

Health & Wellness



Jackson Creek Dental group won for Best Centerpiece. Photo by Steve and Stephanie Farrell

Sutter Amador Hospital Foundation Raises Nearly \$50,000 Benefitting the Family Birth Center

JACKSON – The Sutter Amador Hospital Foundation raised approximately \$48,000 during their second annual Theme Ball, which took place on October 19, 2013, at Jackson Rancheria Casino Resort. Proceeds from the event will help purchase valuable equipment for the hospital's Family Birth Center, including a fetal heart monitor. "There was a real sense of community and creativity throughout the entire event," said Sutter Amador Hospital Foundation Chair David Carlson. "It was a great way to come together and for a very worthwhile cause."

Robert Young, M.D., longtime OB-GYN spoke at the event and expressed his appreciation to those in attendance. Dr. Young said that everyone's contributions can make a real difference in the lives of our youngest patients and their families. The near sell-out crowd of 279 embraced this year's theme of "Memorable Moments in History." Guests were encouraged to pick a memorable moment in history and create a centerpiece for their table representing the moment they chose. Or, if they were feeling especially competitive, guests could arrive in costume representing their historical moment. Winners included Jackson Creek Dental for their centerpiece representing The Gold Rush era and Sutter Amador Hospital Surgery Staff and TSPN TV for their costumes representing NASA's Apollo 11 lunar landing.

The Sutter Amador Hospital Foundation would like to thank all those who helped support the event, including the Sutter Amador Hospital Board of Directors; event judges David Melniczek, M.D., Michael Ingram, M.D., and Judge Steve Hermanson; auctioneer Seth Seever; and top event sponsors American Legion Ambulance, Sound Physicians, Thompsons and Toyota & Thompsons Buick

GMC and the lengthy list of other businesses and community members who contributed to the success of the event. The Foundation is looking forward to partnering with the community again for next year's theme ball in October 2014 – the theme will be "Heroes and Villains."

The Sutter Amador Hospital Foundation supports Sutter Amador Hospital's mission to enhance the well-being of the communities we serve through a not-for-profit commitment to compassion and excellence in health care services.

Board members dedicate their time inspiring people to make charitable gifts that change and save lives right here in Amador County and the surrounding communities. They also lead by example through personal gifts and pledges. Current Sutter Amador Hospital Foundation Board of Trustees members are:

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High Blood Sugar and Blurry Vision

Blurry vision. Floating spots. Distorted images. If excess glucose (high blood sugar) damages the blood vessels that feed your retina, you may develop an eye problem called diabetic retinopathy. Diabetic retinopathy often starts with no symptoms, but over time, can destroy your eyesight and cause vision loss. In fact, diabetes is the leading cause of blindness in adults between the ages of 20 and 74.

To prevent retinopathy, watch your blood sugar levels closely and see an eye doctor once a year for a complete eye exam.

Local Seniors Become "Silver Surfers"

As the busy fall season kicks into high gear for families, older loved ones can feel cast aside, isolated and alone. Grandkids are busy with classes and activities, while parents balance work and family life. So in all the hustle and bustle, who's staying in touch with Grandma and Grandpa - especially if they don't live close by?

That's why Visiting Angels, one of the nation's largest in-home senior care companies with an office in our area, has started a "Silver Surfers" program – helping seniors learn to surf the net. Everything from text messaging and Skype to Facebook and the Internet.

Seniors earn a "Silver Surfers" certification when they crush a wave of new technology, giving them a sense of accomplishment. The program is part of Visiting Angels' larger Social Care Program - a care plan for different life stages that helps seniors socially connect and engage, cope with loss, understand life changes and prevent social isolation.

The Visiting Angels Social Care: "Silver Surfers" program also helps older Americans battle depression. One fourth of all seniors over the age of 65 suffer from depression. More information and locations online at: www.VisitingAngels.com

Persimmon Bars

Ingredients: 1 cup persimmon pulp, 1 teaspoon baking soda, 1 egg beaten, 1 cup white sugar, 1/2 cup vegetable oil, 1 cup raisins, 1 1/2 cups all-purpose flour, 1 teaspoon ground cinnamon, 1 teaspoon ground nutmeg, 1 teaspoon salt, 1/4 teaspoon ground cloves, 1 cup chopped walnuts, 1 cup confectioners' sugar, 2 tablespoons lemon juice.

Directions: Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10x15 inch jelly roll pan. In a small bowl, stir together persimmon pulp and baking soda; set aside. In a separate bowl, mix together egg, white sugar, vegetable oil and raisins. In a large bowl, stir together flour cinnamon, nutmeg, salt and cloves. Stir persimmon mixture and egg mixture into the dry ingredients. Fold in walnuts.

Spread batter into prepared pan. Bake in preheated oven for 20 minutes. Meanwhile, combine confectioners' sugar and lemon juice. Stir until sugar is dissolved. Remove bars from oven and spread with glaze.



Turmeric, hailed by naturopaths as the world's most important herb, has been used for centuries to treat arthritis, diabetes, gastrointestinal complaints and dozens of other conditions. Nutritionists and naturopathic practitioners may recommend turmeric tea as a daily supplement or complementary treatment for people who have--or are at risk of developing--certain diseases and conditions.

Blood Vessel Health

According to UMMC, turmeric tea can reduce levels of low-density lipoprotein (LDL, or "bad") cholesterol. Additionally, compounds in turmeric can prevent cholesterol from building plaque on artery walls. Because of turmeric's mild antiplatelet activity, it may also theoretically prevent blood clots, a major risk factor for heart attack and stroke.

Digestive Health

The U.S. National Institutes of Health report that turmeric may increase bile production and reduce symptoms of reflux, colon spasms, bloating, gas and indigestion. Turmeric may be a useful treatment for irritable bowel syndrome and reflux disease.

Inflammation

Compounds in turmeric help to battle inflammation throughout the body. UMMC reports that turmeric may lengthen remission time for people with inflammatory bowel diseases like ulcerative colitis and Crohn's disease. Turmeric's anti-inflammatory properties also make it a useful treatment option for arthritis.

Diabetes

Diabetic animals experience lower blood sugar levels when taking turmeric. Clinical trials have not yet evaluated turmeric's possible role as a treatment option for diabetes. However, integrative health care providers may recommend it as a complementary treatment option.

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