

A New Year: A Better You. Connected and Committed.

1 Provider's Perspective: Meet Liza

Liza has been a registered nurse in the Mother Infant Care Center (MICC) at Santa Clara Valley Medical Center (SCVMC) since 2003. She enjoys seeing the new bond between mothers and babies and witnessing parents take their first steps into parenthood.

Liza recently joined the Ambulatory Health Education Department (AHED) as a part time prenatal instructor for the Breastfeeding and Mother/Newborn Care classes. Her passion, experience, and expertise make Liza a great resource for staff and patients alike. Teaching these classes gives her the opportunity to meet patients early on during their pregnancy and allows for continuity of care when they arrive to the MICC unit after giving birth. In those parents who took prenatal classes, Liza noticed a significant difference in their preparedness for parenthood. They were more knowledgeable, confident in their ability to care for their newborns and less stressed.

Liza encourages all parents to register and take advantage of the free prenatal classes, including prenatal yoga offered at SCVMC. Please call AHED at **408-885-5436** to sign up for classes.



2 How to Beat the Winter Depression



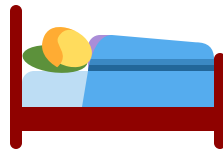
Exercise

A daily 30-minute walk may help prevent depression, so take a stroll to the nearby park.



Enjoy the Sunlight

Without enough sun exposure, your serotonin levels can drop. Low levels of serotonin are associated with major depression.



Get Some Sleep

A lack of sleep can take a toll on your emotional, mental health and mood. Aim for 7 to 9 hours of sleep each night.



Moderate Alcohol Consumption

One or two glasses of wine are plenty for the holiday party. Don't drink your sorrows away.



Adjust Expectations

Don't let visions of perfection bring you down. Be grateful for what you have and know that it is good enough.

If you're depressed, drugs and alcohol can make it worse. Talk to us. We can help. Call the Crisis Hotline at 855-278-4204.

DID YOU KNOW? Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, typically starting in the late fall and winter and going away during the spring and summer. Each year, it affects an estimated 10 million Americans, so you are not alone. How to fight back the wintertime blues:

EXERCISE



GO OUTSIDE



EAT WELL



3 Fruits & Vegetables Sudoku

Each horizontal row, vertical column, and 3x3 box must contain all nine food words. The words begin with letters K through S to make it easier for you to complete the puzzle. Get to know your fruits & vegetables and have fun filling them in.

Okra	Quinoa				Spinach	Pepper		
	Spinach			Pepper				Quinoa
	Mango			Kale			Radish	
Lemon					Radish	Kale		Nectarine
	Nectarine	Radish	Lemon		Okra			
Quinoa			Kale			Lemon		
Nectarine	Radish	Pepper		Okra	Lemon	Quinoa	Mango	
		Okra		Nectarine				
		Quinoa		Radish	Pepper		Nectarine	

- K** = Kale (contains a variety of phytonutrients, which protects our cells from damage)
- L** = Lemon (full of Vitamin C that keeps our immune system strong and helps our bodies heal quickly)
- M** = Mango (contains Vitamins A, C and E that keep our immune system healthy and strong)
- N** = Nectarine (a great source of potassium that helps muscle build and keeps your heart healthy)
- O** = Okra (contains folate, or folic acid, which helps our tissues grow and our cells work)
- P** = (Bell) Pepper (a source of phytonutrients that are important for keeping our eyes and skin healthy)
- Q** = Quinoa (a complete source of protein and has 12 grams per cup cooked)
- R** = Radish (full of fiber that helps with healthy digestion and keeps us feeling full)
- S** = Spinach (a great source of Calcium, which is good for bone health)

For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga for Patients with Cancer and Chronic Conditions, and Healthier Living with Chronic Conditions, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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