



# CHEC Matters

Connect. Inform. Empower.

Dedicated to health education, research and events in the Salem Health community.

For a full list of classes and events please visit [salemhealth.org/chec](http://salemhealth.org/chec).

## Chef Showcase: *La Margarita*

Please join us in the Gehlar Wellness Kitchen on Monday, May 3 from 6 to 8 p.m. as Pedro Rosales Leguizamo from La Margarita prepares some traditional favorites including: Mexican style rice and beans, salsa, and chicken enchiladas.



Pedro Rosales Leguizamo has owned and operated La Margarita Co. restaurant in Salem, Oregon since 1984, often presenting Mexican cooking classes at the restaurant. He has been active in the Salem community, on the Board of the Boys & Girls Club of Salem, the Salem Art Association, the Oregon Workforce Investment Board, and the Board of La Clinica Nuestra Senora de Guadalupe. He was raised in Mexico City but came to the U.S. in 1965 and to Salem in 1979, after a five-year return to Mexico City.

## Stroke Awareness

May is National Stroke Awareness Month. Stroke is the number three cause of death in the United States, according to the American Heart Association. Resulting from a blockage of blood supply to the brain or bleeding in the brain, stroke is

also one of the major causes of severe long-term disability. People over 55 years of age have an increased risk for stroke and this risk increases with age. This makes it important to become educated on ways to help reduce your risk of having a stroke.

Reducing your risk factors is the best way to lessen your risk of stroke. According to the American Heart Association the following steps can help reduce your risk: 1) don't smoke and try to avoid other people's tobacco smoke; 2) treat high blood pressure if you have it; 3) eat a healthy diet low in saturated fat, trans fat, cholesterol and salt; 4) exercise at least 30 minutes on most or all days of the week; 5) keep your weight under control; 6) control your blood sugar if you have diabetes; 7) get regular medical check-ups; and 8) follow your doctor's orders for taking medication.

If you have questions about stroke or would like more information, call or visit us at the CHEC. Our team will be happy to assist you.

### Recipe of the Month

#### Lime Vinaigrette

*(Featured in the March Chef Showcase with Chef Jessie Tomaino from Prudence Uncorked)*

- Juice and zest of two limes
- 2 oz. rice wine vinegar
- 8 oz. vegetable stock
- 2T chopped cilantro

Toss the ingredients together Enjoy on a fresh salad with seasonal ingredients!



Kristin Jordan RN, MPH, Health Educator at the Community Health Education Center, organizes the content of CHEC Matters. Kristin can be reached at [kristin.jordan@salemhospital.org](mailto:kristin.jordan@salemhospital.org).

## May Highlights

### Chef Showcase Cooking Class:

*La Margarita* – May 3, 6 – 8 p.m.

NIA Exercise Fusion – May 3 to June 2, 11:30 a.m. – 12:30 p.m.

Zumba – May 3 to June 3, 5:15 – 6 p.m.

### Brain Agility –

May 4 to June 15, 9 – 10 a.m.

### Freedom From Smoking –

May 5 to June 16, 6 – 8 p.m.

### Gehlar Nutrition Forum: *Understanding Celiac Disease and Gluten Intolerance* –

May 6, 7 – 8:30 p.m.

### Friday Night Out Cooking Class: *An Evening in Mexico* –

May 7, 6 – 8 p.m.

### Healthy Hearts Educational Support Group –

May 13, 6:30 – 7:30 p.m.

### Big Brother/Big Sister Sibling Class –

May 15, 10:30 – 11:30 a.m.

### Culinary Rx: *Healthy Carbs for a Healthy You*, Diabetes Cooking Class –

May 19, 6 – 7:30 p.m.

For more information or to register, please call 503-814-CHEC or visit us online at [salemhealth.org/chec](http://salemhealth.org/chec).

## Featured Event:

### Healthy Back Class

In this class you will learn how to keep your back strong and decrease the risk of injury. Learn easy-to-follow strength and flexibility exercises to keep your spine strong. This class is taught by an experienced physical therapist. \$5

Friday, May 21, 1 – 2 p.m.