

No-bake Chewy Granola Bars

Hands-on Time: 15 minutes; Total Time: 75 minutes; Makes: 24 bars

These low fat bars offer a wholesome after-school snack that's satisfying but not too sweet. The added granola gives them a bit of crunch, and the cashew butter makes them extra moist.

1 cup light corn syrup • 1/2 cup packed dark brown sugar
1 1/2 cups cashew butter • 1 cup powdered nonfat milk
1 tablespoon vanilla extract • 3 cups granola cereal
1/2 teaspoon ground cinnamon

1. Lightly coat a 9- by 13-inch baking pan and a sheet of waxed paper with cooking spray and set them aside. In a large saucepan over medium-high heat, stir together the corn syrup and brown sugar. Let the mixture cook until the sugar dissolves, about 1 minute, then bring it to a simmer and let it cook for 30 seconds more.

2. Remove the pan from the heat and use a long-handled metal spoon to stir in the cashew butter, powdered milk, and vanilla until smooth. Stir in the granola and cinnamon. Transfer the mixture to the prepared pan, then use the waxed paper, oiled side down, to flatten it.

3. Let the mixture cool for 1 hour, then turn it out onto a cutting board. If needed, use a knife to release it. Slice the granola into 24 bars and store them in a sealable container layered between sheets of waxed paper until ready to eat. They can be kept up to a week.

Nutritional Information: Per serving (1 bar) Calories 129, Total Fat 2 g (3%), Saturated Fat 1 g (6%), Cholesterol 0 mg (0%), Sodium 35 mg (1%), Total Carbohydrate 26 g (9%), Fiber 1 g (4%), Sugars 13 g, Protein 2 g (5%)

Here's some tips on how to prepare fruits and vegetables so they are ready for round-the-clock snacking:

- Cube melons and place them in a covered dish in the refrigerator.
- Wash berries and place them in bowls ready to put on cereal and yogurt.
- Make a big tossed salad. Tossed salad lasts in a bowl for up to 2 days when it is not dressed.
- Bananas, peaches, plums and tomatoes can be placed on the counter in a bowl (refrigerate when ripe).
- Shuck corn and wrap in plastic. All you have to do is microwave for 2-3 minutes per ear (remove plastic wrap before cooking).
- Keep potatoes, along with fat-free sour cream and light margarine on hand for snacks and meals.

-excerpted from Communicating Food for Health newsletter

Get a Jump on your Holiday Shopping with these two Festive Events

What: The Annual Azalea Place Christmas Open House

When: Thurs., November 18th and Friday, November 19th

Time: 9:00 a.m. until 4:00 p.m.

Where: 1601 Professional Parkway

For Information : Call 334-501-0904

What: The Annual Oak Park Auxiliary Holiday Bazaar

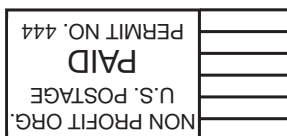
When: Thurs., November 3rd and Friday, November 4th

Time: 7:30 a.m. until 6:00 p.m.

Where: Oak Park Friendship Lounge

For Information: Call 334-826-7200

Proceeds from the bazaar fulfill the Auxiliary's mission, to benefit the residents.



SENIORITY
SENIORPLUS
EAMC
2000 Peppereil Parkway
Opelika, Alabama 36801



SENIORITY

EAMC'S NEWSLETTER FOR MEMBERS OF SENIORPLUS

Volume 12, Number 2

October-December 2011

EAMC WELCOMES NEW PHYSICIANS

We are pleased to have these new physicians on our medical staff.



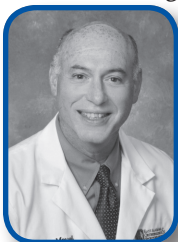
Benjamin Compton, M.D., received his medical degree at the University of South Alabama College of Medicine, and completed his residency at Baptist Health System in Birmingham. He is a hospitalist and is affiliated with Internal Medicine Associates.

Rod Duaski, M.D., received his medical degree at the UAB and completed his residency in internal medicine at the University of Rochester Medical Center. He is a hospitalist and is affiliated with Internal Medicine Associates.



Sarat Meka, M.D., received his medical degree from the University of West Indies in Trinidad, and completed his residency at North Shore-Long Island Jewish Hospital at Glen Cove, New York. He specializes in family practice and has joined East Alabama Gastroenterology Medical Services.

Jennifer Mihalik, M.D., received her medical degree from Eastern Virginia Medical School and completed her residency in general surgery at the Carilion Clinic in Roanoke, Virginia. She specializes in general and vascular surgery and has joined East Alabama Surgical Associates.



Scott Morrell, M.D., received his medical degree from the Tulane University School of Medicine and completed his residency at Emory University School of Medicine. He specializes in orthopaedics and has joined East Alabama Orthopaedics and Sports Medicine.



Anna Patowska, M.D., received her medical degree from the University of Gdansk on Poland, and completed her residency at Union Memorial Hospital in Baltimore before joining EAMC as a hospitalist. She is affiliated with Internal Medicine Associates.

John Tole, D.O., is an Auburn native. He earned his medical degree from Nova Southeastern University College of Osteopathic Medicine in 2003. He completed his residency in internal medicine at University of Tennessee in Memphis, and completed his fellowship in allergy, asthma, and clinical immunology at the University of Mississippi. Dr. Tole is in practice at the East Alabama Allergy and Asthma.



Anna Zouhary, M.D., received her medical degree from UAB, where she also completed her internship and residency. She is a hospitalist at EAMC and is affiliated with Internal Medicine Associates.

Kenneth Zouhary, D.D.S., M.D., has joined the team at Oral and Facial Surgery of East Alabama. Dr. Zouhary received his dental degree from the University of Michigan in Ann Arbor in 2002 and his medical degree from UAB in 2005. He completed his internship and residency at UAB, after which he was an assistant professor in the Department of Oral and Facial Surgery at UAB, and Chief of Oral and Facial Surgery at the Birmingham VA Medical Center.



October is National Breast Cancer Awareness Month

◆◆◆ Schedule Your Yearly Mammogram ◆◆◆

EAMC Recognized by WomenCertified®

In a full-page ad in *USA Today* on September 23rd, WomenCertified® named its "Top Hospitals for Patient Experience," and **East Alabama Medical Center was 1 of only 5 Alabama hospitals recognized.** WomenCertified®, the voice of female consumers, says their "scoring process is unique in that it is the only national list that focuses on female patient satisfaction."

"Our goal is to help simplify your choice when it comes to healthcare," WomenCertified® says on its web site. "Because being treated with the quality of care we expect for ourselves and our families is not only important, it also affects our health, well-being and healing."

WomenCertified® states that their **scoring process begins with scores derived for each hospital in the "Hospital Consumer Assessment of Healthcare Providers and Systems" (HCAHPS) database.** "The score takes a subset of the questions HCAHPS uses that our research and experience shows are more important to women than to men. The scoring is totally objective and uniform."

"We are very pleased that our hospital has received this recognition from WomenCertified®," states **Laura Grill**, EAMC administrator. "It is outside confirmation of what we know goes on at EAMC. We are committed to high quality, compassionate care, and our staff members and medical staff live out that mission in how they care for all of our patients, both male and female."

Here are 5 areas that WomenCertified® says are more important to women than men:

Cleanliness: Cleanliness embodies everything from the appearance of your facilities right through to the patient room bathrooms, from clean and pressed lab coats to the cleanliness of your cafeteria.

Communications with Nurses: Women place a higher value on building and maintaining relationships, and nurses can either foster or hinder that relationship with the hospital. Communications, both non-verbal and verbal, have a significant impact on how a woman perceives her experience with the hospital.

Communications with Doctors: Bedside manner and ability to be perceived as competent and compassionate strongly impact the patient experience. Women appreciate more talk time and more eye contact.

Response to Help Requests: All patients appreciate fast response. For a female though, it goes beyond response time as the tone and attitude during that process impact her perception of the experience.

Willingness to Recommend: Women are twice as likely to refer a business than a man. She is even more cautious in making referrals as she places more emphasis on protecting her relationships.

The other 4 Alabama hospitals named to the list were: Callahan Eye Foundation Hospital (Birmingham) • Fayette Medical Center (Fayette) • Thomas Hospital (Fairhope) • UAB Hospital (Birmingham)



Becky's Brigade Christmas Trip Planned

Becky's Brigade has been busy traveling over the last few months. In June, the group traveled to America's Western National Parks, spending two weeks visiting Mount Rushmore National Memorial, Yellowstone National Park, Grand Canyon National Park, Old Faithful and Petrified Forest National Park. In September, the group traveled to Mackinac Island in Michigan for a week's stay at the beautiful Grand Hotel.

A wonderful Christmas trip is planned to Branson, Missouri, leaving on November 28th and returning on December 3rd. One of the highlights of this trip will be dinner at Paula Dean's buffet in Tunica, Mississippi. If you are interested in this Christmas tour to the musical town of Branson, or for adding your name to the mailing list for upcoming trips, call **Becky Stillwell** at 334-744-1910. Don't delay as next year's trips are already being planned with some new and exciting adventures.

Lupus Support Group Meeting

October 24, 2011 @ 6 p.m.

{EAMC Classroom C - Hospital Basement}

For more info call Rebecca at 334-257-1131



The Lupus Foundation of America (LFA) support groups are intended to provide a warm and caring environment where people with lupus, their family members, caregivers and loved ones can share their experiences, methods of coping and insights into living with chronic illness. The support group also offers current and accurate information about lupus and related issues, and appropriate community resource information.

www.howlatthemoonbarcrawl.kintera.org

Yellow Dot Program: Citizens and First Responders Working Together to Preserve The "Golden Hour" of Emergency Care

The Yellow Dot Program was created to assist citizens during automobile accidents when they might not be able to communicate for themselves. Although the YELLOW DOT PROGRAM is geared primarily toward senior citizens, anyone may participate. **A YELLOW DOT in the rear window of your vehicle will alert all First Responders to vital information in your glove compartment.** This will help to ensure that you receive the medical attention you need during the first "Golden Hour" after a crash or other emergency involving your vehicle. The YELLOW DOT PROGRAM is the first of its kind in the State of Alabama. The program is a cooperative effort between sheriff's deputies, local police officers, state troopers, emergency medical services, local fire departments, and senior centers to assist citizens in a time of need when they might not be able to help themselves. For more information, call the Lee County Sheriff's Office at 334-749-5651.

Where to sign up:

- Lee County Sheriff's Office
- Frederick Road, Opelika, AL 334-749-5651
- Opelika Courthouse Revenue Commissions Office
- 215 S 9th Street, Opelika, AL 334-737-3655
- Rev. Commissioner, Smiths Station
- 2336 Lee Rd 430, Smiths, AL 334-291-1326
- Revenue Commissioner Auburn Satellite Office
- 1266 Mall Parkway, Auburn, AL 334-737-7298

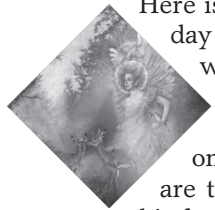
From the Foundation: Sheltering Healing Minds

In 2012, EAMC will be expanding and renovating the Psychiatric Medicine Unit to provide our patients with greater comfort and more segregated levels of care. The project will include therapeutic gardens for both adults and children. Like Goodson's Garden between the Cancer Center and the Surgery Center, these gardens will provide patients and their families with an opportunity to spend time in a natural setting. The average length of stay for a psychiatric patient is longer than that of other patients. No one likes being cooped up inside. The opportunity to be outdoors in the fresh air, especially for the children, is very important to their recovery.

The cost of this renovation and expansion project will be over 2.5 million. This cost does not include putting canopies over the gardens, which will shield patients and their families from the elements during hot or inclement weather.

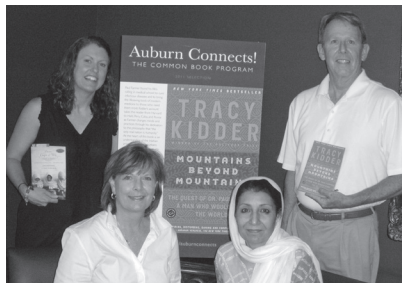
The estimated cost of these canopies is \$268,926. The Foundation is seeking community support to fund the cost of these canopies so that our patients can fully enjoy these gardens now, rather than later. Every family has been touched by mental illness. If you know of anyone who may have a heart for psychiatric care, please let them know that we would appreciate their financial support. For more information or to contact the Foundation office, please call 334-528-5874 or visit the website at www.eamcfoundation.org.

A gift of compassion...



Here is a gift for the people on your list who are hard to buy for this holiday season. Make a gift to the EAMC Foundation in their name. All gifts will go the *EAMC Patient Crisis Fund*. The Patient Crisis Fund helps patients who are unable to work due to their illness and need assistance with rent/utilities and home medical equipment. This fund is only used when all other resources have been exhausted and patients are truly in crisis. A maximum of \$500 per patient is allowed through this fund.

For a gift of \$10, we will send your honoree a unique acknowledgement card suitable for framing. For a gift of \$25, we will send your honoree a unique holiday ornament. This year's original card and ornament, *Angel of the Forest*, were again designed by local artist Karen Chittom. The original artwork is for sale. If you would like to see it, stop by the Foundation offices on the first floor of the hospital.



OLLI: Partnership in Learning, Part- nership in Outreach

The Osher Lifelong Learning Institute at Auburn University, OLLI at Auburn, is a peer-lead institute for non-credit learning. Members gather to learn---for the joy of learning. Learning takes place in classrooms and lecture halls, but there are no entrance exams, no prerequisite courses, no tests and homework is optional. OLLI at Auburn has become more than just life in the classroom. Members enjoy each other's companionship through social events and informal learning luncheons. They take advantage of the opportunity to have a university library card and use of the outstanding library at Auburn. They attend university lectures, music recitals and theater performances. OLLI at Auburn supports Auburn University's mission to extend the resources of the university to the larger community, A good example is our continuing relationship with the Bradshaw Library in Valley, Alabama, which is partnering with OLLI at Auburn and offering residents of the Greater Valley Area a chance to participate in member-led-learning programs. "OLLI continues to seek even more ways to be involved in the life of Auburn University." States OLLI founding director Mary Burkhart. "The Auburn University Academy for Lifelong Learners was started as a partnership between the AU Center on Aging, Continuing Education and local retirees. Now, as OLLI at Auburn, we keep expanding the ways in which we collaborate throughout the University." For more information about OLLI at Auburn, contact the Auburn University Office of Professional and Continuing Education, or visit the Web site at www.ollietauburn.org.

Coping with the Holidays After Loss

A free luncheon seminar sponsored by HospiceAdvantage EAMC, Frederick's Funeral Home, and the Opelika SportsPlex

WHEN: Tuesday, November 1, 11:30am-1:00pm

WHERE: Opelika SportsPlex (1001 Andrews Road, Opelika, near Southern Union)

Stress at the holiday season can be high under normal circumstances. If you are grieving the loss of a loved one, the holidays can magnify the feelings of grief. Grief is an unwanted journey that is not freely chosen. It may be hard to imagine that there are choices to be made in terms of how to mark the loss during the holidays, and yet we make them, whether deliberately or not. "Coping with the Holidays after Loss" will help you with ways to navigate this time of year.

This year, **Nancy Penaskovic, RN, MSN**, founder and former director of Hospice of EAMC will be the speaker. Nancy brings many years of hospice and life experience to the audience. Her depth of compassion and wisdom have brought comfort to many patients and their families over the years. Her soothing presence alone will make you glad you came.

The luncheon is **free and open to the community**, but a reservation is required to plan for food. Lunch will begin at 11:30 and the seminar will begin at noon. Call for a reservation at 334-502-0216 by Friday, October 28th.

Masquerade

Experience the Frenzy™

\$5

Jewelry
and Accessories

SALE

Monday, November 7th
7:00 am - 6:00 pm
Tuesday, November 8th
7:00 am - 4:00 pm

East Alabama Medical Center
Classroom C

Cash, Checks, Credit Cards, & Payroll Deduction

Proceeds Benefit
EAMC Auxiliary Nursing Scholarship Fund