

Navigator

The Bazzi Wellness Center Community Newsletter

November/December 2019

Loneliness & It's Health Complications

Wednesday, November 6th

11:00AM-12:00PM

Feeling lonely as we age is understandable. Loneliness can affect us more during the holiday's. Don't let loneliness consume your health or well-being. Join us and listen to our speaker, board certified Internist Dr. Michael Tehrani as he shares ways on how you can overcome the feeling. To register call, 888-478-6279.

Diabetes 101

Thursday, November 14th

10:00AM-12:00PM

Are you having a difficult time understanding the difference between Diabetes Type 1 and 2? Have you been diagnosed but want to learn ways to change your diet and understand your medications? Then you will not want to miss this presentation. Glucose testing, diabetes educators, and resources will be available. To register call 888-478-6279. (Article on page 3)





Fitness



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.



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.

Fitness

T'ai Chi Chih

\$20 Blue Card Members
\$18 Gold & Gold Plus Card Members

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

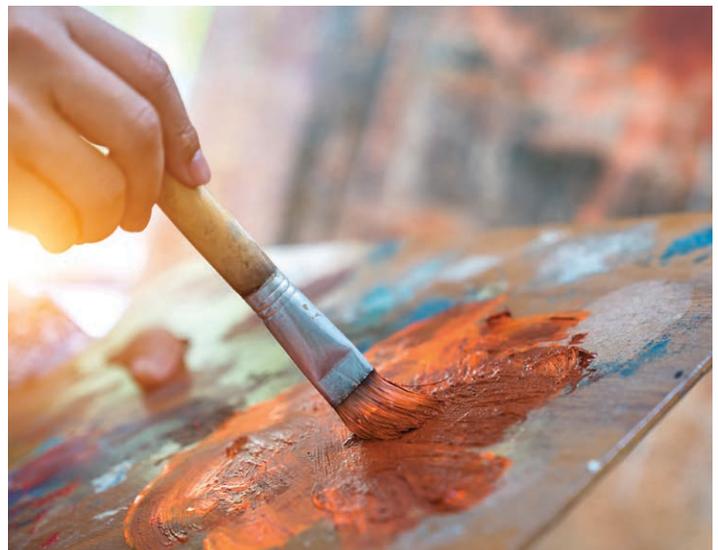
Fall Prevention/Safety

Learn more about our Fall Prevention programs. We offer fall risk assessments, evidence-based fall prevention workshops and more!
For more information call, 562-491-9187.

Paint and Relax

Friday, November 15th and Friday, December 6th
10:30AM-12:00PM

This is a targeted use of painting and other activities to help keep the mind sharp and promote dexterity in a setting that is fun, casual and social. Artistic activities can help reduce stress, but also boost self-esteem and confidence. This 1 1/2 hour painting class will be led by an Italian Art Instructor who will guide you set-by-step. Absolutely no experience necessary! All supplies included! \$20 Blue Card Members \$15 Gold & Gold Plus Members. To reserve your spot call 562-491-9187.





Living With Diabetes During the Holiday Season

More than any other time of the year, the Holiday season brings us foods that we may not eat any other time of year.

For those who live with diabetes, the Holidays pose more of a reason to watch our food intake. The role of carbohydrates in the foods you eat and drink have a profound effect on keeping your blood sugar in check.

Carbohydrates can be found most of the holiday foods we love. Your intake of carbohydrates can help you maintain a healthy blood sugar level, or blow your blood sugars sky high.

Here are a few ideas to help you navigate the Holidays and stick with your diabetes meal plan:

- Try to keep your meal times as consistent as possible during the holiday season. If the holiday meal is going to be later than normal, try to have a small snack to keep your blood sugar level.
- Don't skip meals to save up for a Holiday Feast. Try to maintain your normal routine.
- If you do slip, get right back in the groove of your regular eating pattern. Don't punish yourself for your slip, we are all human.
- If you are invited to an office party, plan on bringing your own healthy snack to share.

Caught at an Office Party without healthy alternatives:

- Place your food on the smallest plate available.
- Go for the vegetables first, keep your appetite satisfied with the healthy alternatives.
- Consume your food slowly and position yourself as far away from the buffet table as possible.
- Avoid alcohol all together if you can, or at least choose to have a very limited amount.

Keep up your exercise regimen:

- The Holidays are the time to celebrate, but also keep up your usual workout plan. Activity is a help to keep you blood sugars stable, combat stress and help you navigate through all the other stressors the holidays bring, besides eating.
- Get your rest during the holidays. Enjoy this time of year and celebrate. When you focus on the "reason for the season", the food component will be less of an issue. Enter into this joyous time of year, with a plan to help you maintain healthy blood sugar levels.

Kay Marie Anthony, NP

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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November/December 2019

Bazzeni Wellness Center

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

STAFF

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Community Health Manager

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VP Mission Integration

VOLUNTEERS

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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.



Saddle up and Ride on over to our Annual Holiday Party!

Thursday, December 19th
11:00AM-1:00PM

Yee-Haw! Put on your boots and scoot this way! It's a Wild West Holiday Party! Join us for entertainment, holiday crafts and a hot lunch. Don't miss the fun! Space is limited. To register call, 888-478-6279.

The office will be CLOSED on the following dates: November 28th- 29th, & December 23rd-January 2nd.

As we say farewell to 2019, The Bazzeni Welllness Center wants to wish you all a Happy Holiday Season and a Happy New Year! We look forward in continuing to provide you with preventative programs and classes to maintain longevity and a healthy lifestyle.