you book the whole week. Must have at least 5 children signed up by March 15 to offer camp.

Stop by the fitness desk to pick up a registration form or print one from our website.

Fight Cancer with Brenda!

St. Vincent's One Nineteen will again host the Brenda Ladun 5K/1 Mile Conquer Cancer Run, held this year on March 9. Now in its ninth year, Brenda's Conquer Cancer Run raises cancer research funds while honoring all cancer fighters. Walkers and runners of all ages are invited to register, participating in the event's great fun, food, and inspiration. To learn more, log onto www.conquercancerrun.org.

Coming in April!

Supersitters, April 13, 9 a.m.–12 p.m.
Safe At Home, April 13, 1 p.m.–3 p.m.



Parent's Night Out

Parent's Night Out is Friday, February 15. We will play in the gym, create exciting activities, watch a movie, and have pizza.

- 5:30–6 p.m. Check-In, Free Play
- 6–7 p.m. Scavenger Hunt (or other similar activity)
- 7–8:30 p.m. Pizza, Movie
- 8:30–9:30 p.m. Games in Gym/Check-Out



Get your
Glo Therapeutic Products
at Spa One Nineteen!
Call 408.6510 for more information!

Our Valentine's Gift to You!

Purchase a \$150 gift card and receive a free eye treatment (\$15 value). Treat your special Valentine with a Spa One Nineteen gift card. We combine a soothing and luxurious environment with a highly trained and friendly staff to ensure a memorable and enjoyable spa experience. Offer ends February 28.



Gym Etiquette

As gym memberships soar, it's the perfect time to review gym member etiquette so that we can all shine as the super-motivated athletes that we are. When spending time at the gym, it is important to remember these seven things for a successful **WORKOUT**:

W- Weights: When working out with weights, be sure to return them to their proper home after using them. It helps to keep the gym neat, and from fellow members or staff having to clean up after you.

O- Others: Be sure to let others take turns when using the equipment, especially during peak times. When you are working with weights, you can switch off with someone in between reps.

R- Ringer: We are all attached to our phones, but nobody wants to hear yours ring during a workout.

Switch it to vibrate and, if you have to answer, take the call out in the lobby.

K- Keep Quiet: Some people come to the gym to zone out. When talking to someone on a neighboring machine, keep your volume low.

O- Odor: Stash an extra deodorant in your gym locker or gym bag. You want people to notice your physique, not your body odor!

U- Use a Towel: It is polite to wipe machines down after you use them. We also offer antibacterial wipes for this purpose.

T- Time Limits: During peak times, it is every member's responsibility to respect the time limits on cardio machines.

We hope these tips lead to successful gym workouts.

Group Exercise Demo

Whether you are a new member or a long-time member, now is the time to participate in a Group Exercise Class. If you are like me (you want to try out a class but are afraid to commit the **WHOLE** hour) this **DEMO** will bring all the classes and instructors together to allow you to try each class and see what class you want to attend. For more information, please contact Mandy Cox at mandy.cox@stvhs.com.

Saturday, February 2, 9–10:30 a.m. **WATER CLASSES**
Friday, February 8, 10–11:30 a.m. **SENIOR CLASSES**
Friday, February 15, 9–10:30 a.m. **CIRCUIT CLASSES**
Friday, February 22, 9–10:30 a.m. **CARDIO CLASSES**

Tour de Cure

We are "Getting in Gear" for the Tour de Cure happening at St. Vincent's One Nineteen on May 18. There are all kinds of rides you can participate in to get a great workout and support the American Diabetes Association (ADA), from spin

classes to a 105-mile ride and anything in between.

To join one of our teams, or support one of our team members, simply go to main.diabetes.org/goto/StVOnenineteen or main.diabetes.org/goto/spinforthecure

ADA is having a kick-off and silent auction on February 26 at Tom Williams Porsche and everyone is invited to participate. For more information, contact Donna Sibley at 408-6551.

Continued – Heart Day

screenings show less-than-ideal results? Jones has known some participants to be sent immediately to an emergency department. But that's rare. Most often patients receive a report. If that report indicates areas of concern, they will be referred to their primary care physician. St. Vincent's Dial-A-Nurse representatives help explain test results and

can offer the names of area primary care doctors, when needed.

"We always like to start out with a primary care doctor, rather than sending them to a cardiologist, and let them make the appropriate referrals," says Jones. A primary care physician can coordinate all care, including other issues – like diabetes – that may be

indicated by the screenings.

So it's not a box of chocolates. But the potentially life-preserving impact of One Nineteen's Heart Day gift is considered a sweet gift – by patients who have benefitted from these tests, and their loved ones.



One Nineteen

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

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

February 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
- Cardiology
- Dermatology
- ENT
- Family Practice
- Gastroenterology
- Internal Medicine
- Interventional Pain Management
- Neurology
- Neurosurgery
- Obstetrics/Gynecology
- Ophthalmology/Optomety
- Orthopedics
- Plastic Surgery

NATIONAL WEAR RED DAY

February 1, 8-11:30 a.m.
Come by our red table in the front entrance to have your blood pressure and BMI taken and receive heart-healthy tips and a red dress pin. A Registered Nurse will be on hand to discuss any questions you have regarding heart health. Wear red in honor of all women fighting heart disease.

LUPUS SUPPORT GROUP

February 2, 10 a.m.-12 p.m.
This group supporting lupus patients and their families meets the first Saturday of every month. Dr. Beth Schenk, hospital pharmacist with much experience in lupus, will address the group on Understanding Lupus Treatments.

CHAPTER ONE NINETEEN

February 5, 7-8 p.m.
Join us for this monthly **book club meeting** where we will be discussing *The Tennis Partner* by Abraham Verghese. You may order the book at a 20% discount at 939-7766 and it will be delivered to One Nineteen for your convenience. March's book is *Speaks the Nightbird* by Robert McCammon. Book club is free but registration is suggested by calling 408-6550.

LIFE COACHING: CHANGE MANAGEMENT FOR YOU

February 5, 6-7 p.m.
February 7, 11 a.m.-12 p.m.
In this session, participants will learn about the life coaching process and how it can move participants dramatically and efficiently toward achieving their goals. Caryn Corenblum is a certified life coach. Her coaching experience is primarily with executives and emerging leaders. Caryn not only has a Masters degree in social work, but has completed a training program in holistic developmental mind/body healing methodology. Seminar is free, but please register at 408-6550. Appointments can be made for a one-on-one session for more individual attention.

HEART-HEALTHY CHEF COOKING CLASS

February 7, 6:30-8:30 p.m.
Join us as Executive Chef Chris Harrigan from Mt. Laurel's Stone's Throw brings to the table several recipes, including an assortment of seasonal fresh farm vegetables prepared with bold herbs and healthy oils. He promises exciting flavors in his accompanying sauces that can be mixed and matched with vegetables as well as heart-healthy chicken and seafood. Bring a bottle of wine and a friend. Childcare is available with prior arrangement. Please call 408-6550 for reservations. \$25/person.

BLOOD CHOLESTEROL & GLUCOSE MONITORING

February 15, 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.

LIVING HEALTHY: WEIGHING THE FATS

February 21, 11 a.m.-12 p.m.
This monthly seminar about living healthy will feature fats in February. Donna Sibley, R.D., will discuss the different types of fat and how it affects your body fat. The classes in this series are independent of the other Living Healthy classes you attend. Join us to discover information that can help you on your health journey. Free, but please call 408-6550 to register.

PASTA & PINTEREST

February 21, 6-8 p.m.
Make a cute picture frame, necklace, and wine goblet while enjoying a salad, appetizer, and shrimp and asparagus pasta. This popular class sells out fast, so be sure to sign up by February 19 to ensure a spot. Call 408-6550 for a reservation. \$20/person.

COMPREHENSIVE DIABETES EDUCATION

February 22, 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. Cost, insurance reimbursed. To register, please call 939-7248.

BREASTFEEDING

February 23, 9-11 a.m.
Teaching the basics of breastfeeding for expectant mothers. Call Dial-A-Nurse at 939-7878 to register. Cost is \$10/couple.

COPING SKILLS

February 23, 12:30-2:30 p.m.
Pain management techniques for expectant mothers during delivery. Call Dial-A-Nurse at 939-7878 to register. Cost is \$10/couple.

MEDICARE EDUCATIONAL MEETING

February 27, 10 a.m.-12 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.

CPR FOR FAMILY & FRIENDS

February 27, 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. Please call 939-7878 to register. \$20/person.