



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: *Sybaris*

Please join us in The Gehlar Wellness Kitchen on Monday, July 19 from 6 to 8 p.m. as Matt Bennett, chef and owner of Sybaris Restaurant prepares a healthy meal with fresh, local ingredients. Located in Albany, Sybaris Restaurant offers a new menu every month spotlighting the best and freshest local foods.



Matt Bennett received his Bachelor of Arts Degree in Hospitality Business from Michigan State University. He has 23 years of professional cooking experience including an invitation to cook at the James Beard House in New York City in 2008.

Health Questions?

Do you have questions about a new diagnosis, a chronic condition, or nutrition? Do you have a hard time finding answers? Oftentimes, it can be difficult to find the right information, resources and education as they become buried among irrelevant or unreliable internet sites. The Community Health Education Center (CHEC) can help make this process easier.

Focused on connecting patients, families, and community members with high quality health information and resources, the CHEC can inform and empower you to be active participants in your healthcare.

The CHEC offers a variety of support groups and classes centered on both prevention of disease and chronic disease management. A health library staffed with registered nurse health educators is also housed in the CHEC. Our health library includes books and videos that can be checked out, as well as electronic health information that can be printed at no cost. Whether you would like information about a new diagnosis, medications, or an upcoming procedure, our staff is available to assist you free of charge and no appointment is necessary.

The CHEC is located on the Salem Hospital campus, on the first floor of Building D, and is open Monday through Thursday 10 a.m. to 7 p.m., Friday 10 a.m. to 6 p.m., and Saturday 10 a.m. to 2 p.m.

Recipe of the Month

Hummus

- 1 15 oz. can chick peas (garbanzo beans), drained and rinsed
- 2 cloves garlic
- ¼ cup freshly-squeezed lemon juice
- ¼ cup peanut butter
- 1 Tbsp. olive oil
- 1 tsp. salt
- ¼ tsp. cayenne pepper or hot sauce (optional)

Combine all ingredients in a food processor and puree until smooth. Serve with carrot sticks, red pepper slices, cucumbers, or pita chips.

July Highlights

Freedom From Smoking –
July 7 – Aug. 18, 6 – 8 p.m.

Friday Night Out: *An Evening in the Backyard Kitchen* – July 9, 6 – 8 p.m.

Women’s Safety Awareness –
July 12, 6:30 – 8 p.m.

NIA Exercise Fusion –
July 12 – Aug. 11, 11:30 a.m. – 12:30 p.m.

Brain Agility –
July 13 – Aug. 24, 9 – 10 a.m.

Building Better Bones –
July 13, 1 – 3 p.m.

Healthy Back Class – July 16, 1 – 2 p.m.

Big Brother/Big Sister Sibling Class –
July 17, 10:30 – 11:30 a.m.

Expecting Marvelous Multiples –
July 19, 6 – 9 p.m.

Culinary Rx: *Take Your Diet to the Mediterranean* – July 28, 6 – 7:30 p.m.

For more information or to register, please visit salemhealth.org/chec or call 503-814-CHEC (2432).

Featured Event:

Culinary Passports: *Springtime in Spain with Gayle Jolley*

Join us for delicious Spanish cuisine including: Spaghetti with Chorizo and Saffron, Grilled Shrimp with Romesco, Roasted Fingerlings and Asparagus with Red and Yellow Piperade, and for dessert Basque Chocolate Torte with Cherry Preserves. \$20.

Wednesday, July 21, 6 – 8:30 p.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.