



Western Health Advantage

FALL 2015

ADVANTAGE

Your resource for health and wellness

WANT TO LEND A HAND?

Find great ideas to pay it forward



NEW LAW ON VACCINATIONS
BEAT DIABETES—FROM HEAD TO TOE
HEALTHY HOLIDAY RECIPE: CIOPPINO

advantage > you

Vaccination Requirements



California's new vaccination requirements were prompted by a measles outbreak last December at Disneyland that made 147 people ill. The outbreak was caused by someone who caught the virus overseas and visited Disneyland

while highly contagious. Many of those infected at Disneyland were not immunized.

WHA and the medical community believe vaccines are safe and can save lives. The risks to children from being immunized are very small and the risks of the diseases are far worse. Vaccines are tested for years before they go on the market and are constantly evaluated as they are used in a general population.

The greater risk to our children and our society would be if vaccine-preventable illnesses flared up again as they did decades ago. Parents who refuse to have their children immunized are putting their children at risk.

Talk with your pediatrician about what's best for your child. As preventive care, there's no cost to you to get your children immunized. For the recommended schedule, visit mywha.org/shots.

Donald B. Hufford, M.D.

Chief Medical Officer
Western Health Advantage



TIDBITS

5 tips for slimming down holiday favorites

We all love delectable holiday dishes, but we dread over-indulging and the often inevitable weight gain that follows. Fortunately, traditional holiday dishes can still be delicious, even with drastic reductions in calories, fat and sugar! Try these five simple tricks to keep your waistline trim and your guilt to a minimum.


1. Refrigerate gravy before serving and skim the visible, hardened fat from the top.
2. Make healthy homemade eggnog by pureeing four bananas, 1½ cups of nonfat milk, 1½ cups plain nonfat yogurt and ¼ tablespoon rum extract. Sprinkle with nutmeg and cinnamon.
3. Instead of butter, margarine or salt, use chicken broth and fresh herbs such as dill, rosemary, lemon grass or basil to flavor your favorite dishes.
4. For recipes calling for eggs, use two egg whites in place of one whole egg. You will cut out the fat and cholesterol using this simple trick.
5. Try granulated sweeteners such as Splenda or stevia in place of sugar to dramatically cut calories in sweet homemade treats. These alternatives may change the taste slightly, so you may want to try one part sugar to one part sweetener.

For more ideas on healthy eating, visit mywha.org/recipes.

Western
Health
Advantage



ADVANTAGE MAGAZINE

Chief Medical Officer•Don Hufford, M.D. Manager, Health Promotion & Disease Management•Laura Monteil, R.N.
Chief Marketing and Brand Officer•Rick Heron Content Developer•Phil Boerner Contributors•Karen Bennett, Mark Gilroy, Alicia Lowe, Elena Medrano 

2349 Gateway Oaks Drive
Suite 100
Sacramento, CA 95833
916.563.2250
westernhealth.com

twitter.com/westernhealth, facebook.com/westernhealth, [blog: mywha.org/blog](http://blog.mywha.org/blog)

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3 Questions

Lisa Angst, of WHA Member Services, explains preventive services



What are the main preventive services I can obtain?

Preventive services available to WHA members include:

- Annual physical exam
- Annual well-woman exam
- Annual well-child visit until age 18
- Mammogram every 1–2 years (women 40 and older)
- Required immunizations for children

A complete list of preventive services is available in WHA's Evidence of Coverage and Disclosure form. Members can obtain a copy of this information either online under MyWHA Tools or by contacting our Member Services team via phone and requesting that a copy be mailed to them. WHA's Preventive Guidelines are also available at mywha.org/guidelines.

To set up an appointment for these preventive services, contact your assigned primary care physician. For annual well-woman exams, members are able to self-refer as long as the provider is contracted with WHA.

Will I be charged for my annual well visits?

WHA covers eligible preventive services at no cost to you. For an office visit to be considered "preventive," the service must have been provided or ordered by your PCP, or by an OB-GYN who is a participating physician within your medical group or who is participating in Advantage Referral. Also, the primary purpose of the office visit must have been to obtain the preventive service. Otherwise, you must pay the applicable copayment and/or deductible for the office visit.

What happens if I get a bill and only preventive services were acquired?

If you went in strictly for preventive services and received a bill, please call our Member Services team at 916.563.2250 or 888.563.2250 and have with you a copy of the bill; a WHA representative will be happy to look into why the claim was not coded as preventive.

Need info? Call our Member Services team at 888.563.2250.



Hot Ticket

The Downtown Sacramento Holiday Ice Rink has been a seasonal landmark in the heart of downtown for over 20 years, providing a playful escape into a winter wonderland for kids and adults alike. This year, you can skate your way to holiday cheer for less—Western Health Advantage members receive a \$5 discount on skate sessions.

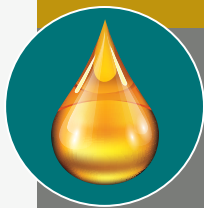
Situated in St. Rose of Lima Park at the corner of 7th and K streets, the ice rink is the premier location for outdoor skating and is within walking distance of Old Sacramento's Theatre of Lights, making this the perfect spot to create magical holiday memories with your family and friends. The Downtown Sacramento Holiday Ice Rink is open from Nov. 6, 2015, to Jan. 18, 2016.

For more information about the Downtown Sacramento Holiday Ice Rink, please visit GoDowntownSac.com.

New Year, New Tools

Take advantage of new health and wellness tools that WHA will launch in 2016. With WHA's improved wellness program, you can identify what's achievable, create a plan and track your progress. Learn more in January at westernhealth.com, under the MyWHA section.

Farewell to Trans Fats



Attention, consumers: Partially hydrogenated oil, that notorious manufactured variety of trans fat found in many processed snack

foods, baked goods and fried food, is on its way out. Over the next three years, the U.S. Food and Drug Administration is requiring companies to phase out partially hydrogenated oils or seek FDA approval to continue using them.

This is good news for consumers because trans fats are known to increase LDL (bad) cholesterol and decrease HDL (good) cholesterol, a combination that increases heart disease risk. Even so, you'll still need to check product labels because some trans fats replacements—such as palm, palm kernel and coconut oils—aren't exactly healthy. While less damaging than partially hydrogenated oils, these alternatives, also known as tropical oils, pack more saturated fat than other plant oils. (That said, coconut oil helps raise good cholesterol.)

So, what's a consumer to do? Experts advise you to avoid processed foods when possible or choose processed foods with the lowest trans and saturated fat contents; limit your intake of processed snacks, fried foods and baked goods; and opt for healthier vegetable oils such as canola, safflower, sunflower or olive oil.

Sources: American Heart Association, Cleveland Clinic, FDA, Harvard T.H. Chan School of Public Health, Mayo Clinic

Tone Up With Dr. Tanji

Tips on training for your first 5K event from Dr. Jeffrey Tanji, associate medical director, Sports Medicine, UC Davis Health System

With Run to Feed the Hungry coming up next month, you may once again entertain the idea of tying up your sneakers, joining the crowd and boosting your health. I encourage you to do just that!

Training for a specific 5K event has the benefit of setting a goal that, for most people, is doable—compared with, say, a marathon—and typically not associated with injury during the training process. I recommend walking your first 5K event, rather than trying to run it, and setting your sights on simply achieving the distance. For training purposes, and for the day of, all the gear you'll need is comfortable clothes and a good pair of walking or athletic shoes. Some like to carry hand-held weights while they work out to burn more calories, but it's not necessary.

For a 5K event (about 3.1 miles), the distance is so achievable that a planned training schedule is really not needed. Starting your first day with a 1-mile walk at a 20-minute-per-mile speed (a comfortable pace) is a reasonable beginning. Then, gradually over three to four weeks, increase the distance from 1 to 3 miles and the time you spend walking from 20 to 60 minutes. The key is not to overdo, to have rest days. Listen to your body for signs of fatigue and pain, and take breaks to recover properly.

One very useful tip is to do too little rather than too much, always feeling at the end of a workout that you can do more. Psychologically, this is better than overdoing and then avoiding exercise because it's too uncomfortable.

If you like the motivation of training with others, then, by all means, join a group. If you prefer the solitude of walking alone with time to think, then do that. Many walking groups of all levels are available from Mall Walkers, the groups that run/walk with Fleet Feet and senior groups that walk together. Go online to find walking groups in your community—and then, get stepping!





Getting Your Kids Vaccinated: It's the Law

From the desk of Donald B. Hufford, M.D., WHA chief medical officer

Are your child's immunizations up to date? Vaccines protect kids from infections and serious conditions like chickenpox, measles, polio, meningitis and whooping cough.

They work in two ways. They protect the children who get the shots, by boosting their immunity. But they also protect the entire community.

California law requires that kids get several important immunizations before entering school, and that law just got strengthened. On June 30, Gov. Brown signed new legislation that allows parents to "opt out" of vaccinating their children only if a physician verifies in writing that there is a medical reason the child should not be vaccinated. That means parents will no longer be able to decline immunizing their children based on religious or personal beliefs. The new provisions take effect on July 1, 2016.

(Children who are home-schooled are exempted.)

The legislation is a response to new disease outbreaks. For decades, vaccines have done a great job of protecting American children. But in recent years, more and more parents have chosen not to have their kids vaccinated, due to fears about the shots. However, the study that fueled those fears—which linked the vaccine for measles, mumps and rubella to autism—has been debunked. The researcher admitted he falsified data.

In the meantime, as fewer kids have gotten vaccinated, our community has become more vulnerable, allowing some conditions to make a comeback. Whooping cough, for example, has been on the rise. When teenagers and adults get whooping cough, it isn't generally serious. But for babies, it's very serious. So it's

important for everyone to keep up with the pertussis vaccine, to protect the infants.

Note: Many vaccines are given in a series of doses, so it's important to stick to the schedule to ensure that your child is fully protected.

Vaccines are your child's best defense against several diseases. Contact your pediatrician to schedule any necessary immunizations and to discuss any concerns you might have.

To see recommended vaccination schedules, visit mywha.org/shots. For more details about California's new law and required vaccines, visit shotsforschool.org.

Lend a Hand at Local Hospitals

Volunteering has benefits for all involved

By helping others, you can also do something nice for yourself. Studies show volunteering offers a variety of health benefits, including greater life satisfaction and lower rates of depression and mortality.

At WHA's partner hospitals, volunteer activities range from staffing the

gift shop to supporting the emergency department to comforting hospice patients.

If you're looking for a holiday volunteering opportunity, know this: Our partner hospitals typically require a longer-term commitment—along with a screening process and training that takes time. That's a win-win situation,

since studies have shown volunteers who donate at least 40 hours per year are more likely to reap the health benefits related to volunteering.

For info about specific volunteer opportunities (see opposite page), contact our partner hospitals as indicated or visit mywha.org/volunteer for links to the various websites.

Giving Back

For many of us, community service is a holiday tradition—

but the need for helping hands remains year-round. Read on for a roundup of service opportunities throughout the year, including volunteer activities and CPR classes at local hospitals and charitable walks and events, plus healthy gift ideas to show loved ones you truly care.



There's a lot of pleasure in giving back and the camaraderie of working together. The kindness from the volunteer makes the patient feel good, and that in turn makes the volunteer have a very warm sense of community."

— Dreaune Foust, manager of volunteer services, Queen of the Valley Medical Center

For online links to these organizations, go to mywha.org/volunteer.

Healdsburg District Hospital

Call 707.431.6500 and ask for the Gift Shop.

Marin General Hospital

Call 415.925.7258, or email Regina Thomas at thomasr@maringeneral.org.

Mercy General Hospital

Contact 916.453.4559 or mghvolunteerservices@dignityhealth.org.

Mercy Hospice

Call Terry Stewart, R.N., L.C.S.W., at 916.281.3900.

Mercy Hospital of Folsom

For info about Mercy Hospital of Folsom Auxiliary and Emergency Department Volunteers, call 916.984.7371 (Auxiliary).

Mercy San Juan Medical Center

For info about Mercy Guild or the Volunteer At-Large Program, call 916.537.5298.

Methodist Hospital of Sacramento

Call 916.423.6155.

NorthBay Medical Center and NorthBay VacaValley Hospital

For NorthBay Healthcare Guild, call 707.646.3137. For Hospice & Bereavement, call 707.646.3517.

Petaluma Valley Hospital and Santa Rosa Memorial Hospital

For info about volunteer opportunities at Petaluma Valley, contact Stephanie Bodi at stephanie.bodi@stjoe.org or 707.778.2880. For info about volunteer opportunities at Santa Rosa Memorial, contact Kathleen Exelby at kathleen.exelby@stjoe.org or 707.522.1598.

Queen of the Valley Medical Center

Call 707.257.4009.

Sonoma Valley Hospital

Call the Human Resources Department at 707.935.5177.

UC Davis Medical Center

For info about UC Davis Health System Volunteer Services, call 916.734.2401. For info about the UC Davis Hospice Volunteer Program, contact Don Lewis, L.C.S.W., at 916.734.1139 or delewis@ucdavis.edu.

Woodland Healthcare

Call 530.662.3961.



Walk, Run, Bike and Play for Good

Save these dates! The following charitable activities and events—presented by WHA partners—will get you moving and making a difference, all year long. For online links to the various events, visit mywha.org/events.



NOVEMBER 2015

Downtown Sacramento
Holiday Ice Rink – benefiting the community/
Downtown Sacramento Partnership
Nov. 6, 2015–Jan. 18, 2016
[Corner of 7th and K streets](#)

Folsom Historic District
Ice Rink – benefiting the community
Nov. 6, 2015–Jan. 18, 2016
[Parking at 905 Leidesdorff St., adjacent to the ice rink](#)

The Western Health
Advantage Run to Feed the Hungry – benefiting
Sacramento Food Bank & Family Services
10K Run & 5K Run/Walk
Nov. 26
[Starts on J Street just west of the entrance to the Sacramento State campus](#)

DECEMBER 2015

Santa Parade – benefiting
Gifts to Share
Dec. 12
[Downtown Sacramento](#)

MARCH 2016

Empty Bowls – benefiting
River City Food Bank
March 14, 2016: Soup
Supper
March 15, 2016: Luncheon
[Sacramento Convention Center](#)

APRIL 2016

Walk a Mile in Her Shoes –
benefiting WEAVE
The International Men's
March to Stop Rape,
Sexual Assault & Gender
Violence
April 23, 2016
[Capitol Mall](#)

Race for the STARS –
benefiting San Juan
Unified School District
5K & Kids Race
April 24, 2016
[Rio Americano High School](#)

MAY 2016

20th Annual Komen
Sacramento Race for
the Cure
10K Run, 5K Run/Walk,
1-mile Run/Walk & Little
Road Runners
May 7, 2016
[Cal Expo](#)

Go Red For Women –
benefiting American Heart
Association
May 20, 2016

JUNE 2016

Sacramento Pride Parade –
benefiting the Sacramento
LGBT Community Center
[Capitol Mall, between 3rd and 7th streets](#)

SEPTEMBER 2016

Emigrant Trails Bike Trek
– benefiting Breathe
California of Sacramento-
Emigrant Trails
Three-day cycling event
that supports clean air
Sept. 9–11, 2016
[Napa County Fairgrounds in Calistoga](#)

2016 Sacramento Heart
Walk – benefiting the
American Heart Association
Sept. 24, 2016 (tentative)

YEAR-ROUND

River City Food Bank
[Sacramento Food Bank & Family Services](#)



Happy, Healthy Holiday Gifts

Spread holiday cheer—and well-being—with these thoughtful gifts

For Hearts (and Tummies)

- Heart-healthy cookbook from the American Heart Association: shopheart.org
- Subscription to organic produce delivery service
- Spice rack (to limit use of the salt shaker)

For Body

- Annual pass to local, state or national parks
- Pedometer or other physical activity tracker

For Peace of Mind

- Emergency preparedness kit from the American Red Cross: redcrossstore.org
- Make a charitable donation in recipient's name to support the health organization or food bank of his or her choice

Treat Yourself

WHA offers discounts at a number of local gyms and fitness centers, including Anytime Fitness, California Family Fitness, Cross Court Athletic Club, Davis Athletic Club, In-Shape Health Clubs Inc. and Sparetime Health Clubs.

(Note: Sparetime is a recent addition and has multiple locations across Sacramento. The special enrollment for WHA members is: \$50 initiation fee plus three free personal training sessions and one free tennis clinic—available at locations offering tennis clinic.)

For more info, visit mywha.org/gyms.

Learn to Save a Life

Take CPR classes at our partner hospitals.

Marin General Hospital

Child and Infant CPR & Safety
Oct. 17 or Dec. 12,
9:30 a.m.–1 p.m.

Fee: \$55 per individual; \$90
per couple

[MGH Conference Center](#)

To register, call 888.996.9644.

NorthBay Medical Center & NorthBay VacaValley Hospital

Laura McGuire, R.N.,
NorthBay Healthcare's cardio-
vascular patient care program
manager, offers a traveling
Hands-Only CPR course to
groups and organizations.
Contact Laura at LMcguire@NorthBay.org.

Petaluma Valley Hospital & Santa Rosa Memorial Hospital

Infant CPR & Safety
Oct. 6, Nov. 3 or Dec. 8,
7–10 p.m.

Fee: \$25

[Conference Room B, Santa
Rosa Memorial Hospital](#)

For more info or to register,
call 707.522.1544.

Sonoma Valley Hospital

Basic Life Support for
Healthcare Providers (open to
the public)

Oct. 20 or Jan. 19, 8:30 a.m.–
noon (offered quarterly)

Fee: \$55

[Basement conference room](#)

For more info or to register,
call 707.836.7000.

UC Davis Medical Center

American Heart Association
Family & Friends CPR

Oct. 26 or Dec. 7, 5–8 p.m.

Fee: \$25

[Broadway Building, Suite
1630](#)

For more info or to register,
visit ucdmc.ucdavis.edu/wellness/classes/cprfamilies.html.

Woodland Memorial Hospital

Pediatric & Adult CPR and
First Aid

Nov. 13, 8:30 a.m.–5 p.m.
(offered every other month)

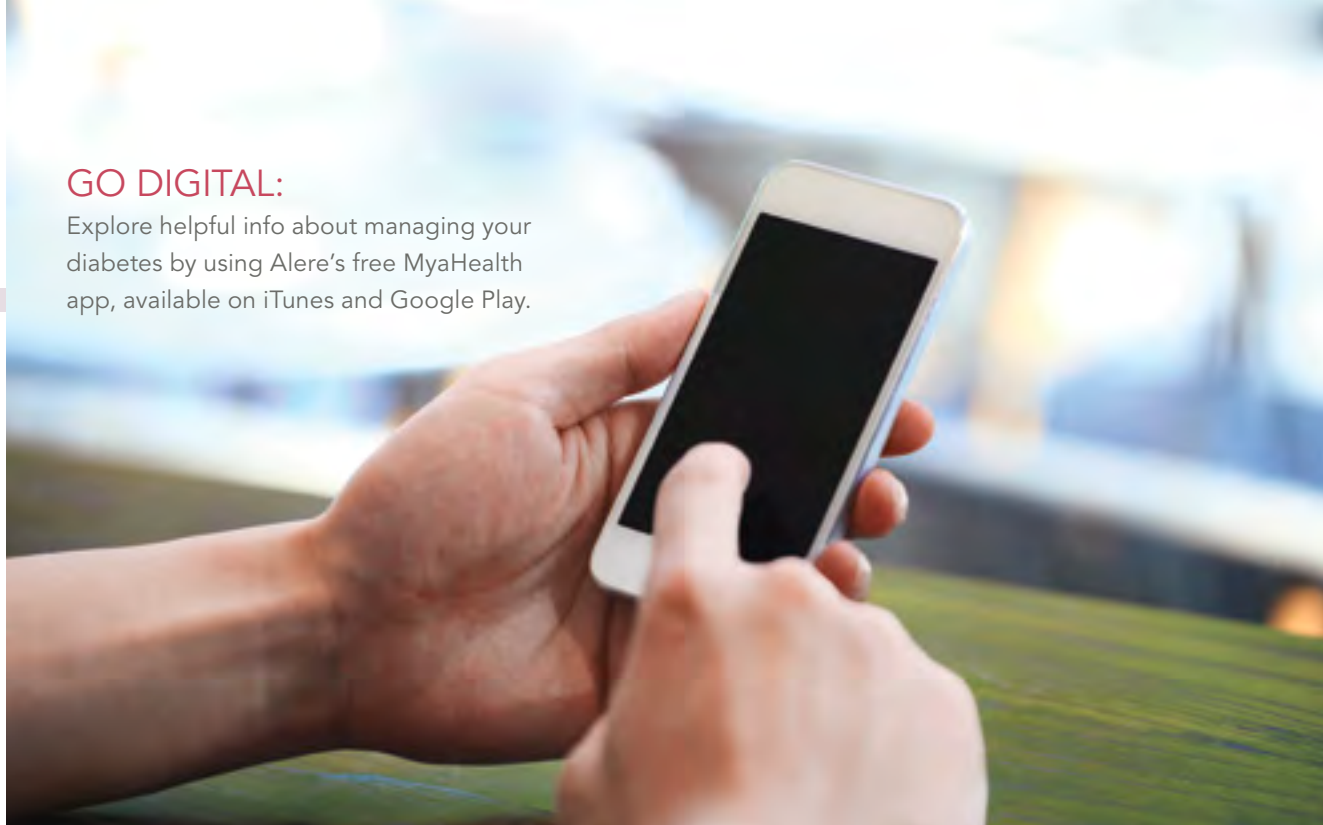
Fee: \$50

[Railsback Building,
Woodland Medical Office](#)

For more info or to register,
call 530.669.5540.

GO DIGITAL:

Explore helpful info about managing your diabetes by using Alere's free MyaHealth app, available on iTunes and Google Play.



Diabetic retinopathy—changes in the blood vessels in the retina, light-sensitive tissue at the back of the eye. Like other diabetic eye diseases, it can cause severe vision loss and even blindness.

WHAT YOU CAN DO: Get a comprehensive dilated eye test at least once a year to help detect early signs of retinopathy and help your doctor know if you need treatment.

GET A BOOST: When you get this dilated retinal exam and send proof to WHA, we'll send you a \$25 gift card or two movie tickets. For details, visit mywha.org/dre.

High blood pressure (hypertension)—artery damage resulting from diabetes can lead to this condition, which increases risk of heart attack and stroke.

WHAT YOU CAN DO: To lower blood pressure, do at least 150

minutes of aerobic activity and two rounds of strength training per week. (Other hypertension-reducing options include losing weight, eating less salt, and avoiding alcohol and tobacco.)

GET A BOOST: WHA's gym discounts make it easier for you to be physically active. For details, visit mywha.org/gyms.

Kidney disease—can result from diabetes, which can damage the kidneys. If the disease progresses and kidneys fail, dialysis is necessary.

WHAT YOU CAN DO: Self-care treatments include tight control of blood pressure, which dramatically affects the rate at which kidney disease worsens. (For some tips on lowering blood pressure and boosting your efforts, see above.)

Foot problems—many different types. They happen most often when there is nerve damage (neuropathy), which can cause tingling, pain or weakness in the foot.

WHAT YOU CAN DO: Carefully examine your feet every day, and seek care early for any injury. Be sure your health care provider checks your feet at least once a year—more often if you have foot problems.

GET A BOOST: Pamper your feet. Wash them daily, then dry them, especially between your toes, and rub them with a thin coat of skin lotion but avoid using between your toes. Always wear socks and comfy, well-fitting shoes. Protect your feet from hot and cold. Keep blood flowing to your feet by wiggling your toes and moving your ankles for five minutes, two or three times a day.

BEATING DIABETES

If you have diabetes, no matter what type, you have too much glucose (sugar) in your blood. And too much glucose can lead to serious problems. Here's a look at some common complications plus tips to help you address them.

FIND SUPPORT

When you're diagnosed with diabetes, it's vital to monitor and control your blood glucose levels. To help manage your diabetes: Turn to your diabetes care team, family and friends, or sign up for a diabetes education class through our medical groups. Visit mywha.org/classes to learn more. WHA's Diabetes Program is also available through Alere™, a disease management organization. To learn more, visit mywha.org/diabetes.

Sources: American Diabetes Association, Mayo Clinic, National Eye Institute, Western Health Advantage

FROM HEAD TO TOE



Controlling Asthma

HOW TO HELP YOUR CHILD BREATHE EASIER



If your child has asthma, it's important to identify your child's "triggers"—things that worsen symptoms—so they can be avoided. Culprits may include **allergens** like pet dander, pollen and certain foods, as well as **chemical irritants** like tobacco smoke and household products. People should smoke outside while wearing a coat, to prevent clothing from gathering smoke particles. When using products like cleaners and paints, open the windows.

Air pollution can cause trouble, so check the air quality index (airnow.gov) to determine whether it's safe for your child to be outside. Some children get flare-ups during **exercise**, especially in cold air. Fortunately, most kids can still participate in their favorite activities, which can even help reduce asthma symptoms over the long run.

Your child's doctor or allergist can help pinpoint your child's triggers and may also recommend quick-relief medicine for your child to take before exercise or when symptoms occur. Visit your child's teachers or school nurse to discuss your child's triggers and symptoms, and give them contact info for your child's doctor. Kids have the right to bring asthma medications to school, but check the specifics of your school's policy.

WHA's Childhood Asthma Program is managed by Alere™. For more info, visit mywha.org/dm or call Alere at 877.793.3655, 9 a.m. to 7 p.m., or Friday and Saturday, 9 a.m. to 6 p.m.

TIME TO GET READY FOR FLU SEASON

About 5% to 20% of U.S. residents get the flu each year

U.S. flu season occurs in the winter, but outbreaks can happen as early as October and can last as late as May. According to the Centers for Disease Control and Prevention, the best protection against this contagious respiratory illness is a yearly flu vaccine. Everyone 6 months of age and older should get an annual vaccination, says the CDC.

Make sure your family takes additional preventive measures as well, including washing your hands to reduce the spread of germs and staying away from folks who're sick. If you or your loved ones get the flu, stay home from work or school to keep from spreading the illness to others. For more info, visit flu.gov or cdc.gov/flu/about/season/flu-season-2015-2016.htm.

Managing Your Holiday Stress

The holidays are approaching, and it's a good time to focus on staying as healthy as possible. At this time of year, we often find ourselves stressed while trying to keep up with shopping, decorating, cooking, family events and entertaining. To boost your spirits, try these tips.

- **Set limits and keep it simple.** Be realistic about what you can do before and during the holidays.
- **Ask others for help.** Sit down as a family and come up with a list of all the things that need to be done during the holidays.
- **Avoid procrastinating.** Putting off certain holiday tasks until the last minute will just cause more stress.
- **Remember to exercise.** Stay with your workout plan even though you may be keeping some odd hours over the holidays.

Take the Focus Off of Gifts

- **Start a tradition.** Turn on holiday music while you decorate, light some scented candles, and set aside other activities.
- **Have a "holiday campout" in the living room.** Watch movies and snack on holiday treats.
- **Take a leisurely family car trip** to view holiday light displays in your area.
- **Get the family involved with volunteering** at a local food pantry or another good cause of choice.

- **Agree on a family outing,** such as ice skating, visiting a big downtown holiday event or going to a movie.

Sources: Magellan/HAI-CA; Holiday Stress Statistics, American Psychological Association



An estimated 69% of people are stressed by the feeling of having a lack of time, limited budgets, and the added pressure to give or get gifts.

Do you know who your mental health provider is? Check the back of your WHA identification card to find the contact information.



Health Plan Changes Coming in 2016

As the health insurance industry continues to comply with requirements of the Affordable Care Act (ACA), benefits in many health plans will be changing in 2016. Small and midsize businesses—those with two to 100 employees—will be moving to ACA-compliant plans.

There will be changes for members under other plans as well. The changes vary depending on the plan and, in many cases, will improve the value of coverage. For example, some plans will be adding 10 “essential health benefits,” which include dental and vision care for children, chiropractic care and preventive health care services.

Your plan may be changing at your next renewal, so be on the lookout during open enrollment and visit mywha.org/changes to learn more.

REACH OUT AND TOUCH

Check Kelly Brothers’ advice on holiday gifts that keep giving



I have a client who decided to stop sending multiple checks to various charities at Christmastime. Instead, he now writes just one big check to one charity, supporting a different one each year. When I asked him why, he said, “Because I want my gift to be memorable and to ‘move the needle’ for

that organization.”

Christmas and the holidays are just around the corner, and the fervor of gift buying will soon be upon us. Gifts bought, wrapped, given—and forgotten—all in a matter of weeks. Here is your mission: to give one gift that is totally and completely personal and customized to that person. Think about it today. Work on it tomorrow. Find a unique way to give it to the intended recipient. Move their needle.

If you give tips to your service providers (gardener, mail carrier, pool guy, hairdresser) at Christmas, do the same thing. Pick one of those people, give a very generous gift, and write them a heartfelt note about why you felt inspired to recognize their outstanding service in 2015. Move their needle.

If there is a public servant or philanthropist you truly admire, write them a note detailing your admiration. Perhaps you will inspire him or her to even greater heights. Move their needle.

Let’s face it. It’s impossible to “move everyone’s needle.” Most Christmas gifts are forgotten before Valentine’s Day. But this strategy ensures at least a few people will actually remember what you gave them for months ... or even countless years to come.

Happy shopping!



Cioppino With White Wine

This delicious fish stew is high in protein and low in calories.

INGREDIENTS

- Cooking spray
- 1 14.5-ounce can unsalted diced tomatoes, undrained
- 1 medium onion, diced
- ½ cup dry white wine (regular or nonalcoholic)
- 2 medium garlic cloves, minced
- ⅛ to ¼ teaspoon crushed red pepper flakes
- 6 ounces bay or sea scallops, rinsed and patted dry, quartered if large
- 12 fresh debearded and rinsed mussels in the shell
- 6 ounces tilapia fillets, rinsed and patted dry, cut into 1-inch pieces
- ¼ cup chopped fresh basil
- 2 tablespoons olive oil
- ⅛ teaspoon salt

DIRECTIONS

Lightly spray a slow cooker with cooking spray. Put tomatoes with liquid, onion, wine, garlic and red pepper flakes in the slow cooker, stirring to combine. Cover and cook on low for 5 hours or on high for 2½ hours, or until the onion is very soft.

If using low setting, change it to high. Quickly stir in the scallops and mussels (don't add fish yet) and re-cover slow cooker. Cook for 20 minutes.

Quickly and gently stir in fish and remaining ingredients. Re-cover slow cooker and cook for 15 minutes, or until fish flakes easily when tested with a fork. Discard any unopened mussels. Ladle cioppino into bowls.

Serves four (1¼ cups per serving).

NUTRITION INFORMATION

Calories: 229	Cholesterol: 45 mg
Total fat: 9 g	Sodium: 414 mg
Saturated fat: 1.5 g	Total carbohydrates: 12 g
Trans fat: 0 g	Fiber: 2 g
Polyunsaturated fat: 1 g	Sugars: 5 g
Monounsaturated fat: 5.5 g	Protein: 21 g

American Heart Association/Healthy Slow Cooker Cookbook



2349 Gateway Oaks Drive
Suite 100
Sacramento, CA 95833

916.563.2250
888.563.2250
westernhealth.com

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advantage

**RUN to FEED
THE HUNGRY**

Western
Health
Advantage



Take the first step in supporting those in need in our community.

WHA proudly sponsors what has become a family tradition for thousands of area families, as well as a favorite race among elite runners in California. Join WHA as we wind through the beautiful streets of East Sacramento on Thanksgiving morning.

2015 RUN TO FEED THE HUNGRY

Thursday, November 26, Thanksgiving Day
start times: 10K 8:15 a.m. — 5K 9:00 a.m.

All proceeds benefit:



Join the WHA Run to Feed the Hungry Team

| visitmywha.org/feedthehungry