

Premiere Fitness News

UPCOMING
EVENTS

VOLUME 6, ISSUES

JUNE 2016

Lunch 'n Learn



Craig Frisina, RN, BSN
Thursday, June 30th
Noon - 1 pm
ACMC Solarium

Topic: Hyperbaric Oxygen
Therapy - how it works and
who can benefit

Walk with a Doc



Melissa Shanley
Tuesday, June 21st
5:00 pm to 6:00 pm
Lake Shore Park
Meet at the Pavilion
Topic: How to Manage
Breathing Problems in Hot
Weather

Fresh Produce Delivered At
Premiere every Tuesday!
Blue Sky Green Fields is
delivering the freshest selection
of fruits and vegetables you'll
find anywhere. Register at
www.blueskygreenfields.com

Ashtabula County Medical Center to open Geneva Family Health Center

Residents in the Geneva area will have more healthcare choices than ever this spring when Ashtabula County Medical Center opens the Geneva Family Health Center, bringing both primary and specialty care providers to Geneva. The Geneva facility will also offer a walk-in Express Care clinic and laboratory services.

The Geneva Family Health Center will be located on Route 534 in the Colonel's Plaza, across from the US Post Office and next to KFC.

"Access to primary care is vital to the health and well-being of a community and a recent study by The Advisory Board, a leading national healthcare consulting firm, shows that Geneva does not have enough primary care providers to meet the needs of the community," said Michael J. Habowski, President and CEO of the ACMC Healthcare System. "As the only full-service hospital in Ashtabula County – and with an employed physician group of more than 70 full-time physicians, nurse practitioners and physician assistants – ACMC is best suited to help meet that need."

Family Practice Physician Emily Cheich, DO, will anchor the center. She is a member of the American College of Osteopathic Family Physicians and a graduate of the Ohio University College of Osteopathic Medicine. Dr. Cheich, her husband and their three children relocated to Ashtabula County from the Akron area.

The creation of the Geneva Family Health Center will also create seamless access to the full complement of physician specialists who work at ACMC – allowing patients to be seen close to home rather than be transferred out of the county.

"Many patients in the Geneva area already trust their care to ACMC. Having a physical presence in the community makes ACMC's quality healthcare even more accessible to more people," said Habowski. "Office consultations with specialists, including urology, pulmonology, surgery, cardiology and orthopaedic surgery will be offered at the Geneva Family Health Center."

The Geneva Family Health Center will be the fourth ACMC Express Care location. Express Care is a walk-in clinic for minor illness and injury, including things like: sprains and strains; rashes; sinus, urinary tract, upper respiratory and ear infections; shingles; minor cuts; seasonal allergies; insect bites; and influenza. Express Care will be open in Geneva Monday through Saturday, from 7:30 AM to 7 PM. ACMC also operates Express Care locations in Ashtabula, Conneaut and Jefferson.

"ACMC will celebrate its 112th anniversary this year," said Habowski. "I cannot think of a more fitting way to commemorate the hard work of the Railroad Auxiliary who pulled together to build the hospital when the community didn't have one than by expanding into a new community so more Ashtabula County residents can receive high-quality, nationally-ranked healthcare close to home."

Tuscan Vegetable Soup

Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups onion, finely chopped, about 1 large
- 1 1/2 teaspoon thyme, dried, (2 tablespoons of chopped fresh thyme can be used)
- 3 teaspoons garlic, minced
- 4 cups green cabbage, coarsely chopped
- 1 14.5 ounce can tomatoes, Italian-style stewed
- 2 cups celery, sliced
- 2 cups carrots or baby carrots, diced, 1/2-inch pieces
- 8 cups low sodium chicken broth, vegetable broth can be substituted
- 3 cups potato, diced, 1/2-inch pieces
- 1/2 cup basil, chopped fresh
- 3 cups zucchini, half-slices, cut zucchini in half, then cut into slices
- 1 15 ounce can red kidney beans, rinsed and drained (white kidney beans can be substituted)
- 1 tablespoon Parmesan cheese, shredded; about a tablespoon per serving

| Nutrition Facts | | Makes: 12 small bowls |
|--------------------|---------------------|-----------------------|
| Calories 168 | | |
| Protein 10 g | Fat 5 g | |
| Carbohydrates 24 g | Saturated fat 2.4 g | |
| Dietary fiber 7 g | Cholesterol 11 mg | |



Instructions

Step 1: Heat olive oil in large, nonstick saucepan over medium heat. Add the onion, thyme, and garlic and saute about 3-5 minutes.

Step 2: Stir in the cabbage pieces, the canned, stewed tomato (including liquid), celery, and carrots and saute 8-10 minutes. Stir in the chicken broth, potatoes, fresh basil, zucchini, and kidney beans and bring back to a boil. Reduce heat to simmer, cover saucepan, and let simmer about an hour.

Step 3: Spoon into soup bowls and top each serving with a tablespoon of Parmesan cheese.

Source: http://www.webmd.com/food-recipes/tuscan-vegetable-soup-recipe?ecd=wnl_dab_041916&ctr=wnl_dab-041916_nsl-lid-stry_img&mb=c7aSwfQo7h%4051F68Y3R0ChonS%2fH3cwyY61VLOpTkMc%3d

New Equipment



Jenn Merriman
Fitness Specialist

Battle ropes can be used for cardio and strength training for the upper body. They are a great burnout exercise after a workout. The white rope is the lighter of the two and they stretch out to 25 feet from the anchor on the wall.

The short Olympic bars, 35lbs each and 5 feet long, can be used for curls, walking lunges, bent over rows, or step ups.

If you would like to learn how to use these, please see Fitness Specialist Jenn Merriman.



Equipment Reminder: The silver rods on the pin-loaded weight equipment cannot be wiped off with anything. They are greased and if the rods (poles) are wiped off, the grease is removed and the rods (poles) can rust.



Ashtabula County Medical Center is committed to improving the health and wellness of the community. The ACMC Workplace Wellness program allows us to work directly with businesses to create individualized employee wellness programs that not only improve the health of staff, but also improve the organization's bottom line by reducing health care costs and increasing productivity.

Current Workplace Wellness Partners

MFG, Grand River Rubber, Ashtabula County, Zehrco-Giancola, Ashtabula Area City Schools, Gabriel Performance Products, St. John School, Premix, Bridge Street Pizza, A. Louis Supply Co., Goodwill Industries, Chromoflo, RHI, Iten Industries, Grand River Academy

If you are interested in the ACMC Workplace Wellness Program, please call June Penniman at (440) 344-0410 or email june.penniman@acmchealth.org.

Premiere Fitness Get FIT, Stay FIT

**Ashtabula County
Medical Center**
ACMC Healthcare System

An affiliate of
 **Cleveland Clinic**

**2231 Lake Avenue
Ashtabula, OH 44004
(440) 998-3488
www.premierefitness.com**