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**BJC HealthCare**

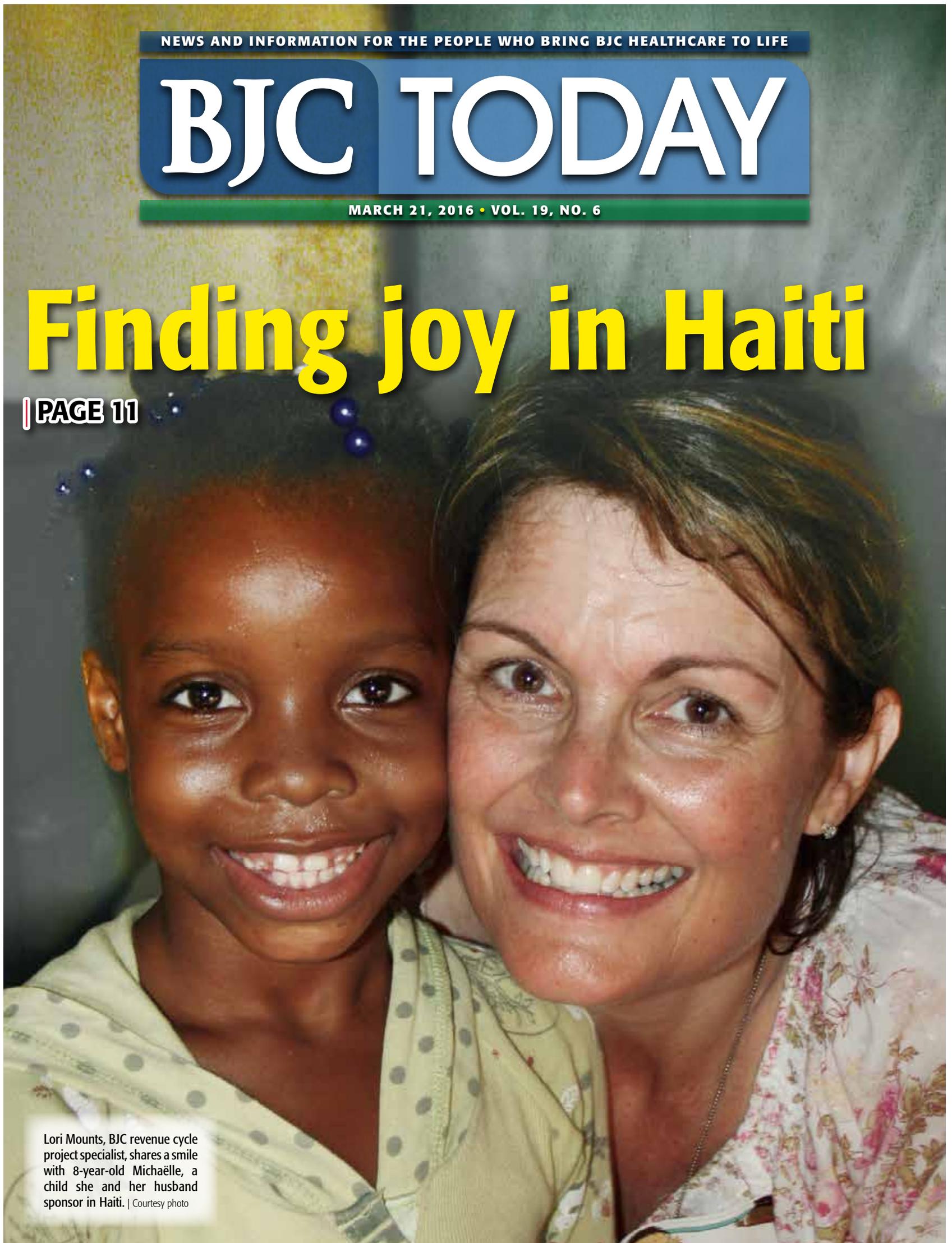
NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

# BJC TODAY

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## Finding joy in Haiti

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Lori Mounts, BJC revenue cycle project specialist, shares a smile with 8-year-old Michaëlle, a child she and her husband sponsor in Haiti. | Courtesy photo

# Savor the flavor of eating right with five-ingredient recipes

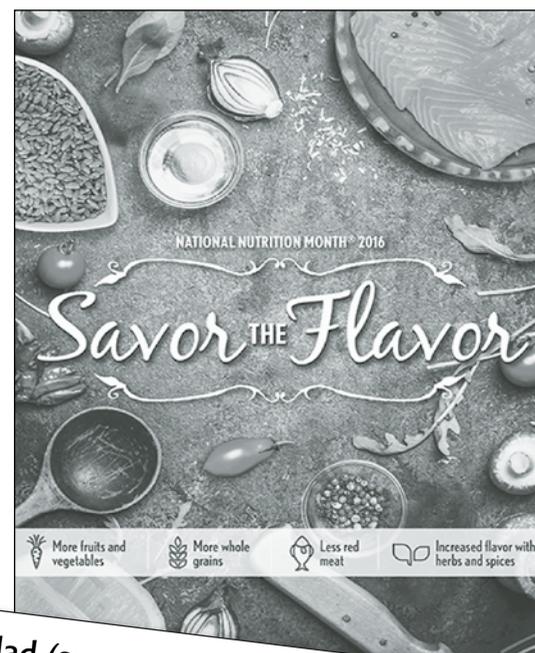
by Kristin Cunningham, RD, LD,  
BJC School Outreach and Youth Development

**BJC** ■ Each March, we celebrate National Nutrition Month®. This year's theme is "Savor the flavor of eating right." One of the best ways to "eat right" is by cooking at home.

Preparing food at home allows us to easily select ingredients that are rich in vitamins, minerals, fiber and other nutrients that nourish our bodies. Some people shy away from cooking, thinking it's too complicated or time-

consuming. While food preparation certainly can be complex, it doesn't have to be. I invite you to savor the flavor of these two simple and nourishing recipes, each containing just five ingredients.

*BJC School Outreach and Youth Development, now in its 25th year, provides health prevention education and career exploration opportunities for kindergarten through 12th-grade youth. To learn more about BJC School Outreach and Youth Development's programs, call the BJC School Program Line, 314-286-0460, or visit [bjcschooloutreach.org](http://bjcschooloutreach.org).* ■



## No-Bake Granola Bars (serves 10-12)

### Ingredients:

- 2-1/2 cups quick oats
- 1 cup raw pumpkin seeds (pepitas)
- 1/2 cup dried fruit (raisins, currants, cranberries, etc.)
- 2/3 cup nut butter of choice (peanut, almond, sunflower seed, cashew, etc.)
- 1/2 cup liquid sweetener of choice (honey, agave nectar, maple syrup, brown rice syrup, etc.)

### Directions:

- In a large bowl, mix together oats, pumpkin seeds and dried fruit.
- In a separate medium bowl, whisk together nut butter and liquid sweetener. (Microwaving the ingredients for 20 seconds may make mixing easier.)
- Pour contents of medium bowl into the large bowl and mix well.
- Line a 9x13 baking dish with parchment or wax paper.
- Press mixture into the baking dish to desired thickness. (It may not quite fill the entire dish.)
- Cover dish with plastic wrap and refrigerate for four hours.
- Holding onto the liner paper, pull bars out in one piece. Cut into bar shapes using a knife or pizza cutter. Keep refrigerated until ready to enjoy. For easy lunch packing, each bar can be individually wrapped in parchment or wax paper.

*Recipe adapted from Food52 recipe for Five Minute, No-Bake Vegan Granola Bars, by Gena Harnshaw.*

## Spring Strawberry Beet Salad (serves 5-6)

### Ingredients:

- 1 bunch of beets (3 large or 4 medium, any variety)
- 1 pint container of fresh strawberries, washed, hulled and sliced
- 1/4 cup balsamic vinegar
- 3 tablespoons crumbled cheese of choice (gorgonzola, feta, goat cheese, blue cheese, etc.)
- 1/4 cup nuts or seeds of choice (sunflower seeds, walnuts, pecans, etc.)

### Directions:

- Remove beet greens and most of stalks, leaving about 1/2 inch of stalk. Scrub the beets. Cook intact beets by either steaming or roasting. If steaming – steam for 30-50 minutes, until fork-tender. If roasting – wrap each beet in foil and place on baking sheet; cook in 400-degree oven for 45-60 minutes, until fork-tender.
- Let the beets cool enough to handle. Remove remaining stalk and peel skin off the beets. The skin should peel off easily using just your fingers. (Note: Use caution and/or wear gloves – beets can stain hands, clothing and surfaces.)
- Cut the beets into bite-sized chunks.
- Toss together beets, sliced strawberries, balsamic vinegar, cheese, and nuts or seeds.
- This salad can be enjoyed alone or on a bed of salad greens.

# AMH speech pathologist says, 'Keep on singing'

by Laura Bastin

**AMH** ■ Music does a body — and mind — good.

As a speech language pathologist, I often recommend singing as part of rehabilitation. There are many benefits — physical, emotional and social — that come from singing.



Laura Bastin

### Physically

- Singing exercises our lungs. It tones up our intercostal muscles and our diaphragm. For people with chronic breathing problems or poor breath support for speech, singing helps increase the volume and quality of your voice. It helps clear out your lungs.
- Singing in the shower is a great wake-up for the day. It's energizing; we benefit our hearts and circulation by improving our aerobic capacity.

- The fluency or flow of our speech improves. Our facial muscles get toned. Singing helps coordinate the muscles involved in speech to work together and more efficiently.
- Posture improves.
- There's a release of pain-relieving endorphins.
- Singing strengthens concentration, memory and vocabulary.

### Emotionally

- Music increases confidence. You have to be brave to try karaoke or a solo in a musical production.
- Singing necessitates deep breathing and is useful as a stress and anxiety reducer. Deep breathing is a key to meditation. After a long day at work, singing loudly in my car along with the radio helps relieve the tension from the day.
- It's uplifting spiritually. Singing in church is a foundation of most religions.
- It can increase positive feelings. Even singing the "blues" can bring a smile to your face.

- It evokes emotions and memories. We all associate certain people, places or times in our lives with music.

### Socially

- Music brings people together. There are community choirs popping up all over. It's not just about the sound — it's supportive and fun. Singing increases understanding and empathy among cultures.
- It promotes communication. In certain types of strokes or dementias, the ability to talk is lost, but patients can still sing. Singing along with them is a way to bond and connect. You're never too young or too old to sing. It doesn't matter how you sound or what you sing. There's always "Take Me Out to the Ballgame," "God Bless America," "Happy Birthday," "You Are My Sunshine" and "The Star Spangled Banner."

*Laura Bastin is a speech language pathologist at Alton Memorial Hospital's Human Motion Institute.* ■