



CHEC Matters

Connect. Inform. Empower.

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

Visit salemhealth.org/chec for a full list of classes and events.

Chef Showcase: *Loustic Catering*

Please join us in the Gehlar Wellness Kitchen on Monday, June 14 from 6 to 8 p.m. as Daryl Gossack from Loustic Catering prepares a healthy and tasty meal including: organic green salad with green onion vinaigrette, pork tenderloin with corn salsa, grilled vegetables with tzatziki, and strawberry/mint granita.



Daryl Gossack is a classically trained chef who discovered his passion for food and wine while living in France as an exchange student. After returning to the states, Daryl graduated from Horst Mager's Culinary Institute in Portland, Oregon. He has followed his taste buds around the world, bringing back the fabulous flavors and cooking techniques of other world cultures. With a focus on fresh, local ingredients and a flair for creativity, Chef Daryl Gossack promises to make each meal with Loustic an event to remember.

Get Moving!

As the weather begins to warm up, the summer months are a great time to get up and get moving. Whether it is going for a walk, working in the yard, hiking, or biking, now is a great time for you to get out and start increasing your physical activity level.

Recipe of the Month

Salsa Roja Asada

(Featured in the May Chef Showcase with Chef Pedro Rosales from La Margarita)

- 3 large tomatoes
- 2 cloves garlic
- 2 serrano chile peppers
- ½ cup water
- ½ medium onion

Roast tomatoes, peppers, garlic and onions on a frying pan and puree in blender with water and salt to taste.

Regular physical activity can reduce your risk of heart disease, diabetes, and osteoporosis; help control weight; and promote psychological well-being. The World Health Organization recommends engaging in at least 30 minutes of moderate physical activity every day. Moderate physical activity includes activities such as dancing, brisk walking, and a summer favorite – gardening.

As the weather gets warmer, make it a point to get out each day and be active. During the month of June, stop by the CHEC and take a look at our display featuring information on physical activity, and learn about some of our fun and exciting physical activity classes such as Zumba and the Exercise Ball Class. For more information, call or visit us at the CHEC and we will be happy to assist you.

June Highlights

Culinary Passport Cooking Class:
Here Comes the Sun – Lunch in the Garden with Gayle Jolley – June 4, 6 – 8:30 p.m.

Cooking Class with Foods from the Farmers' Markets – June 9, 6 – 8 p.m.

Healthy Hearts Educational Support Group – June 10, 6:30 – 7:30 p.m.

Babysitter's Training – June 12, 9 a.m. – 4:30 p.m.

Chef Showcase Cooking Class: *Loustic Catering* – June 14, 6 – 8 p.m.

Untangling the Web – June 16, 10 – 11 a.m.

Exercise Ball Class – June 17 – July 8, 11:45 a.m. – 12:30 p.m.

Healthy Back Class – June 18, 1 – 2 p.m.

Big Brother/Big Sister Sibling Class – June 19, 10:30 – 11:30 a.m.

Culinary Rx: *Low Sodium Solutions Cooking Class* – June 23, 6 – 7:30 p.m.

For more information or to register, please call 503-814-CHEC or visit us online at salemhealth.org/chec.

Featured Event:

Cholesterol, Blood Pressure, Body Mass Index, and Bone Density Screening

These screenings will take place in the CHEC in partnership with the South Salem Lions Club. Call 503-814-CHEC (2432) to schedule an appointment. \$20

Saturday, June 5, 7:30 – 9:30 a.m.



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.