



The Wellness Center Insider

March 2010

Health & Fitness - March is National Nutrition Month!

18 Ways to Enjoy More Fruits, Vegetables, Whole Grains and Dairy

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almonds.
11. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
12. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
13. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
14. Stock up: Fill your fridge with raw vegetables and fruits, cleaned, fresh and ready to eat.
15. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
16. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
17. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
18. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.



For more information visit www.eatright.org.



Happy St. Patrick's Day

from



Eldermount
Adult Day Program
A nonprofit ministry of the Sisters of Charity

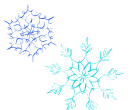
Creating Happy Memories at Any Age

Fitness Club Inclement Weather Plan

The Fitness Club recommends that you call 347.1400 in the event that there is inclement weather or extreme inclement weather is forecasted. We will also post our closing information on Channels 5, 9 and 12.

We are now offering an additional form of communication through a call service. Should you wish to register for this, please be advised you may receive a phone call as early as 5:00am. To register, please see the Fitness Club Front Desk and provide them with your name and the phone number at which you would like to be notified.

We appreciate your patience and understanding as we all look forward to warmer weather!



Wellness Center Friendly Reminder

- The 15-Minute Spaces in front of the Wellness Center are intended for visits under 15 minutes, if you will be staying longer please park in one of the lots.
- Please reserve the Handicap Parking Spaces for those who genuinely need them.
- Check out our group exercise schedule for class times and new classes.

401 Farrell Ct. • Cincinnati, Ohio 45233
513.347.1400 • www.bayleyplace.org

Questions or comments? E-mail us at judyra@srcharitycinti.org or call 513.347.1400
If you don't receive our newsletter via email and would like to, please notify the front desk.

Save-the-Date Upcoming Events

American Heart Association CPR/ AED and Basic Life Saving Certification New Certification.

- March 29, 5:00-9:00 pm
- Cost - \$53.25 (tax included)
- Call 347-5510 by 3/25 to reserve your spot and make payment

American Heart Association CPR/ AED and Basic Life Saving Certification Re-Certification.

- March 31, 6:00-8:00 pm
- Cost - \$42.60 (tax included)
- Call 347-5510 by 3/26 to reserve your spot and make payment

Kid's Boot Camp

The Fitness Club has taken the hottest adult workout and adapted it into a fitness program for kids!

- April 17, 9:00-10:00 am
- Cost - \$63.90 (6-week session)
- Call 347-5510 by 4/10 to reserve your spot and make payment

Medicare and Home Health

This Medicare A&B Information Session, can help get you on track.

- March 11, 2:00-3:00 pm
- Cost - FREE
- Call 347-1450 by 3/5 to reserve your spot and make payment.

Reds Opening Day

Come cheer on the Reds and enjoy them on the big screen! Hot dogs, Popcorn and Peanuts are on the menu!

Monday, April 5, 2010
12:00-3:00 pm

Community Wellness Center
401 Farrell Court

Cost: \$10.65 (Tax Included)

Registration and payment must be received by March 30 at 347-5510.



Easter Basket Decoration

Adorn your Easter Table!

Tuesday, March 30, 2010
6:00 - 8:00pm

Community Wellness Center
401 Farrell Court, Cincinnati, OH 45233

Petals N Glass Boutique will assist you in creating a beautiful Easter Basket Centerpiece. This program includes all supplies and hands-on instructions.

Cost: \$31.95 (includes tax)

Registration and Payment must be received by March 26

For more information call 347-5510



Swim to Me Baby!

Special classes for parents and young children (6 months-36 months)



Saturdays, 9am-9:30am
(April 17-May 22)

OR

Thursdays, 11:30am-12pm
(April 15-May 20)

Classes will take place in our warm water therapy pool. Parents will be expected to wear swimsuit and get into the water with their children. **Approved swim diapers** must be worn by all children three years of age and under. Instructors will teach the parent, and the parent will teach the children. This class helps your child become comfortable in and around the water by emphasizing pre-swimming skills through games and activities.

Register Your Child Today at 347-1400

Must be registered 1 week before the program begins

Community Wellness Center, 401 Farrell Court, Cincinnati, OH 45233

\$63.90 for a 6-week session

*Tax Included



PROUDLY PRESENTS

Choose COURAGE, not Fear!

Fun! Updated Self-Defense in 3 Words

In Collaboration with the College of Mount St. Joseph,
Delhi Police Department and Delhi Citizen's Police Association

The evening features internationally acclaimed "Courage Coaches" Debbie and Mike Gardner, who have been featured in numerous newspapers, magazines, TV and radio programs; authored three books, including *Raising Kids Who Can Protect Themselves* (McGraw Hill), and participated in a White House Conference on School Safety. They teach "nice people" to have a SWITCH that instantly makes them **courageous** and, if necessary, **dangerous** on command! The Gardners are delightfully different! They will keep you on the edge of your seat learning, laughing and letting-go of ineffective safety and self-defense rhetoric. You and your family are in for an inspiring, confidence building update that is simple, healing, explicit and, quite possibly, life-saving.

Tuesday, April 27, 2010 - 7:00 - 9:00 PM

Location: College Theatre at the College of Mount St. Joseph
Cost: FREE (Donations will be accepted)

Come see what Delhi has to offer! Area businesses will be on-site.

Don't miss this informative evening, appropriate for all ages!

Maple Knoll: Tip of the Month

Are you or some one you know going to have a hip or knee replacement? We have a Total Joint Management Program which has proven to be very beneficial as well as therapeutic to our patients.

A physical therapist will come to your home and establish a home exercise program and monitor your progress, evaluate your home safety and equipment needs. The nurse will provide incision care, anticoagulation management, pain management and a personalized care plan.

Please call **before** your procedure and we will be happy to meet with you. Call 782-2546.

Bernens Medical NEW HOURS

RENTALS & PURCHASE



CITY-WIDE DELIVERY

**Bernens
Medical**

Community Wellness Center at Bayley Place
401 FARRELL CT.
(513)347-1450

Monday 1-4p
Tuesday 11-2p
Wednesday 2-5p
Thursday 1-4p
Friday 1-4p