



Live Well Newsletter



A REPORT ON CASSIA REGIONAL HOSPITAL'S MISSION TO HELP PEOPLE LIVE THE HEALTHIEST LIVES POSSIBLE™

5 MUST HAVES FOR YOUR LABOR AND DELIVERY BAG

FALL 2017 IN THIS EDITION

5 Must Haves for Your Labor and Delivery Bag

Just a few of the essentials

Apps That Can Help You Sleep

Use these apps to helping you catch some ZZZZ's

In the Numbers

Suicide Prevention

3 Tips to Eat Healthy When You're Short on Time

These recipes are healthy, kid-friendly and fast to make

Healthy Recipes

Try these sweet protein balls or savory tortilla soup

Save the Date

Weigh to Health Nutrition
Living Well with Chronic Conditions



Because you never know when your baby will make its appearance into the world, is important to get ready early. Around 36 weeks is a great time to start, prepping the bedroom and baby supplies, and packing your hospital bag. When your baby is ready to come, you may have very little time and having a prepacked hospital bag will ease the stress of the situation. But what will you need? What you bring to the hospital can be a real lifesaver during childbirth and recovery. Here are a few of our essential picks:

1-Important documents

Bring your essential documents such as your picture ID, proof of health insurance, and a birth plan if you have chosen to write one up.

2-Smartphone and charger

Labor can be long, sometimes many hours. Close friends and family can be a welcome distraction that you can call or text while in the hospital. It is ideal if your phone is a smartphone since it also holds other useful tools you will appreciate such as a camera, music and social media.

3-Birthing and recovery clothes

While the hospital gives you a gown, some women like to walk the halls in something a little more comfortable. A dark

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SUICIDE PREVENTION



**World Suicide Prevention
Day is September 10, 2017**

90%

of people who have died by suicide have been found to have had mental disorders and/or substance abuse problems.

**Idaho's suicide rate
ranks 6th in the
nation with a rate of
22.19% per 100,000
population**

Warning Signs

- 1 Threatening to hurt or kill him/herself
- 2 Looking for ways to kill him/herself
- 3 Talking or writing about dying or suicide
- 4 Increased substance use
- 5 No reason for living; no sense of purpose
- 6 Anxiety, agitation, unable to sleep
- 7 Feeling trapped - like there's no way out
- 8 Hopelessness
- 9 Withdrawal from friends, family, society
- 10 Rage, uncontrolled anger, seeking revenge
- 11 Acting reckless or engaging in risky activities
- 12 Dramatic mood changes



WHAT TO DO

If someone you know exhibits warning signs of suicide:

- Do not leave that person alone
- Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Take the person to an emergency room or seek help from a mental health professional

**NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK**
www.suicidepreventionlifeline.org

Need help? Know Someone Who Does?
Call the national suicide prevention
lifeline at 1-800-273-TALK (8255)
Or Visit <https://suicidepreventionlifeline.org/>

sources: <http://www.suicidology.org/resources>

DELIVERY BAG--- continued

colored dress or robe, socks and slippers are a few things you may be happy you have on hand. For recovery, loose fitting clothing and a nursing bra is also recommended.

4-Relaxation items

Things to help you relax will be appreciated. These items can include music or movies, possibly a season or two of a Netflix show downloaded to your smartphone, a stress ball, massage oil and pillows.

4-Baby Items

Making sure you have essentials for the baby is ideal. A blanket, a few onesies, pajamas, little hats and socks and that darling outfit to come home from the hospital in is a must. A car seat to take your baby home in is also a must. Check out <https://www.safekids.org/car-seat> for safety tips to be sure you have the right kind of car seat, and have it installed correctly. If you need help with a car seat, or installation, please call Cassia Regional's Birth Center at 208-677-6500. Cassia Regional Hospital has three certified car seat technicians who will be very happy to assist you.

Birthing is one of the hardest yet most rewarding things you will ever do and making it the best experience possible means being prepared. If you are getting close to 36 weeks, pack your labor and delivery bag ASAP so you are ready for this beautiful moment.

Please call our Birth Center at 208-677-6500 with any questions or for a tour. We also offer ongoing Childbirth classes which we highly recommend. Call us to sign up.

4 APPS THAT CAN HELP YOU GET A GOOD NIGHT'S SLEEP



Getting enough sleep is essential to your physical health and when your body is depleted or lacking in this area, your health can break down. Your body does major healing and repair to major arteries and blood vessels within your circulatory system and heart while you sleep. Continued sleep deficiency has been linked with many dangerous disorders and diseases such as kidney and heart diseases, high blood pressure, diabetes and stroke. On the other hand, enough sleep has been shown to improve your memory, reduce inflammation, improve grades, maintain a healthy weight, increase your attention and even help you live longer. When you struggle to catch those Z's however, you need help. Before you opt for a sleeping pill, first try some alternative methods. Here are a few apps that can help you get a better night's sleep.

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Before the light bulb was invented...people slept an average of 10 hours a night.

White Noise

Sometimes the silence (or lack thereof) can be deafening. Either drowning out external noise or including relaxing, soothing “white” noise, can allow your brain to relax enough to sleep. If you find you cannot sleep through the white noise, some of the sounds in this app, like waterfall or ocean waves, can relax you to the drowsy state.

Sleep Better By Runtastic

You may have some underlying problems getting or staying asleep and some apps, like Sleep Better can show you what these are. By inputting your daily activities, this app helps monitor how these affect your sleep. It also tracks your sleep cycles and duration with the tap of a button as well as using a Smart Alarm to wake you at the optimal time during the morning. This app encourages you to enter caffeine and alcohol consumption as these can also affect sleep patterns.

Calm: Meditation to Relax, Focus & Sleep

Things to help you relax will be appreciated. These items can include music or movies, possibly a season or two of a Netflix show downloaded to your smartphone, a stress ball, massage oil and pillows.

Sleep Well Hypnosis

Your subconscious is powerful and by telling yourself over and over “I can’t sleep” or “I don’t sleep well,” you are basically convincing yourself of this fact each night. This app helps you reverse this pattern by adding in good thoughts and verbiage to change your subconscious mindset, giving you deeper, more restorative sleep each night.

While your doctor can assist you with more extreme cases of insomnia, it is a good idea to try a few alternative methods beforehand as these have helped thousands get a better, deeper and more peaceful night’s sleep.

If you believe you may have a sleep disorder such as sleep apnea, please talk to your primary care physician. To diagnose the severity, they may order a sleep study to be performed at Cassia Regional Hospital.

3 TIPS TO EAT HEALTHY WHEN YOU’RE SHORT ON TIME

KIM FOLKMAN, INTERMOUNTAIN HEALTHCARE DIETITIAN, INTERMOUNTAINHEALTHCARE.ORG/BLOGS

In today’s busy multitasking world, time can be one of the biggest obstacles to eating healthy. There are some easy solutions out there, and if you make eating a priority, things can start to fall into place. Below are some of my favorite time-saving tips and recipes that help me and my family eat healthy.

1. Prepare meals by cutting up your veggies in advance.

Have a “cut day” when you prepare your vegetables. Make carrot sticks, cut up celery, cauliflower, or green peppers, then put them in baggies ready to grab. Individual hummus packs are great to take on-the-go with veggies. Cut up hearts of romaine lettuce and use a salad spinner (get one for around \$15). Salad keeps fresh in the fridge in a salad spinner for many days.

2. Make enough healthy meals for leftovers.

You can have premade healthy snacks for your family in just 15 minutes. I recommend making a batch of high-energy, healthy snacks that you can grab throughout the day to keep everyone happy. Check out the Protein Balls recipe [in this newsletter](#). Breakfast is another meal you can prepare the night before. With just a few minutes of preparation, you can have breakfast ready and waiting in the morning.

3. Cook excess meat and store in the freezer for later.

Dinner can be tricky, but there are some standbys you can always have on hand. When you have a little extra time, cook meats in portions that can be used later in recipes. Frozen precooked chicken or ground beef can be used in casseroles and soups and save time on preparation. [Try the Tortilla Soup recipe in the newsletter.](#)

Check out these time-saving tips and recipes for you and your family. These are all healthy, kid-friendly, and fast to make.



TRY THESE HEATHY, TIME-SAVING RECIPES

Tortilla Soup

Ingredients

- 2 cans low sodium chicken broth
- 1 15 oz. can each: kidney beans, black beans and pinto beans (drained and rinsed)
- 1-2 cans diced tomatoes with green chili pepper
- 1.25 oz. package taco seasoning
- 1 oz. ranch dressing mix or ranch dressing
- 2 cooked shredded chicken breasts (make a large amount in the Crock-Pot prior and freeze). Can also use canned chicken.
- Optional: A few Tbsp. sour cream

Preparation

Combine all ingredients into a large pot. Mix well, reduce heat to low and simmer for 30 minutes or until heated through.

Protein Balls

Ingredients

- 2-2 ½ cups oats
- 1 cup peanut butter
- ½ cup honey
- 2 scoops vanilla protein powder
- 1 tsp. vanilla
- 1 tsp. almond extract
- Optional: chia seeds

Preparation

Combine all ingredients in large bowl until well incorporated. Roll in small balls and serve (I use small cookie scoop to make the balls). Store in airtight container in the fridge or freezer.



SAVE THE DATE!

Ready to lose weight? Join our next session of Weigh to Health® Nutrition Program - for overweight adults who are ready to lose weight, improve their health, and feel better every day. If you have SelectHealth, the class may be free. Please call to learn more and/or register for the class. Classes are every Wednesday from September 20th through December 13th (except Thanksgiving Week), from 6:00 to 8:00PM in the Cassia Regional Hospital Boardroom. Please call to register at 208-677-6035.

Living Well with Chronic Conditions. Self Management Program, a free six week course for people whose lives are affected by long term illness, including caregivers. Classes are a six week series that begins September 13th.

Please call 208-677-6212 for reservations, or to learn more.

Bereavement Education Groups. The bereavement education groups offer emotional support, education about grieving, and an opportunity to become acquainted with others who have experienced the loss of a loved one who has died. Groups are open to the community. There is NO COST to attend. Classes are every Monday from October 2nd through Novemeber 6th, from 5:00 to 6:30PM in the Cassia Regional Hospital Boardroom. To register, please contact: Martha Matthews, LSW, at 208-677-6581, or Marcie Bedke, LSW, and Carey Stoker, LSW, at 208-678-8844.