

Free! Please take one.

Hopedale Medical Complex

Winter 2016

Health Matters Chronicle



2016

**The Center of
Wellness is
YOU**

THE CENTER OF WELLNESS IS YOU

KEEPING YOUR RESOLUTIONS

BENEFITS OF A FITNESS COACH

BE A HERO --VOLUNTEER

UPCOMING EVENTS

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THE CENTER OF HOPEDALE WELLNESS CENTER IS YOU

Transforming Lives Each Day at the
HOPEDALE WELLNESS CENTER
Socially – Mentally – Physically

- New Membership Packages
- Special/Family Programs
- Personal Training
- Group Fitness
- Aquatics

For more information, contact
Greg Eberle at
309-449-4533
or geberle@hopedalemc.com

Hopedale
**Wellness
Center**



222 NW Grove St.
Hopedale, IL 61747

Hours:
M-F 5:00am - 9:00pm
Saturday 7:30am - 5:00pm
Sunday 1:00pm - 5:00pm
Closed Sundays: June-September
www.HopedaleWC.com

309-449-4500





Creating Resolutions You Can Stick To

By: Janelle Medernach, RD, LDN

HMC Registered Dietician

According to Forbes Magazine, 45% of Americans make New Year's resolutions each year, but only 8% keep them. At least 1 out of every 3 people who make New Year's resolutions dismiss them by the end of January. The top reasons given include being too busy or not being committed to their vows in the first place. Only 49% of Americans reported having had rare successes in the past with their New Year's resolutions, and 24% of Americans reported having FAILED at their New Year's resolutions EVERY SINGLE YEAR. While New Year's resolutions vary from personal to fitness related goals, losing weight was the number one ranked New Year's resolution of 2015. So why do some people fail at setting goals, and what are the secrets behind those who are succeeding at them? Here are some tips on how to keep your New Year's resolutions this year.

Make it something you really want or love and not something you dread.

Exercising may be more fun when partaking in a workout class with a friend.

Limit your list of resolutions to a number you can handle. Be sure to keep them simple.

Only focus your efforts on two or three resolutions.

Choose them carefully.

- 1.) Make a plan and set short-term goals to see long-term results.
- 2.) Outline small, manageable steps to reach your goal and take notes.
- 3.) Do not try and change your life all at once.
- 4.) Make the resolution about the journey, not the outcome.
- 5.) Have a support system and use a buddy.
- 6.) Keep records and track progress.
- 7.) Reassess your resolutions and schedule check-ins for when life becomes busy and you forget.
- 8.) Schedule days throughout the year beforehand to check your progress towards your resolutions.
- 9.) Celebrate small victories.
- 10.) Choose rewards that do not work against your goal.
- 11.) Do not give up so easily, do not beat yourself up, and do not let failure stop you. Stick to it, and keep trying!

Set SMART goals.

S: SPECIFIC: You are more likely to achieve a specific goal versus a general goal.

M: MEASURABLE: Know how to measure progress towards your goal. This allows you to stay on track and achieve by your end goal date.

A: ATTAINABLE: Know how to make important goals come true to you by developing the correct attitude, ability, knowledge, skill, and financial capacity to reach them. Set a time frame for goals to make these steps. While they should challenge you, make a plan for how to carry out the steps to reach your goals.

R: REALISTIC: You have to be willing and able to do work to meet a realistic goal. You are the only person to determine how high your goal can be. A high goal is easier to reach than a low one often because low goals promote low motivational force.

T: TIMELY: You must have a time frame, or there is no sense of urgency to do so. It must be within a realistic time frame as well.

For more help on keeping your resolutions in 2016, contact our Nutrition Services Department and schedule your one-on-one consultation with our Registered Dietician. You may schedule your appointment by calling 309-449-4332. Join the Hopedale Wellness Center and receive your first consultation with Janelle Medernach for FREE!

Reach Your Fitness Goals Through Hopedale Group Fitness Training

Are you bored of the same old routine at the gym? Well, then it's time to change it up! As one of the hottest and fastest growing trends in the fitness industry, small group training is an effective, affordable and fun way to reach your fitness goals. In addition to being more effective, you'll meet new, like-minded workout buddies, be held accountable, and have people there to motivate you every step of the way.

Accountability

Sometimes we need a little encouragement to get to the gym. When you workout alone, the only person holding you accountable when you miss a class is you. The treadmill won't notice or care when you stand him up, but your friends will. Even in regular group fitness classes, it's easy to stay in the back of the class and remain anonymous. When you're part of a small group, you have other people and an instructor who are depending on you to show up each day. This extra bit of accountability helps you to stay on track and gets you one step closer to achieving the results you want.

Bang For Your Buck

It's true; you really do get what you pay for. While private, one-on-one personal training still gives you the most personalized attention, small group fitness classes are the next best thing. Private personal training can be too pricey for many, and large group fitness classes are not as easily managed. For example, instructors don't always have the time to make sure that every individual is using correct form. On top of that, injuries tend to be more common in large groups. However, small group fitness classes can be just the opposite, allowing the instructor more flexibility to walk around and make sure that each person is maintaining proper form. Trainers are also able to spend more time with each person, learning about their fitness goals and if there are any previous injuries. This will help each person maximize their workout results.

Motivation

Let's face it; working out alongside others tends to motivate us to keep up. If you are a competitive person, this is a huge benefit of small group fitness. If you are not competitive, you may be surprised at how much harder you push yourself during these small classes. Besides, who doesn't like a little bit of friendly competition? Small group fitness classes, such as boot camps, allow members to have a little healthy competition.

Let the Trainer Do the Thinking

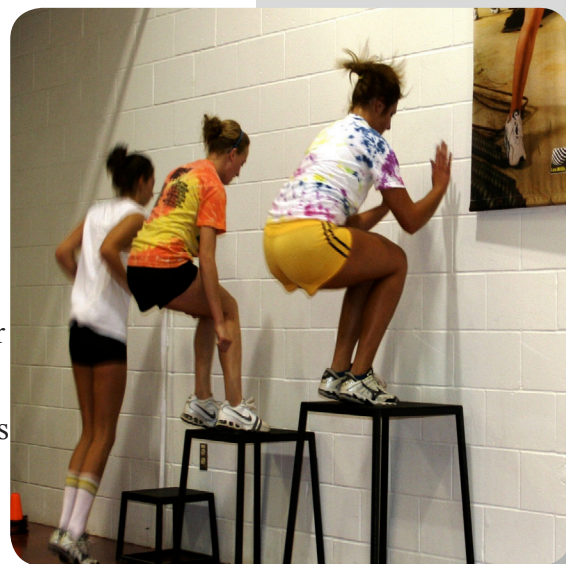
After a long morning of getting the kids ready for school or after a long day at work, wouldn't it be nice to have an instructor do all the thinking and planning for you? Instead of trying to put together your own workout when you're already exhausted, you get to depend on an instructor to put together a routine that leaves you covered in sweat.



Variety

When it comes to fitness, it's easy to get caught up in the same old routine. Unfortunately, your body will eventually adapt to the workout and stop responding. Another advantage of small group fitness classes is that the instructor has endless amounts of workouts and techniques stored away in the back of their brain. A great fitness coach changes up the workout every time in order to give your body a brand new challenge with each session!

Get your friends together and schedule your group training by calling the Hopedale Wellness Center at 309.449.4500.



Benefits of Working With a Fitness Coach

The Role of a Fitness Coach

Fitness coaches work to empower people to live their most fit lives. A Fitness Coach is a health promoter and educator, and active partner in helping clients make healthy lifestyle choices. A Fitness Coach:

1. Has thorough knowledge and expertise.

A fitness coach helps bridge the gap between basic information and knowledge-based implementation. Fitness coaches gain expertise in fitness related sciences, how to use screening and assessment measures, and how to design and implement programs. They thoroughly understand their legal, professional and ethical responsibilities and are aware of other professionals to whom to refer for situations outside of the fitness coach's scope of practice.

2. Holds the bigger picture for you.

A fitness coach helps clients discover the larger reason for change: to circumvent disease, to have more energy, to reduce the effects of stress, to enjoy leisure activities, or perhaps to overcome a physical setback or condition. When clients are faced with challenges, it is common to lose sight of the "why" of health-behavior change. At these times, a fitness coach can remind clients about their big picture intentions and help them navigate through obstacles.

3. Is in your corner.

Fitness coaches value their clients and champion their results. Unlike a friend or family member, whose interests may overlap with the client's, a fitness coach offers nonjudgmental support and encouragement and allows clients to be experts in their own lives. Fitness coaches use proven strategies for effective communication to build rapport, listen actively, ask powerful questions and promote self-efficacy. From this place of trust and connection, clients are free to learn, explore, experiment and gain insight in their quest for greater health and well-being.

4. Helps you design customized action steps to promote your success

A fitness coach helps clients decide what is most important to them. Fitness coaches respect each individual's unique history and perspective, and helps clients choose options to optimize their success. Fitness coaches work with a range of client goals, whether clients wish to consume more fruits and vegetables, start a walking program or run a marathon. Fitness coaches help clarify intentions and generate step-by-step action plans. Once goals and action plans are in place, fitness coaches serve as a powerful accountability partner to support clients' desired outcomes.

As many have discovered, working with a fitness coach can be an exciting and rewarding experience. To schedule a session with a Fitness Coach at Hopedale Wellness Center, call 309.449.4500.

FITNESS COACHING

With Hannah or Eddie

We Take Your Fitness Personally

Group and one on one sessions available.



309.449.4500



Chef Kevin's Recipe Corner

Chicken & Chickpea Stew

2 tablespoon olive oil
1 pound diced chicken breast
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup diced carrot
1 cup sliced bell pepper
2/3 cup diced onion
2 teaspoon minced garlic
1 teaspoon ground coriander
1 teaspoon ground cumin
1/4 teaspoon curry powder
1/8 teaspoon cinnamon
2 bay leaf
1/2 cup flour
2 teaspoon lemon juice
2 teaspoon orange juice
6 cups chicken stock
1 1/2 cups canned or cooked chickpeas (garbanzo beans)



Heat oil in sauce pan over medium high heat.

Season chicken with salt and pepper. Add chicken to hot oil. Brown on all sides.

Stir in vegetables and brown lightly. Stir in spices.

Stir in flour. Cook one minute. Add remaining ingredients except chickpeas. Stir until it comes to a boil and mixture thickens. Reduce heat to a simmer for 10 minutes.

Add chickpeas, cover pan and simmer over low heat, stirring occasionally, for 25 minutes until chicken, vegetables and chickpeas are tender. Remove bay leaves and serve. Serves 4.

HMC Employees and Residents Find Cheer at the Nursing Home Christmas Celebration

On December 20th, 2015, residents at the Hopedale Nursing Home celebrated Christmas during the annual family and staff Christmas Party. Santa and Mrs. Claus even made a visit to the party. Santa was pleased to know that all of the Nursing Home residents were on the "good list." Several employees came in on their day off to volunteer at the party and spend time with the residents and their families so that they could enjoy being with each other. Everyone in attendance had a wonderful time getting into the Christmas spirit!



HMC Nurse Awarded “Shooting Star” Award

We would like to Congratulate Barb Weihmeir for recently receiving our ER physician group’s (EPSS) annual “Shooting Star Nurse Award”. This award is well deserved. She is a fantastic ER nurse and truly dedicated to HMC and the Hopedale community. Barb has superb ER skills and constantly strives to deliver excellent, compassionate patient care. This does not go unnoticed, as evidenced by compliments from many patient surveys. She has also built a strong rapport with not only the HMC staff and physicians, but also the EPSS doctors that she works with on a one on one basis during every ER shift. Barb and her family have also been huge supporters of HMC’s mission with financial and labor donations. Thank you Barb Weihmeir for being a magnificent ER nurse and a strong, talented member of the HMC team. -Mark Rossi, COO.



Nurse Barb Weihmeir with husband Phil.

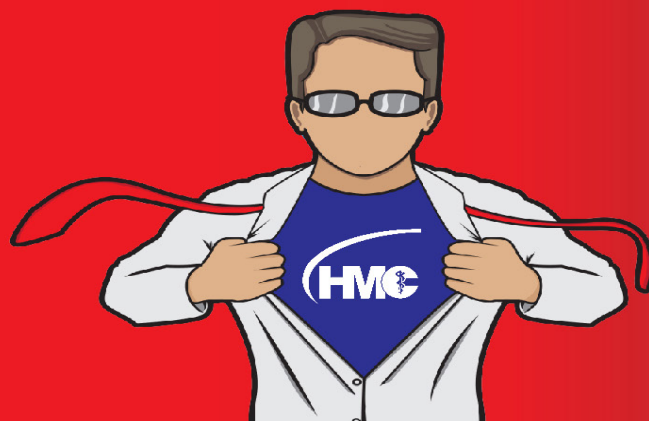
BE A SUPERHERO TO SOMEONE... **VOLUNTEER**

HMC volunteers assist our staff in providing an extra dimension of care and service to patients, residents, visitors, and our local communities. Our volunteers go above and beyond to help meet the needs of those who use Hopedale Medical Complex.

**No prior volunteer experience necessary.*

Volunteers Needed In:

Gift Shop(New location in 2016!)
Senior Living Facility-Commons
Childcare
Arts, Crafts, & Entertainment
Transportation
Hospital Escorts
Gardening
Sit & Chat Visitors
White Fence Estate



**HOPEDALE MEDICAL COMPLEX
107 TREMONT STREET
HOPEDALE, IL 61747
WWW.HOPEDALEMC.COM**

**For more information on
volunteering at HMC, contact Mindy at
309.449.4290.**





Hopedale Medical Foundation
107 Tremont Street
Hopedale, Illinois 61747
309-449-3321
www.HopedaleMC.com



STAY CONNECTED!

upcoming events & programs

*Give it a Tri Program
January 3-30
For Info: 309.449.4500*

*Swim Lessons
January 12-March 10
Sign up NOW!!
For Info: 309.449.4500*

*Lifeguard Training
Beginning January 21
SIGN UP NOW!!
For Info: 309.449.4500*

*Blood Drive
Hopedale Wellness Center Second Floor
February 25th & May 5th
3:00pm to 7:00pm
For Info: 309.449.4500*

*Tumbling
January 11-March 1
8 week session/30 minutes per class
For info: 309.449.4500*

*Free Cholesterol Screening
Hopedale Wellness Center
February 17th
8:00am – 10:00am
No Appointment needed*

*Fitness Coaching
New Programming and Special Rates!
Hopedale Wellness Center or White Fence Estate
For Info: 309.449.4500*