

Dignity Health - St. Mary Medical Center

Navigator

The Bazzeni Wellness Center Community Newsletter

November 2025

Healthy Recipe Cinnamon-Orange Glazed Sweet Potatoes

Sweet, spiced, and citrus-kissed—autumn comfort for every table.

Ingredients

1½ cups 100% orange juice
1 teaspoon cinnamon
¼ cup raisins
2 tablespoons honey or brown sugar
¼ teaspoon chili powder (optional)
2 pounds fresh sweet potatoes (about 2 large sweet potatoes), peeled and cut into small cubes

Directions

In a medium saucepan, bring orange juice, honey, cinnamon, and chili powder to a boil.

Add sweet potatoes to the saucepan and simmer, covered, for 15 minutes.

Remove cover and add raisins; cook over medium-high heat for 5 minutes or until orange sauce has thickened.

Serve immediately.

Preparation time: 40 minutes

Source: CalFresh Healthy Living, CDSS (2025). Available at: <https://eatfresh.org/recipe/desserts/cinnamon-orange-glazed-sweet-potatoes/>



Healthy Lifestyle Classes & Workshops

Dignity Health-St. Mary Medical Center in partnership with Cancer Support Community South Bay brings you hourly Zoom wellness sessions:

Family/Partners Support Group

Thurs, Nov 6, 2025 06:00 PM - 08:00 PM (Every Thursday)
<https://cscrb.gnosishosting.net/Events/Calendar?eviid=53797>

Friday Gentle Yoga

Fri, Nov 7, 2025 09:30 AM - 10:30 AM (Weekly - Fridays)
<https://cscrb.gnosishosting.net/Events/Calendar?eviid=52635>

Cocinando en Comunidad y Recursos /

Cooking as a Community and Resources

Fri, Nov 14, 2025 12:15 PM - 01:30 PM (2nd Friday - monthly)
<https://cscrb.gnosishosting.net/Events/Calendar?eviid=55162>

For questions or to sign up, email Rebecca@CSCSouthbay.org, or call (310) 376-3550 Monday–Friday, 9:00 AM – 5:00 PM.

Diabetes Awareness Month - Health Talks

Did you know more than 37 million Americans have diabetes, and 1 in 5 don't know they have it? (CDC) This month is a great time to learn more about prevention, early detection, and healthy living with diabetes.

Join us for our Diabetes Awareness Health Talks at St. Mary Medical Center, where you'll connect with health experts, receive resources, and explore ways to support your well-being. Space is limited—call soon!

When: Wednesday, November 5 Time: 10:00 AM - 12:00 PM

Where: Dignity Health - St. Mary Medical Center

John Parr Health Enhancement Center

2nd Floor (Parr Room)

1055 Linden Avenue, Long Beach, CA 90813

RSVP 562.491.9187 | gia.lipow@commonspirit.org

Recognized for Excellence

St. Mary Medical Center earned the 2025 AHA Get With The Guidelines® Gold Plus Award, including the Target: Type 2 Diabetes Honor Roll.



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1050 Linden Avenue
Long Beach, CA 90813

RETURN SERVICE REQUESTED

November 2025

Bazzeni Wellness Center

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this newsletter directly at
home, please contact the
**Bazzeni Wellness Center at
562.491.9811.**

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Connect with Us!

Your Health, Our Mission

For more information, visit our website at
www.dignityhealth.org/socal/locations/stmarymedical

Follow us on social media



@DignityHealthSoCal



@DignityHealthSC



@DignityHealthSouthernCalifornia



@StMaryMedicalCenter

Maternity Tours

To access our maternity tour online
experience in English or Spanish from
St. Mary Medical Center, visit our website:
[https://www.dignityhealth.org/socal/locations/
stmarymedical/services/family-birth-center](https://www.dignityhealth.org/socal/locations/stmarymedical/services/family-birth-center)

November Health Observances

Chronic Obstructive Pulmonary Disease (COPD)
Awareness Month

www.nhlbi.nih.gov/health/copd

Lung Cancer Awareness Month
www.lcfamerica.org

National Family Caregivers Month
www.caregiveraction.org/nfc-month/

U.S. Antibiotics Awareness Week (November 18-24)
[https://odphp.health.gov/myhealthfinder/healthy-living/safety/
use-medicines-safely](https://odphp.health.gov/myhealthfinder/healthy-living/safety/use-medicines-safely)

This newsletter offers health information and is not a substitute for professional medical advice from your healthcare provider. If you have any questions regarding the content, please consult your provider. Do not delay or discontinue medical attention based on information presented in this material.