



VALLEY

health & life



SPECIAL CARE FOR HARD-TO-HEAL WOUNDS

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QUICK WORKOUTS,
LIFELONG RESULTS

WHY YOU NEED
A PRIMARY CARE PARTNER

FOOD FACT VS. FICTION

GET YOUR
KIDS MOVING

HAPPY SUMMER!

DEAR FRIENDS,

As we were approving the final pages for this issue of *Valley Health & Life*, the first steel beams were being delivered to Holyoke Medical Center to begin the physical structure of the new Emergency Department and Medical Office Building. A significant amount of time has been spent laying the groundwork and preparing a strong foundation for what will soon provide our community with the same great, high-quality, compassionate care, in a more efficient, state-of-the-art facility. This new building, which I am happy to note is running on schedule, is expected to be complete in the late spring of 2017.

While planning for our future, we are also taking time to look back. Last September we introduced to you the HMC Wound Care Center. With nearly a year since the opening, we have experienced great success with this service and witnessed the transformation that can occur when patients are provided with the right care in a nurturing setting, close to home. In this issue, we share the stories of three patients and how their own experiences in the Wound Care Center have provided them with healing from different diabetic conditions.

All of the articles in this issue revolve around the importance of taking care of yourself—from maintaining an ongoing relationship with your primary care provider to food myths and making time for exercise. We hope you enjoy reading it and take the time to care for yourself as well as your loved ones.



Best Regards,

SPIROS HATIRAS

PRESIDENT AND
CHIEF EXECUTIVE OFFICER,
HOLYOKE MEDICAL CENTER &
VALLEY HEALTH SYSTEMS, INC.



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» **Valley Health & Life** is published by Wainscot Media, 110 Summit Avenue, Montvale, NJ 07645, in association with Holyoke Medical Center. This is Volume 2, Issue 3.

Material contained herein is intended for informational purposes only. If you have medical concerns, seek the guidance of a health-care professional.

HEALTHY HABITS

FOR YOU AND YOUR FAMILY



DENTISTS DIAGNOSE BONE LOSS?

Dentists can detect osteoporosis by reading X-rays of your mouth. That's because bone loss elsewhere can affect the mouth. For example, if your jaw begins deteriorating, your gums may recede and your teeth may become loose. That's another reason not to skip dental checkups.

—National Institute of Arthritis and Musculoskeletal and Skin Diseases

20 MINUTES

Spending this much time per day doing resistance training could improve your long-term memory by as much as 10 percent.

—Acta Psychologica



EAT FRUIT, VEGGIES FIRST

Believe it or not, the first food you select from a buffet influences what you'll take next—and how much. So say researchers who studied diners. Head to the salad and fruit first, the finding suggests, and you'll be less likely to sabotage your day's eating. —Plos One



GO AHEAD, DAYDREAM

It might just help you multi-task. Turns out daydreamers have a better working memory, which helps you retain and recall details—even in the midst of distractions.

—University of Wisconsin, Madison



oh, JOE!

A new study found that folks who drank four or more cups of caffeinated coffee per day (about two Grandes at Starbucks) had a 25 percent per day lower risk of developing melanoma, the most dangerous form of skin cancer, over 10 years. Researchers theorize that something in the roasting process produces vitamins that may protect against UVB damage.

—Journal of the National Cancer Institute

EVENTS

CALLING ALL HOLYOKE HOSPITAL SCHOOL OF NURSING ALUMNI

Holyoke Medical Center will be hosting the Holyoke Hospital School of Nursing Alumni Association for an annual luncheon this October. Featuring a tour of Holyoke Medical Center and the former dormitory building, as well as an unveiling of a new display case in honor of the Holyoke Hospital School of Nursing, the event is sure to be memorable. All alumni are encouraged to contact Connie Kurdziel, alumni president, at **413.533.6974**.

FAMILY AND FRIENDS CPR

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, new parents, grandparents, babysitters, and others interested in learning how to save a life.

DATE: Thursday, September 8

TIME: 4:30-7:30 p.m.

Space is limited. Please call to register:

413.534.2789.

DIABETES SELF-MANAGEMENT

This program offers a team approach in a roundtable discussion format to empower patients, their families and caretakers with the knowledge on how to manage their diabetes. The three-week session will focus on: what diabetes is, medications, diet and exercise.

Please call April Medeiros, R.N., B.S.N., C.H.R.N., HMC Diabetes

Educator for additional details and to register: **413.534.2703.**



CARING FOR PEOPLE WITH WOUNDS

ADVANCED TREATMENTS FOR HARD-TO-HEAL WOUNDS ARE GIVING PATIENTS THEIR LIVES BACK.



Dr. Raghu Bajwa, medical director; Dianne Germain, LPN and wound care nurse; and Carol Lecour.

FOR THOSE WITH DIABETES OR other conditions that cause circulation problems or nerve damage, a small cut can become a big deal. It's frustrating and scary to have an injury that drags on for extended periods. You can miss out on special occasions and time with family. You can miss out on life.

"The reality is that our patients often blend right into the community, but they have reasons that wounds, ulcers or surgical sites are not healing easily. They need our specialized, advanced care," says Amy Pierno, director of Holyoke Medical Center's Wound Care Center.

Robert Minkler was one of these patients. "I had a diabetic ulcer on the ball of my foot for almost a year, and it was painful, and I had to wear these specially molded shoes," Robert recalls. "It made life difficult, and it was scary because I could've lost my foot. I couldn't get to a funeral I wanted to attend because of it."

Robert was treated in a hyperbaric chamber, where a high concentration of oxygen speeds the healing process. "The hyperbaric treatment was for eight weeks, five days a week, for two hours a day; you can nap or watch TV while you do it," Robert adds. "And the people at the

Wound Care Center were very professional, and they were very pleasant and friendly." After the treatment, Robert's foot healed, and it hasn't been a problem since. Robert is back to living his life without the stress of an open wound.

Other patients echo Robert's sentiments. John Michon, also a diabetic, was visiting his podiatrist, who noticed a cut on the bottom of his foot. John sought help numerous times at another facility, but treatments proved ineffective. "I was going to this other place, and they just kept cleaning the wound and disinfecting it and dressing it," John says. "I was supposed to dress it at home myself, too, and that was really hard for me to take care of. It was a difficult time."

But then he found the HMC Wound Care Center. "I got the best possible care and the best service, and Holyoke was a lot closer and more convenient for me," he says. "They have this slogan, 'At Holyoke Medical Center, we treat you right,' and they treated me better than that; they treat you just like family." John is happy to have this stressful time behind him.

Carol Lecour had a wound from a diabetic amputation that was generating frequent infections and was hard to heal.

"They had to clean it out, and they used different products to bring it to a healing stage," Carol says. "Now they have me on collagen, and that's helping it heal even better...so that's great. And the staff has been great. They treated me with respect and friendliness, and you couldn't ask for a better group of folks. They really care, and they want to see results and see the best outcome for you."

It's this personal attention and compassion that keeps patients happy, and helps to keep them on the road to recovery. "We've been very pleased to see that our patients are really appreciative that we are here," Pierno says. "Despite patients having these difficult conditions, they tell us they value the positive environment we strive to create, and they don't mind being here for weekly appointments because they see progress and work with a skilled, compassionate staff."

FOR MORE INFORMATION

about any wound or sore that doesn't seem to be healing properly, contact the HMC Wound Care Center, visit holyokehealth.com/wcc or call 413.535.4740.



Debbie Kratzke, MA, EMT hyperbaric safety director, with Robert Minkler



John Michon and Katie Sniegowski, RN, clinical nurse manager

A TEST THAT COULD SAVE YOUR LIFE

IF YOU'RE 50+, NOTHING ON YOUR TO-DO LIST SHOULD OUTRANK GETTING A COLONOSCOPY.



PEOPLE STILL DIE NEEDLESSLY FROM ONE OF THE most preventable ills: colorectal cancer. But you can protect yourself against this major killer. Yes, exercise and a low-fat, high-fiber diet can help. But getting a colonoscopy to detect the disease early, when it can best be treated, is your best preventive measure.

Doctors use colorectal screenings to examine for polyps (tissue growths on the inner wall of your intestines) and early-stage cancers before they cause symptoms. And while not all polyps become cancerous, almost all cancer growths come from polyps, which is why it's important to screen for them.

"Colon cancer is one of the biggest problems facing both men and women over 50 years of age," says Holyoke Medical Center gastroenterologist Mary Norris, M.D. "It is the second leading cause of cancer-related deaths in the U.S. Some people are at a higher risk and should be screened at an age younger than 50, including those with a personal or family history of colorectal cancer or polyps. Getting your colonoscopy screening done means taking charge of your health. Identifying and removing potentially precancerous polyps will decrease your risk of developing colon cancer."



Mary Norris, M.D.

Colorectal cancer is one form of malignancy that is almost always cured if it's caught early. So if you're 50 or older—or if you're younger but you have an increased risk for the

disease—there's simply no good reason *not* to get screened.

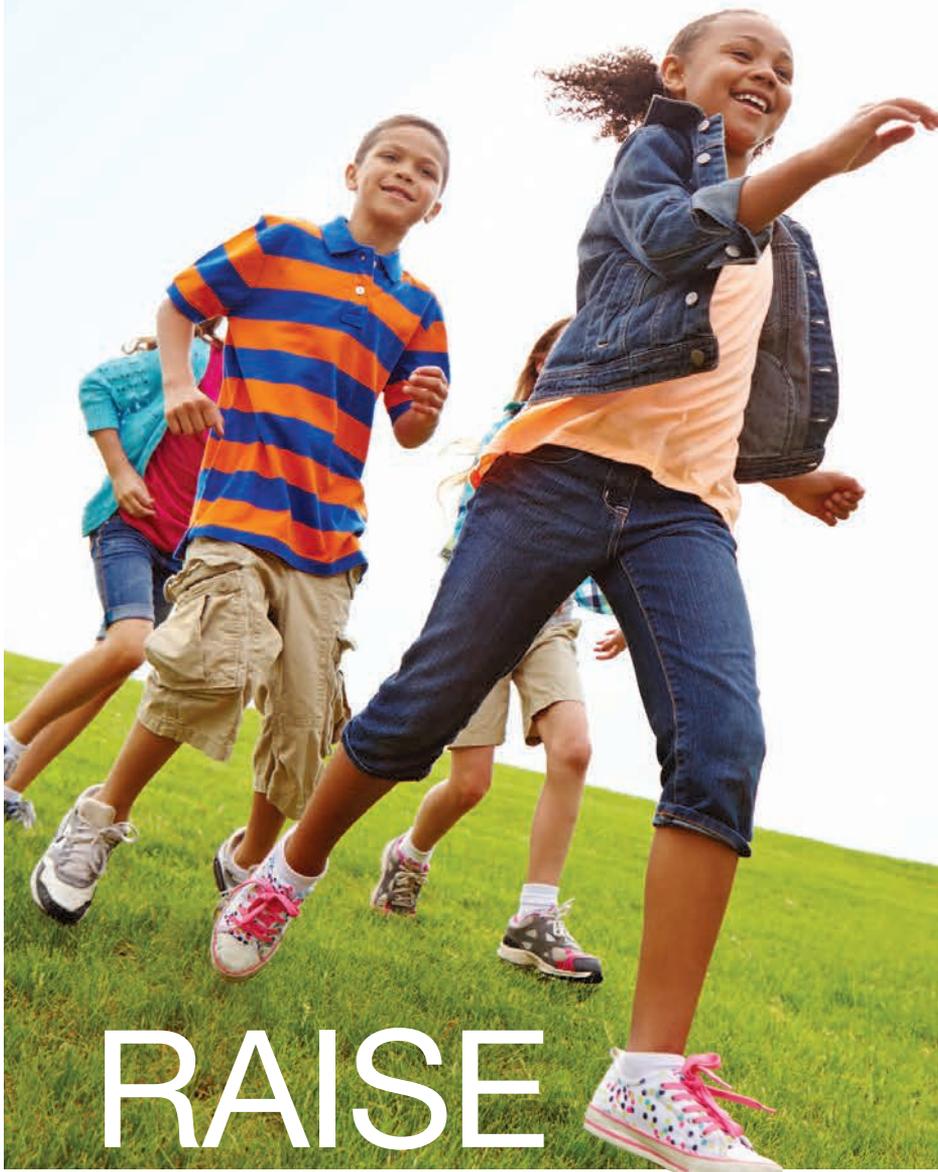
And the best screening tool, doctors agree, is a colonoscopy every 10 years. Unlike other screening methods, colonoscopy is both diagnostic and therapeutic, because polyps and cancerous growths can be removed during the procedure.

"One of the biggest concerns people have about getting a colonoscopy is the fear of discomfort and invasiveness of the procedure; this is understandable," says Dr. Norris. "Every person is dealt with at their own pace. Sedation is used for most people to ensure comfort during the procedure. Prior to making a decision of having a colonoscopy, you will have time to discuss all those concerns with your doctor. Our patients' needs and concerns are very important."

"Scheduling a colonoscopy is easy," adds Dr. Norris. "At the initial appointment, you will discuss your medical history and the need for a colonoscopy—whether it is age related or a different health factor. At the end of your visit, and once your questions have been answered, a procedure is scheduled for you. Typically, the exam is scheduled within four to six weeks from your initial visit."

If you have a personal or family history of colorectal cancer, or you have inflammatory bowel disease or adenomatous polyps (those more likely than other types to become cancerous), more aggressive screening may be appropriate. Talk to your doctor about the screening schedule that's right for you.

» To schedule an appointment at HMC GASTROENTEROLOGY, please call 413.540.5048.



RAISE

ACTIVE KIDS

HELPING CHILDREN BE FIT DOESN'T HAVE TO COST A LOT, BUT THE PAYOFF IS HUGE.

TODAY'S KIDS ARE HEAVIER AND less fit than kids used to be. According to the Centers for Disease Control and Prevention, roughly 17 percent of children and adolescents aged 2 to 19 are obese, a figure that has almost tripled since 1980. What's more, only one in three children achieves the minimum amount of physical activity (60 minutes) needed each day to grow up to a healthy weight, according to the President's Council on Fitness, Sports & Nutrition.

What's changed? For one thing, the simple suggestion to "go outside and

play" now works only for those lucky enough to have both neighborhood friends who are home and adults around to keep an eye out. For another, the number of digital options, iPads and especially smartphones, now means kids don't actually have to leave the house—or even the couch—to be social.

And to add to the problem, schools have cut back on recess, and sports leagues are becoming more competitive. This leaves the child with average sports skills on the sidelines.

"When children learn to be active,

and get the daily activity they need for at least one hour each day, they grow up to become healthier adults," says Carole Kohen-Diniak, D.O., FAAP with Western Mass Pediatrics. "Studies have shown that sufficient exercise can help children learn better in school and sleep better at night. It also helps to keep their weight at a healthy level."

The good news is that all of the bad trends can be countered by parental effort. That means doing things like hiking on weekends, playing catch and being active when you take kids to the playground. In addition, there are other options for busy parents:

- » Find an exercise or sport your child enjoys. Check the local Y or your recreation program for low-cost classes.
- » Allow kids to walk to and from school, if possible.
- » Put your child in charge of walking the dog.



Carole Kohen-Diniak, D.O.

- » Crank up the music and sing and dance as you clean together.
- » Encourage biking or walking with friends as opposed to texting.
- » Check on-demand cable listings or YouTube for free fitness classes to watch and follow along.
- » Encourage an exercise journal. (A fitness/nutrition log is available at presidentialyouthfitnessprogram.org as part of the Parental Resource Guide.)

Experts acknowledge that, given the demands on parents' time, making family fitness a priority is easier said than done. It may help to know that these activities are among the most important things you can do for your child. The American Heart Association reports that physical activity influences weight, reduces blood pressure, raises HDL ("good") cholesterol, reduces the risk of diabetes and some kinds of cancer—and leads to greater self-confidence and higher self-esteem. Make a plan to raise active kids!

» WESTERN MASS PEDIATRICS
can be reached at **413.534.2800**.

5 FOOD MYTHS, BUSTED

SOME OF WHAT YOU MAY KNOW ABOUT HEALTHY EATING MAY BE FOLKLORE. HERE ARE FIVE WIDESPREAD BELIEFS THAT ARE ACTUALLY MYTHS.



MYTH #1

Frozen veggies are less nutritious than fresh.

Foods begin to lose their nutritional value the minute they're picked. Most "fresh" foods have lost much of their worth by the time they reach our plates. Flash freezing, however, retains nutrients at their peak, as well as antioxidants and other beneficial plant chemicals. Eating local is the best way to eat fresh. Most studies have looked at a 10- to 14-day lag time between harvesting and testing. If you're eating local food sooner than that, it will have almost as much nutrition as its flash-frozen counterparts.



MYTH #2

Bananas are fattening.

We've long known bananas are a rich source of potassium, but they also have a reputation for being high in sugar and therefore a threat to one's waistline. That's a bum rap. Fruit is not fattening. It's the added sugar in processed foods like soft drinks and baked goods that adds unnecessary calories. A banana is a great source of Mother Nature's finest nutrition. One banana is packed with nutrition and worth every calorie. Bananas are a terrific way for active people to replenish glycogen stores and get a quick energy boost.

MYTH #3

Mini-meals are better than three big ones.

Evidence doesn't support it makes a difference in maintaining a healthy weight. Rather, it's the total number of calories—not how you spread them out—that counts. If the calories are the same, meal frequency is really a matter of lifestyle choice. What *is* important: not skipping breakfast. Studies show that women who miss breakfast do more impulse snacking. When snacking is unplanned, you're vulnerable to whatever food is around when you get hungry, such as doughnuts at a meeting. When you plan your meals, you can snack on things like fruits and nuts on your schedule.



MYTH #4

Foods like celery have "negative calories."

You may have heard that some foods are so low-cal that the energy it takes to chew and digest them more than makes up for the calories they contain. But the truth is that nothing you eat can subtract calories. A food like celery has only a few calories per stalk to begin with. No matter how vigorously you chew, those calories never reach zero or become a negative number. Nonetheless, crisp and fiber-rich foods are wise choices for a healthy diet.



MYTH #5

Cooking vegetables lessens all their nutrients.

While it's true that water-soluble vitamins like B and C diminish when cooked in water, fiber and minerals are not affected by cooking. You can minimize nutrient loss by steaming or boiling for a short time in a covered pot with a small amount of water. Even better, try microwaving, grilling or roasting your local veggies to maintain more nutrient value. No matter how you cook them, vegetables are a key component of a sound diet.



ON-THE-CLOCK WORKOUTS

IN A TIME CRUNCH? TRY ONE OF FITNESS EXPERT JESSIE PAVELKA'S SUGGESTED 10-, 20- OR 30-MINUTE WORKOUTS.



ACCORDING TO THE CENTERS for Disease Control and Prevention, exercising in shorter bursts throughout the day still does your body good. We asked star personal trainer Jessie Pavelka to design workout routines of three different lengths to give you a chance to choose what works best for you. (Remember: Always check with your physician before starting an exercise routine.)

10-MINUTE WORKOUT

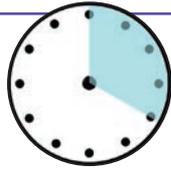


“Even though 10 minutes isn’t a lot of time, you can still get your blood pumping and your heart rate up,” says Pavelka. “For great results, try interval training on a treadmill.”

- Walk for 1 minute at a moderate to fast pace.
- Jog or sprint for 1 minute.
- Repeat this pair of steps four more times.

KICK IT UP A NOTCH! “If you’re in good shape, challenge yourself by increasing speed and incline.”

20-MINUTE WORKOUT



“Here’s a quick routine you can do on your lunch hour that helps burn fat and build muscle,” says Pavelka. “You can do these exercises practically anywhere—all you need are some dumbbells and yourself! If you’re a beginner, start off with light weights that aren’t too taxing, and take short breaks between exercises.”

• **DO 3 SETS OF SQUATS (15–20 REPETITIONS PER SET):** Stand with your feet shoulder-width apart. Keeping your chest up, bend your knees and lower your behind as if you’re sitting in a chair. Do not let your knees jut out past your toes. Return to a standing position. Repeat.

• **DO 3 SETS OF PUSH-UPS (15–20 REPS/SET):** Lie chest-down on the floor with your hands flat on the ground beneath your shoulders, your legs straight and your toes tucked under. Keeping your body straight, press into your hands to raise your torso and legs off the ground, then bend your elbows to lower yourself back toward the floor, stopping before your body reaches the ground. Repeat. (You may want to start by placing your knees on the ground until you build the strength and stamina for standard push-ups.)

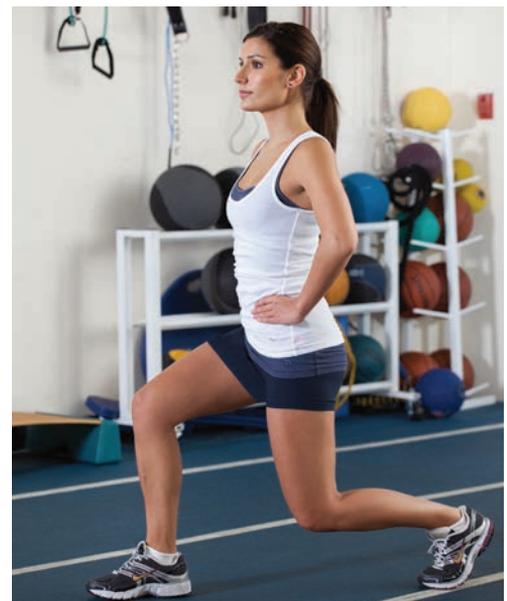
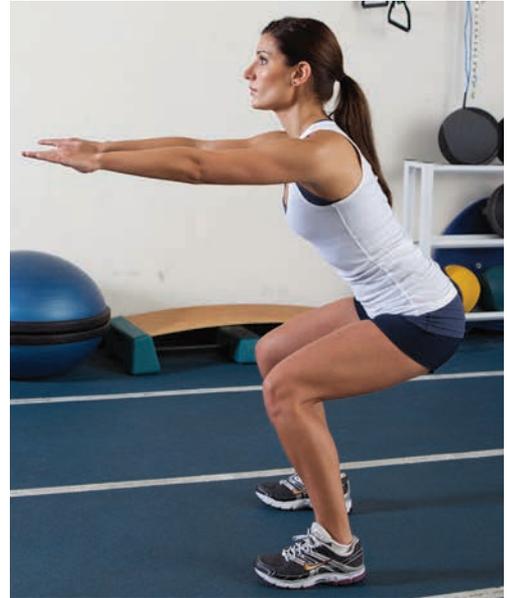
• **DO 3 SETS OF LUNGES (15–20 REPS/SET):** Stand with your feet shoulder-width apart. Step forward with your right leg, bending your knees until both legs are at approximately 90-degree angles. Push up with your right leg to return to the starting position. Repeat with the left leg.

• **DO 3 SETS OF BENT-OVER ROWS (15–20 REPS/SET):** Standing with your knees slightly bent and your feet about shoulder-width apart, hold a dumbbell in each hand. Keep your arms fully extended so the dumbbells hang straight down. Bend forward at your hips so your chest is leaning over your feet. Keeping your torso stationary, bring your elbows straight back to approximately a 90-degree angle, so that the dumbbells stop at your sides. Return to start position and repeat.

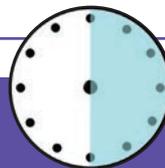
• **DO 3 SETS OF SIDE LUNGES (15–20 REPS/SET):** Stand with feet together facing forward, hands on your hips. Place your right foot out to the side, away from your body, bending your right knee as you do so. Keep your chest up and make sure that your knee does not extend past your toes. Push into your right leg to return to the starting position, then repeat with your left leg.

• **DO 3 SETS OF SHOULDER PRESSES (15–20 REPS/SET):** Sit on a bench or chair and hold a dumbbell in each hand. Bend your elbows and raise your hands up to shoulder height so the dumbbells are positioned next to your ears. Keeping your back straight, push the dumbbells up until your arms are extended overhead. Lower the dumbbells to shoulder height. Repeat.

KICK IT UP A NOTCH! As you get stronger, try forgoing breaks between exercises, going from squats straight into a set of push-ups.



30-MINUTE WORKOUT



Incorporate a mix of cardio and strength training in your half-hour routine by starting with the 10-minute workout described, and then immediately following it with the 20-minute routine, the trainer says.

KICK IT UP A NOTCH! “If things start to get too easy, consider using heavier weights and consider increasing the number of sets and repetitions.”

IN SICKNESS AND IN HEALTH

YOUR PRIMARY CARE PROVIDER PLAYS AN IMPORTANT ROLE IN YOUR OVERALL HEALTH.

HAVING A PRIMARY CARE

Provider (PCP) is an important step in your health. There are a variety of clinicians qualified to assist you with your primary care needs—an internist, family medicine physician, pediatrician, nurse practitioner or physician assistant. As your health care partner, they can provide you care on a consistent basis. By maintaining annual well-visits, he or she can build an overall health snapshot for you, a critical step in keeping you on the path of good health. Whether it's physicals, checkups, ear infections or the flu, your PCP office is there for you as your first line of defense. If you have a more serious issue, your provider will coordinate your care across other health services. This comprehensive care management is an important element in today's changing health care environment.

Your relationship with your PCP should be a true partnership, but the provider can only help you if you see them. Too many people think that if they are healthy they do not need to see their PCP, and some do not have one at all. This can cause additional stress and delay in care if and when you do need medical assistance.

The adage "An ounce of prevention is worth a pound of cure" is appropriate here. When you visit a consistent health resource, you have the opportunity to discuss and deal with risks before they become more serious problems. One of a PCP's most important jobs is to provide you with preventative care and help you from getting sick in the first place. This can entail everything from shots and immunizations to advice for establishing a healthy lifestyle, managing weight and getting the right amount of exercise.

Western Mass Physician Associates

LOCATIONS AND PROVIDERS



2 HOSPITAL DRIVE HOLYOKE, MA

(413) 536-8924

FROM LEFT TO RIGHT:
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Morris Lainer, M.D.
Deborah Jean-Baptiste, C.N.P.
Kenneth Aquilino, M.D.
Lorenver Po, M.D.

WESTERN MASS PHYSICIAN ASSOCIATES,

a member of Valley Health Systems and the Holyoke Medical Center family, has four adult primary care offices throughout Holyoke and Chicopee that are currently accepting new patients.

If you need a new primary care provider, don't delay. Give us a call today and make an appointment.



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Martin Lesser, D.O.
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262 NEW LUDLOW ROAD CHICOPEE, MA

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Kevin Snow, D.O.
Joanne Kennedy, F.N.P.
Kristin O'Connor, C.N.P.

MEET THE *Kiwi*

IT'S THE TASTY, LOW-CAL, VITAMIN-RICH FRUIT YOUR GRANDMOTHER NEVER HEARD OF.

NATIVE TO CHINA, THE FUZZY kiwifruit, or kiwi, has a very short history in America. The first U.S. kiwis were planted in 1960, and it was not until the mid-'70s that the fruit started to gain national popularity.

DID YOU KNOW?

Most of America's kiwi crop comes from the West Coast, but the fruit is also found in Virginia and North Carolina. Worldwide, the leading producers are Italy and New Zealand. The fuzzy kiwi also comes in a golden form, a less tangy version of the traditionally green fruit. The green and yellow tones often get kiwis classified as citrus, but they're actually a berry.

POWER

The newsletter *Environmental Nutrition* has named the kiwi one of the "15 super foods for super health"—and no wonder. At an average 92 calories per serving, which is approximately two medium-sized kiwis, this fruit holds double the daily recommended serving of vitamin C. That's more per size than oranges!

Kiwis are also a good source of potassium, fiber, vitamin K and actinidine, an enzyme that breaks down proteins and dairy products and promotes a healthy digestive system. Though many people peel or scoop out a kiwi before eating, the peel is actually where most of the vitamins are found. The skin is

completely edible and just needs to be scrubbed or "shaved" lightly with a peeler to remove the fuzzy hairs.

BUY & STORE

There are two ways to tell if a kiwi is ripe: scent and softness. A ripe kiwi will have a strong, tangy fragrance similar to citrus fruit and will yield to slight pressure—just squeeze it lightly between your index finger and thumb. Once ripe, the fruit stays fresh for about nine days. It should be stored at room temperature, but harder, unripe kiwis can be kept for eight days in a refrigerator crisper.

PREPARE

Kiwis have a place in any part of your daily menu. Blend one into a morning smoothie or bake them into muffins. Kiwis can also be chopped up and added to salads, tacos or kebabs—even paired with lamb. For dessert, kiwis are often served in ice cream or tarts or even just dipped in chocolate. To use as a meat tenderizer, simply lay slices on top of meat for 10 minutes. The enzymes will break down the protein and add a subtle, tangy flavor. The versatile kiwi can also be blended into a marinade.

RECIPE

GALBI SHORT RIBS WITH KIWIFRUIT MARINADE

INGREDIENTS:

- 2 oz. brown sugar
- 2 oz. soy sauce
- 1 oz. sesame oil
- 4 cloves crushed garlic
- 2 green kiwis
- black pepper to taste
- 2 lbs. beef short ribs (flanken cut)

PREPARATION:

Blend all ingredients except beef in a blender until smooth. Do not over-purée. Marinate ribs in mixture four hours to overnight. Grill to desired doneness and serve hot.

Courtesy of Zespri Kiwifruit



BACK BY POPULAR DEMAND

The

ACE

Awards

A RED CARPET EVENT

Saturday

October 15, 2016

The Ace Award winners, chosen by their Valley Health Systems peers, will also be announced and recognized.

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RUHP DIQHEP DQCBGHQVH# KRORNKHDOX FRP

\$OSURFHGVWR EHQA\VDON + HDOK 6\ VMP V

+ RORNH O HGFDQ&HQMU + RORNH 91 \$ + RVSLFH/ IJH & DUH

5 LYHU9DON & RXQM-HQJ & HQMU: HMMQO DW 3 K VELDQ\$ WRFDMM



Holyoke Medical Center

Get back
to being
your
best.



David M., CORE physical therapy patient, and Sara Brown, physical therapist

We help get your quality of life back.

Our experts provide physical and occupational therapy as well as cardiac and pulmonary rehabilitation. Physical therapy locations are in Holyoke, West Springfield and South Hadley. We work around your schedule with convenient morning hours to help you get back to the activities you love.

To schedule an appointment or obtain more information, please call
CORE – Centers of Rehabilitation Excellence at (413) 534-2555.



HolyokeHealth.com