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The Bazzeni Wellness Center Community Newsletter

February 2020

Heart Awareness Month Metabolic Syndrome

The New Year is a great time to reassess our health goals for the year and make promises to ourselves to eat healthier and to be more active. After the holiday season, many of us have gained a few extra pounds enjoying special meals with friends and family. However, if those extra pounds tend to stay on year after year, they can have significant consequences on our overall health and well-being.

Are you familiar with the term metabolic syndrome? Many of us are unfamiliar with this phrase and what it means. Metabolic syndrome is a collection of metabolic disorders that, when present together, can increase your risk for future heart disease more so than each disorder alone. According to the American Heart Association, about 23% of adults are affected by metabolic syndrome which places them at higher risk for diabetes, heart disease and/or stroke.

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See page 2 for a Heart Healthy lecture and Valentine's Day Brunch.





Fitness/Classes | Adults of all ages

Happy Valentine's Day



Healthy Heart Lecture and Valentine's Day Brunch

Thursday, Feb. 13th
10:30AM-12:00PM

This year we want to raise awareness by offering an educational lecture and Valentine's Day Brunch. You will not want to miss this informative lecture presented by Cardiologist Dr. Nikhil Kapoor to discuss Coronary Artery Disease. Your heart will be sure to thank you. Space is limited. To register call, 888-478-6279.

Fitness

Senior Fitness

Monday, Wednesday & Friday
9:30AM-10:30AM
\$20 Blue Card Members
\$18 Gold Card Members

This class is enjoyable and easy to follow. Exercises such as chair workouts, stretching & balancing, light & moderate movements all help increase strength and muscle tone. Sign-up today!
To sign-up today call, 562-491-9811.

Yoga

Every Tuesday
1:30PM-2:30PM

Tami leads a one (1) hour gentle yoga class designed for everyone. Seated postures, forward folding, side bending, twists, as well as balance poses. A final guided relaxation ends the class-leaving students with a peaceful and calm state of being. Students should bring mat, blanket or beach towel and water. Please call to reserve your spot, 562-491-9811.

T'ai Chi Chih

Tuesday, January 7th, 10:00AM-11:00AM
Meets weekly on Tuesday for 10 weeks

The T'ai Chi Chih movemenets can bring tremendous benefits to those who practice regularly, and there is certainly a long list of benefits including Weight/Blood Pressure Regulation/Improved Balance/Coordination/Improved Flaxibility/Improved Concentration/Focus/Strengthened Immune System. To register call, 562-491-9811.

Classes

Fall Prevention/Safety

Learn more about our Fall Prevention programs. We offer fall risk assessments, evidence-based fall prevention workshops and more!
For more information call, 562-491-9811.





Heart Awareness Month, Metabolic Syndrome con't.

The core components of metabolic syndrome include: being overweight, lack of physical activity, genetics and older age. A diagnosis of Metabolic Syndrome can be made by a healthcare practitioner when a person has 3 or more of the following:

- **Abdominal obesity**
- **Elevated triglycerides**
- **Low high density lipoprotein (HDL) levels**
- **Elevated blood pressure**
- **Elevated fasting blood glucose**

There are ways to decrease your risk for metabolic syndrome, including:

- **Decreasing your body weight**
- **Increasing your physical activity**
- **Eating a diet rich in heart-friendly foods like fish, vegetables, fruit and whole grains**
- **Working with your health practitioner to manage your blood pressure, blood sugar and cholesterol**

If you have concerns about metabolic syndrome, be sure to make an appointment to talk with your healthcare practitioner. Always make sure to complete your annual physical each year which will ensure your provider is keeping an eye on your blood sugar, cholesterol, blood pressure, and weight.

About Metabolic Syndrome. (2016, July 31). Retrieved December 30, 2019, from American Heart Association: <https://www.heart.org/en/health-topics/metabolic-syndrome/about-metabolic-syndrome>

Meghan Tolentino MSN, AGNP-C
Community Health Education



Maternal Child Health



Tours of Delivery Suites and Private Rooms

We invite expectant mothers and their companions to join us for a maternity tour of the hospital, including private patient rooms and labor and delivery suites. Tours are weekly in English and Spanish for more information call, 888-478-6279.

Childbirth Classes

Welcoming a baby is an exciting time and there is a lot to learn and prepare for. That's why St. Mary offers childbirth preparation classes for you and your labor companion.

- Week 1 – Stages of Labor
- Week 2 – Breathing Techniques, Medications
- Week 3 – Labor & Delivery Process
- Week 4 – Breastfeeding Class

When: Tuesday evenings from 6:00 to 8:00 p.m.
Who: For expectant mothers and their labor companion
To register for classes, please call, 888-478-6279.



Dignity Health®

St. Mary Medical Center

1050 Linden Avenue
Long Beach, CA 90813

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February 2020

Bazzeni Wellness Center

1027 Linden Avenue, Long Beach
Hours: Monday - Friday 9:00 a.m. - 4:30 p.m.
Closed 12:00 p.m. - 1:00 p.m. daily
Office Line: 562-491-9811

STAFF

Kit G. Katz
Community Health Director

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Community Health Manager

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VP Mission Integration

VOLUNTEERS

Patrick Houston
Florence St. Peter

If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.

Newsletter Notice!

Beginning March 2020 through August 2020 there will be slight changes to the Bazzeni Wellness Center programming. Damaris Pelayo, Community Health Manager, will be on medical leave, therefore the programming will be lighter than usual. You will continue to receive our monthly newsletter with informational health articles along with details on the ongoing programs.

The lectures and events will resume in September 2020.

Thank you.